

*An opportunity to be trained in...*

## YOUTH MENTAL HEALTH FIRST AID



**Youth Mental Health First Aid** is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**Youth Mental Health First Aid is a two-day course that totals eight hours.**

### DATE & TIME

Monday, May 11 & Tuesday, May 12, 2015

Registration and refreshments begin at 8:30 AM. Sessions take place 9:00 AM – 1:00 PM.

### LOCATION

Mental Health Association of Rockland County

140 Route 303, Valley Cottage, NY 10989

Location in Building: Suite H (immediately on right upon walking through front doors)

### CO-FACILITATORS

Sean Campbell, Young Adult Advocate, MHA Rockland County

Nicole Sirignano, Client/Family Advocate, MHA Rockland County

### REGISTRATION

Registration is required. Maximum capacity is 30, and registration will close once maximum is reached. To register, please contact Nicole Sirignano, (845) 267-2172 x 296 or [sirignanon@mharockland.org](mailto:sirignanon@mharockland.org).