

# Youth Mental Health First Aid

**Thursday,  
February 1, 2018**

## **Kool Family Community Center**

**200 W. Michigan Avenue  
Battle Creek, MI 49017**

**8:30 AM—4:30 PM**

**Registration begins at 8:15 AM**

**Cost: \$75.00 (includes materials, breakfast, and lunch)**

**Please register by: Thursday, January 25, 2018**

*Sometimes first aid isn't a bandage, or CPR, or calling 911. Sometimes first aid is **YOU**.  
A young person you know could be experiencing a mental health or substance use problem.*

### ***Learn an action plan to help.***

Youth Mental Health First Aid is designed to teach those who regularly have contact with young people ages 12-18, parents, family members, teachers, coaches, school staff, social workers, faith leaders and other caring citizens, how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis. 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.

Just as CPR training helps a layperson with no clinical training to assist an individual following a heart attack, Mental Health First Aid training helps a lay person assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual until appropriate professional help arrives. Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experimental activities that build understanding of the impact of illness on individuals and families; and learn about evidence-based treatment and self-help strategies.

*There will be a 15% handling fee on all cancellations that are not received 5 business days prior to the training.*





140 W Michigan Ave ♦ Battle Cree, MI 49017 ♦ Phone: 866-412-8767  
Fax: (269) 966-1777 ♦ info@focustraining.org ♦ www.focustraining.org

CORPORATE TRAINING & EDUCATION

# Youth Mental Health First Aid

## Thursday, February 1, 2018

8:30 AM to 4:30 PM (registration at 8:15 AM)

### Kool Family Community Center

200 W. Michigan Avenue

Battle Creek, MI 49017

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City/ST/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

*Please register by Thursday, January 25, 2018*

**Fee: \$75.00** (includes materials, breakfast, refreshments, and lunch)

Payment:  Check (made payable to FOCUS)     Visa     M/C

Credit Card # \_\_\_\_\_ Sec Code \_\_\_\_\_ Exp Date \_\_\_\_\_

Signature \_\_\_\_\_

Please complete and send the registration form:

Fax: (269) 966-1777 ♦ Email: info@focustraining.org  
Mail: FOCUS, 140 W Michigan Ave, Battle Creek, MI 49017

For more information call: 1-866-412-8767

There will be a 15% handling fee on all cancellations that are not received  
5 business days prior to the training.