

MN Association for Children's Mental Health



www.MentalHealthFirstAid.org

YOUTH MENTAL HEALTH FIRST AID

Free course for Parents and Caregivers from District 916, teaches adults how to interact with youth in crisis & connect them with help.

Lunch, refreshments and curriculum will be provided free of charge.

WHAT IS THE COURSE ABOUT?

Youth Mental Health First Aid is a community training which introduces participants to the warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help an adolescent experiencing mental health distress. The program uses role-playing and simulations to demonstrate how to assess a mental health crisis, select an intervention, provide initial help and connect young people to professional, peer, social resources and self-help care.

COURSE FORMAT:

This is a one-day, eight-hour interactive course. Certified instructors lead the course using national curriculum and standards.

COURSE TOPICS:

- Risk factors and warning signs of mental health concerns, including depression, anxiety, trauma, psychosis and substance abuse
- A five-step action plan to help someone experiencing a mental health problem or crisis
- Available evidence-based professional, peer and self-help resources



DATES, TIME, AND LOCATIONS:

Saturday, September 17, 2016
Mounds View Community Center
5394 Edgewood Drive
Mounds View, MN 55112

Friday, October 21, 2016
Tamarack Nature Center
5287 Otter Lake Road
White Bear Township, MN 55110

Saturday, October 22, 2016
New Brighton Community Center
400 10th St. NW
New Brighton, MN 55112

Saturday, November 19, 2016
Maplewood Community Center
2100 White Bear Avenue
Maplewood, MN 55109

Thursday, December 1, 2016
TIES Conference Center
1667 Snelling Avenue N
St. Paul, MN 55108

ALL TRAININGS ARE FROM 8:30 AM-4:30 PM

REGISTRATION IS REQUIRED.

Register online: bit.ly/MACMHFirstAid916

Or register by phone: Call Deb Cavitt 651-644-733

SPONSORED BY RAMSEY CO. CHILDREN'S MENTAL HEALTH COLLABORATIVE, MN ASSOCIATION FOR CHILDREN'S MENTAL HEALTH, AND ISD 916

Questions? Contact: Deb Cavitt

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