



Benedictine Health Foundation Presents Youth Mental Health First Aid

Saturday, June 16, 2018

8:30 a.m. – 4:30 p.m.

**The Mount Academy
1001 Broadway, Esopus, NY**

The Course is Free of Charge / Lunch is Provided

Registration is Limited to 30 Participants

RSVP by June 8th to: Benedictine Health Foundation @ (845) 481-1457



Youth Mental Health First Aid USA is an 8 hour public 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

Who Should Take the Course? The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.) The curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

To learn more about the Benedictine Health Foundation and our upcoming events, please visit: www.benedictinehealthfoundation.org