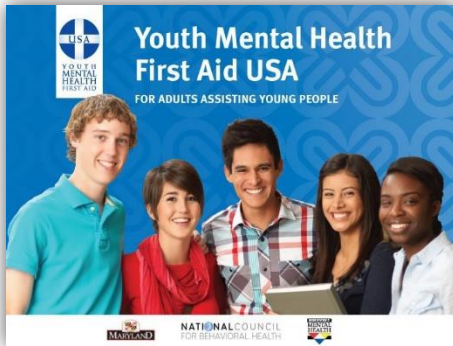




Take a course. Save a life.
Strengthen your community.



Youth Mental Health First Aid Training



UPCOMING YMHFA TRAINING

Wednesday, 11/2/16 & 11/9/16

3:30 PM-7:30PM

Luther Burbank High School

3500 Florin Road, Sac CA 95823

Must attend both days to become a certified responder.

Training Information:

- **8-hour course**
- **Learn risk factors & warning signs of mental health problems in adolescents**
- **Build an understanding of early intervention**
- **Teach individuals how to respond to an adolescent experiencing a mental health challenge**
- **YMHFA Certification at completion**

Youth Mental Health First Aid (YMHFA) uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help with a 5-step process.

If interested in attending, you must register. Contact Sherrie Heath at sherribo@scusd.edu to receive the registration form. Maximum training capacity is 30 people per training.

***Must participate in all 8-hours of training to receive certificate as a Youth Mental Health First Aid provider.**

This training is designed for any school community members that work directly with adolescents including teachers, counselors, social workers, school psychologists, campus monitors, family advocates, office staff, coaches & community members.

SCUSD Staff who complete the 8-hour training during non-contracted time will receive a stipend.

These Youth Mental Health First Aid (YMHFA) trainings are offered at no cost to participants through the SCUSD "Now is the Time" Project AWARE community grant funded by SAMHSA.

