

PROFESSIONAL DEVELOPMENT



Student Safety and Well Being Youth Mental Health First Aid Virtual Training

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911.
Sometimes, first aid is
YOU!



When: **Wednesday, January 20, 2021 and Thursday, January 21, 2021**

Participants **MUST** attend both days

Time: **1:00pm-3:45pm**

A child or young person you know could be experiencing a mental health challenge or crisis. YMHA teaches you skills to help them.

You are more likely to encounter a child or young person—friend, family member, student, neighbor, or member of the community—in an emotional or mental crisis than someone having a heart attack. Learning how to help them is critical.

Participants will be required to complete 2 hours of self-paced instruction prior to the instructor-led learning.

**This training will be provided
VIRTUALLY**

Participants are required to use their cameras—this is a fidelity as well as a safety issue.

SPACE IS LIMITED TO 20 PARTICIPANTS

Content from this training supports Local Control Accountability Plan
Priority Area: Student Engagement and School Climate

Participants might be photographed for promotional materials

Participants Will Learn

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Intended Audience

Anyone can take the Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 6-18: teachers, nurses, counselors, coaches, secretaries, campus monitors, yard supervisors, registrars, lunch staff, bus drivers, and leaders of faith communities, law enforcement, parents, youth employers, and other caring citizens.

Mental health professionals who participate should understand information share in this course is basic and will give them common language to share with their colleagues. Participants are encouraged to attend as school teams.

Please register [here](#) for Team 1 and [here](#) for Team 2 by **Wednesday, January 13, 2021**

Each team can accommodate up to 20 participants, if you see Team 1 is at capacity, please register for Team 2.

Sponsored by the California Department of Education (CDE), Educator Excellence and Equity Division and College Track. This training is made possible through funding from the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) through the Project Advancing Wellness and Resilience in Education State Educational Agency and the U.S. Department of Justice's Stop School Violence Act Program. California's Project AWARE-SEA (Project Cal-Well) is a consortium of the CDE and three grantee LEAs: Humboldt County Office of Education and Del Norte Unified School District; Sacramento County Office of Education and Paradise Unified School District; and Stanislaus County Office of Education. Participant manuals generously donated by the local chapters of the American Foundation for Suicide Prevention and instructor stipends generously donated by Blue Shield of California.

