

Youth Mental Health First Aid Training

What is Mental Health First Aid?

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.



Two Learning Options

Virtual. Learners will complete a 2-hour self-paced online course AND participate in one virtual 4.5 hour Instructor-led video conference.

Blended. Learners will complete a 2-hour self-paced online course AND participate in one in-person 4.5 hour Instructor-led class at CCRESA.

What it Covers

- Common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders, and 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

DATE	LOCATION
August 2	CCRESA <i>Instructors: Emily Fritz & Craig Skinner</i> <i>Instructors: Morgan Martin & Colleen Sykes</i> VIRTUAL <i>Instructors: Amber Foster & Monica Spicer</i>
August 3	CCRESA <i>Instructors: Emily Fritz & Colleen Sykes</i> <i>Instructors: Felicia Gingrich & Morgan Martin</i> VIRTUAL <i>Instructors: Amber Foster & Monica Spicer</i>
August 4	CCRESA <i>Instructors: Morgan Martin & Colleen Sykes</i> VIRTUAL <i>Instructors: Felicia Gingrich & Kristin Kuczera</i> <i>Instructors: Amber Foster & Monica Spicer</i>
August 9	CCRESA <i>Instructors: Emily Fritz & Dan Lewis</i> VIRTUAL <i>Instructors: Felicia Gingrich & Craig Skinner</i>
August 11	CCRESA <i>Instructors: Emily Fritz & Dan Lewis</i> VIRTUAL <i>Instructors: Felicia Gingrich & Nikki Jubeck</i>
August 15	CCRESA <i>Instructors: Kristin Kuczera & Colleen Sykes</i>
August 16	CCRESA <i>Instructors: Dan Lewis & Craig Skinner</i>
August 17	VIRTUAL <i>Instructors: Nikki Jubeck & Brooke Rea</i>

Audience: All Clinton County School Personnel

Stipend: \$150 per participant (less taxes and retirement)

Location: Virtual or CCRESA, 1013 S. US 27, St. Johns

Credit: SCECHs & Social Worker CEUs, pending approval

Time: 8:30 a.m. – 1:30 p.m

Cost: No cost. Lunch provided for in-person sessions.

Register: Click a date above or go to ccresa.org.
Registration deadline is **JULY 12**.

Questions: Jennifer Beagle
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