



# YOUTH MENTAL HEALTH FIRST AID

## WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**10.2%**  
of youth will be diagnosed with a substance use disorder in their lifetime.  
*Source: Youth Mental Health First Aid\*\**

**1 IN 5**  
teens and young adults lives with a mental health condition.  
*Source: National Alliance for Mental Illness\**

**50%**  
of all mental illnesses begin by age 14, and 75% by the mid-20s.  
*Source: Archives of General Psychiatry\*\*\**

Sources  
\* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>  
\*\* Mental Health First Aid. (2020). *Mental Health First Aid USA for adults assisting children and youth*. National Council for Mental Wellbeing.  
\*\*\* Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593-602. doi:10.1001/archpsyc.62.6.593

## WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

## WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

**When:** May 1st OR 2<sup>nd</sup>. Sign up for **one** day at registration.

**Time:** 8:30-4:30 with breaks and lunch provided.

**Where:** St. John's Episcopal Hunter Hall, 1105 Quarrier St, Charleston.

**Register:** Click here to register <https://forms.office.com/r/kDhiRgjwVX>  
You will receive directions regarding pre-session preparation & college credit.

**Lead Instructors:** Paula Kerner, Fairness WV, Dr. Barb Brady, IDN,  
assisted by Laren Iezzi, IDN

**Sponsored by:** Inspiring Dreams Network, Fairness WV,  
Southern Education Services Cooperative, and United Way of Central WV.

**Funded in part by:** The Greater Kanawha Valley Foundation &  
The Claude Worthington Benedum Foundation

**Graduate Credit** offered through Concord University. 6 Hours available.

\$99 Course 1 = 3 hours graduate credit and \$99 Course 2 = 3 hours graduate credit

**WV RN Board** contact hours: 8.4 Provider Number: 50-52371 CE Tracking Number: 20-1372771

**All participants** will receive certification as a "Youth Mental Health First Aider."

If you completed the training more than 3 yrs ago, this can be used to renew your certification.