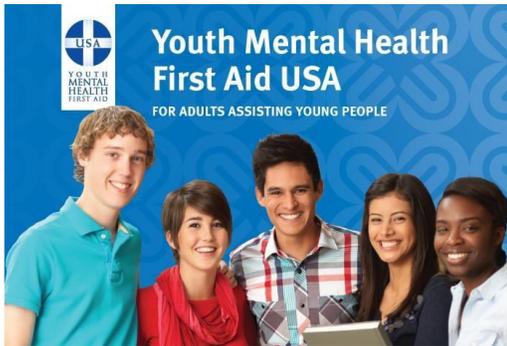# YOUTH MENTAL HEALTH FIRST AID
Presented by the SRI&ETTC at Stockton University

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

What Will Participants Learn?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm

- Listen nonjudgmentally

- Give reassurance and information

- Encourage appropriate professional help

- Encourage self-help and other support strategies

The Youth Mental Health First Aid curriculum is focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

Who Should Take This Course?

The course is designed for adults who regularly interact with adolescents (teachers, administrators, staff, coaches). Since 2008, the Mental Health First Aid course has been successfully offered to more than a million people across the country, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

A lite lunch is included on both days with your registration fee.

For more information or to register visit www.ettc.net.

Date: October 16 & 17, 2019

Time: 9 a.m. to 2 p.m. each day

Cost: $130 or 5 ETTC Hours for this two-day program

Course cost includes:
- Course Materials
- Certificate of Completion
- 8 Professional Development Hours

Location: SRI&ETTC
10 W. Jimmie Leeds Road
Galloway, NJ 08205
609.626.3850
www.ettc.net

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Stockton University
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