

Youth Mental Health First Aid

WHO: For any district staff, community member, volunteer or parent who interacts with youth (must be 18 years or older)



WHAT: Youth Mental Health First Aid is an 8-hour evidence-based certification course that teaches participants about common mental health and substance use issues among students.

Topics covered:

- Typical vs. atypical adolescent development
- Protective factors and risk factors
- How to help students actively experiencing a mental health crisis
- Local, state, and national behavioral health resources

May 7th & 14th • 5 - 9 pm ****must attend both sessions****

Mountain View High School - 3500 Mountain Lion Dr., Loveland

Registration: <http://bit.ly/YMHFA2019MAY>

June 5th • 8 am - 4:30 pm **30 min lunch break*

Loveland location TBD

Registration: <http://bit.ly/YMHFA2019June5th>

June 17th • 9 am - 4:30 pm **working lunch*

Loveland Public Library - 300 N. Adams Ave., Loveland

Registration: <http://bit.ly/YMHFA2019June17th>



****TIC (Thompson Incentive Credit) is available, please register on CourseWhere in addition to the above registration links.****

Contact: Jessica Shiveley – Jessica.Shiveley@thompsonschoools.org

WHY:

- 3 in 10 Colorado high school students report feeling sad or hopeless every day for two weeks
- Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide

[Source: Healthy Kids Colorado 2015 Survey]

HELP IN A CRISIS • PROMOTE WELLNESS • END THE STIGMA

Training is valued at \$170 and offered at no cost thanks to the Project AWARE grant awarded to Thompson School District

