

YOUTH MENTAL HEALTH FIRST AID COURSE FOR CMS PARENTS

May 4, 2018

Parents,

Please join us at Lincoln Heights Academy, 1900 Newcastle Street Charlotte, NC 28216 on May 4th to participate in a Youth Mental Health First Aid course. The class will start at 8:00 a.m. and end at 5:00 p.m. The course and materials are free. Snacks and lunch will be provided. To register, please complete the form found here.

<https://bit.ly/2qwkytP> The class will be limited to the first 60 CMS parents who sign up and will be a kick-off to Children's Mental Health Awareness Week.

If you have any questions please feel free to call Caron Nowell at (980)354-3191 or by email at caron.nowell@cms.k12.nc.us or Rachel Rosenfeld at r.rosenfeld@cms.k12.nc.us.



Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions and provide initial help, and connect young people to professional, peer, social, and self-help care.

WHAT WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.). Since 2008, the core Mental Health First Aid course has been successfully offered to more than 1 million people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public. This session will be for CMS parents of youth ages 12-18.