

YOUTH MENTAL HEALTH FIRST AID COURSE



First of its Kind Course Offering in NEPA Council !

We welcome Tiffani Gager, Mental Health First Aid Coordinator
Chenango Health Network, Norwich, NY

DESCRIPTION

Youth Mental Health First Aid USA is a 6 1/2 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.

The most common mental health challenges among adolescents include: anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants learn to support a youth aged 12 to 18 for developing signs and symptoms of a mental illness or in an emotional crisis.



WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents (Scout leaders, teachers, school staff, coaches, youth group leaders, parents, etc.).

Three Year Certification & Take-Home Materials

Saturday, November 4, 2023

7:30 AM to 4:30 PM

NEPA Council Service Center, Conference Room

Cost: \$15.00 for Lunch, Coffee, Drinks

Register here: <https://www.nepabsa.org/YMHFA>

For more information, contact Rick Shema,
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