



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. Join us for this valuable training!

Youth Mental Health First Aid

August 23, 2019

8:30 AM—4:30 PM

Registration begins at 8:15 AM

Location: Kool Family Community Center—Valentine Room

Cost: \$65.00 (Includes Youth MHFA manual, training materials, breakfast, and lunch)

Use the attached form to register by Friday, August 16, 2019

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.



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The Youth MHFA training is a collaborative effort of:

FOCUS Training/Summit Pointe

Battle Creek Community Foundation

Kalamazoo/Battle Creek Resiliency Project

Name: _____

Organization: _____

Address: _____ City/State/Zip: _____

Phone: _____ Fax: _____

Email: _____

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 Training/Summit Pointe, 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.