



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

PRESENTED BY VSC TRAINING

YOUTH MENTAL HEALTH FIRST AID

For Saint Ambrose Catholic School's Educational Personnel



Pursuant to section 1012.584 of Florida State Statutes, all school employees who have contact with children will be trained in Youth Mental Health First Aid.

The faculty and staff of Saint Ambrose Catholic School has been trained in Youth Mental Health First Aid in compliance with the state mandate. This brochure is designed to introduce you to this important training that we know will positively impact the staff, students, families and all Saint Ambrose Catholic School Stakeholders.

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

64.1%

of youth with major depression **do not receive any mental health treatment.**

- Mental Health America

5.13%

of youth report having a **substance use or alcohol problem.**

- Mental Health America

1 IN 5

teens and young adults **lives with a mental health condition.**

- National Alliance for Mental Illness

ABOUT THE TRAINING

The purpose of the Youth Mental Health First Aid professional development is to provide adults who do not have a mental health background to identify, understand, and respond to signs of mental illness and substance use in youth. This professional development will give adults the skills they need to provide initial support to students until they can receive professional assistance.

ABOUT OUR TRAINERS

Our training was facilitated by **Vanguard Solutions Consulting**. VSC has partnered with Broward County Public Schools to provide YMHFA training to public, charter and private schools across the district in order to assist us in meeting the state mandate.

VSC trainers are certified by the National Council for Mental Well Being. They have provided Mental Health First Aid Training Services for school districts, colleges, universities, government agencies, healthcare organizations and businesses throughout the country.

WHAT IT COVERS

- Common signs and symptoms of mental illness in this age group, including
 - » Anxiety
 - » Depression
 - » Eating disorders
 - » Attention deficit hyperactive disorder (ADHD)

Common signs and symptoms of substance use

- How to interact with a child or adolescent in crisis
- How to connect the person with help
- **New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

The course will teach you how to apply the **ALGEE** 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.

To learn more about our training programs, visit us today at www.vscymhfa.com/saintambrose.