



Youth Mental Health First Aid *for Parents*

Saturday, October 21, 2017

8:30am - 4:30pm

Arlington Public Schools (APS) Education Center

1426 N. Quincy Street, Room 101, Arlington, VA 22207



Presented by Nationally Certified Mental Health First Aid Trainers:

Mary Dolby-McDonald, LCSW, APS Social Worker, and
Jennifer Lambdin, NCSP, APS School Psychologist



Youth Mental Health First Aid is an **8-hour** training using a national peer reviewed curriculum. Just as CPR helps you assist an individual having a heart attack - even if you have no clinical training - Mental Health First Aid helps you assist someone experiencing a mental health related problem or crisis. Youth Mental Health First Aid is designed to teach caring adults (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. 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, and where to turn for help.

Special emphasis is on how to perceive and effectively respond to suicidal thinking & behaviors. Discussion topics, exercises, and other activities are designed to keep participants engaged in the course and to provide an opportunity to practice helping skills. All participants will receive a valuable workbook/resource guide during the course.

NOTE: Participants must complete the entire 8 hr. course to receive certification as Mental Health First Aiders. Due to the amount of material to be covered, participants are strongly encouraged to bring lunch for this session.

Space is limited, and
registration is REQUIRED.

Register online at: [https://
goo.gl/forms/DvZlaqz4j6qa2FRd2](https://goo.gl/forms/DvZlaqz4j6qa2FRd2)



or call 703.228.7239.