



YOUTH MENTAL HEALTH FIRST AID

2023-24
School Year

Who Should Know Youth Mental Health First Aid?

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental/Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who work with youth

What Youth Mental Health First Aid Covers

- Common signs and symptoms of mental health challenges in youth, including anxiety, depression, eating disorders and Attention Deficit Hyperactive Disorder (ADHD)
- Common signs and symptoms of substance use challenges
- How to interact with a child or adolescent in crisis

DATES

September 15th	October 26th
November 2nd	December 8th
January 12th	February 8th
March 8th	April 18th
May 17th	Syphax Education Center 9:00-3:00

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

How to Register:

APS Staff: In Frontline, search YMHFA
APS Families: Scan QR Code below, use this link: <http://bit.ly/3QcLbHs>, or call 703-228-6062 (Office of Student Services)



Space is limited to the first 30 registrants on each date.

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). Mental Health First Aid USA for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62(6), 593-602. doi:10.1001/archpsyc.62.6.593

Participants will complete a 2-hour, self-paced online class, then participate in an in-person training (9:00AM - 3:00PM) led by staff in the Office of Student Services.