

# Training Course



## When:

Saturday, May 18, 2019  
8:30am-5:30pm

## Where:

**Mann UCLA Community  
School**  
**7001 S. St. Andrews Pl.**  
**Los Angeles, CA 90047**

## Registration:

Send email with name of  
trainee(s) to:

[ClinicalTraining@hscfs.org](mailto:ClinicalTraining@hscfs.org)

## Trainers:

**Kameelah Wilkerson, LMFT**

Director of Clinical  
Compliance

**Amanda Gentz**

Research Analyst



## Mental Health First Aid



Youth Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. Mental Health First Aid is a program which educates participants how to detect risk factors and warning signs of mental health problems in youth. It emphasizes the importance of early intervention and uses role-plays and other participant activities to demonstrate how to assess a mental health crisis. In addition, the course prepares participants in selecting interventions and providing initial help through a five-part action plan.

## Learning Objectives:

- Recognize the potential risk factors and warning signs of a variety of mental health challenges common among adolescents, including: depression, anxiety, psychosis, eating disorders, AD/HD, disruptive behavioral disorders and substance use disorders.
- Use a 5-step action plan to help a young person in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in youth within the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social and self-help resources available to help a young person with a mental health problem treat and manage the problem and achieve recovery.
- Assess their own views and feelings about youth mental health problems and disorders.

*We look forward to seeing you at our training!*