



Youth Mental Health First Aid



Youth Mental Health First Aid is designed to teach 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. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5 Youth step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

Registration:

We are offering this workshop **free of cost** to school staff in Solano County and community members. Please click on the link below to register. Registration must be completed two weeks prior to the training. Some trainings are offered in-person and some are offered virtually so make sure you are signing up for the right training. The trainings that are 6.5 hours long also require 2 hours of online prework to be completed prior to the full day training.

Date:

October 15, 2021
December 16, 2021
January 13, 2021
February 17, 2022
March 17, 2022

Length:

8 hrs. (in-person)
6.5 hrs. (virtual)
6.5 hrs. (in-person)
6.5 hrs. (in-person)
6.5 hrs. (virtual)

Time:

8 AM-5 PM
9 AM-4:30 PM
9 AM-4:30 PM
9 AM-4:30 PM
9 AM-4:30 PM

Registration Link:



Contact: Kristian Skillman, LMFT at KSkillman@solanocoe.net or (707) 399-4889