



YOUTH MENTAL HEALTH FIRST AID

Training Now Available Throughout Ohio!

1 in 5

Youth lives with a mental health condition

Half of all mental illnesses begin before age

14

Suicide is now the **2nd** leading cause of death for adolescents

64%

of youth with major depression do not receive any mental health treatment

Half of all substance use disorders begin before age

20

Youth Mental Health First Aid teaches you how to **identify, understand, and respond** to signs of mental illnesses and substance use disorders. This 6 ½ hour training gives adults the skills they need to reach out and provide initial support to adolescents (ages 12 - 18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

An evidence-based program, adopted in over 20 countries, Youth Mental Health First Aid teaches the five-step **ALGEE** action plan:

- 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

OVER 2 MILLION TRAINED IN THE U.S., INCLUDING:

- Educators, school administrators, and school support staff
- Social workers
- Counselors
- Non-profit agency staff
- Youth group leaders
- Parents
- Nursing, medical, and education students
- Faith-based groups

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis
- How to connect the adolescent with help

For more Information, please contact: *Kathleen Oberlin* - oberlink2@gmail.com

Connecting Mental Health First Aid to Benefit All Ohioans



Funded by the Ohio Department of Mental Health and Addiction Services



YOUTH MENTAL HEALTH FIRST AID

FAQs

- Q:** Is there any fee for Youth Mental Health First Aid?
A: No, training and class materials are paid for through an Ohio Department of Mental Health and Addiction Services grant.
- Q:** How long is the training?
A: A typical class lasts 6 ½ hours.
- Q:** What is a typical class size?
A: Classes range in size is 20 to 35 students.
- Q:** Is online training available?
A: Yes, online training consists of 2 hours of self-paced study, and 4 hours of online group training.
- Q:** Is in-person training available?
A: No, in order to comply with Ohio social distancing recommendations, we are not currently able to provide in-person training.
- Q:** Who should take Youth Mental Health First Aid?
A: Any adult that works with adolescents should consider attending a training. Groups that have been trained includes teachers, administrators, and school support staff; parents; counselors; social workers; college students studying medicine, nursing, psychology, and education; non-profit agencies; and faith-based groups.
- Q:** Do you offer professional CEUs for this training?
A: No, at this time we are not able to offer CEUs.
- Q:** Can teachers receive contact hours for this training?
A: Yes, teachers receive a certificate of attendance for 6.5 hours of training.
- Q:** Is this training available in Spanish?
A: Yes
- Q:** Does this training provide certification?
A: Yes, after successfully completing the training you will be certified, for 3 years, as a Youth Mental Health First Aider. Certification can be renewed after 3 years.
- Q:** How do I schedule a training for my group or organization?
A: Please contact Kathleen Oberlin, oberlink2@gmail.com, or visit <https://mhaohio.org/get-help/workplace-community-program/mental-health-first-aid/>

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