

# Training Course



## **When:**

**Friday, June 7, 2019**  
**9:00 am to 5:30 pm**

## **Where:**

**Oakland Site – Large  
Conference Room**  
851 North Oakland Avenue  
Pasadena, CA 91104

## **Registration:**

Completed by Clinical  
Training

Contact [clinicaltraining@hscfs.org](mailto:clinicaltraining@hscfs.org)

## **Trainers:**

**Zariah Horton**

Quality Management Coordinator

**Amanda Gentz**

Research Analyst

## **Youth Mental Health First Aid**



Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. The National Council for Behavioral Health certifies individuals throughout the nation, including Hathaway-Sycamores to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.

For more information on Mental Health First Aid, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org). 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. The 8-hour course covers a range of common disorders and potential crises such as helping a young person who is having a panic attack, is contemplating suicide or is struggling with substance use.

### **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!***