



Youth Mental Health First Aid

During this one-day training, participants will learn:

- ✓ 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.
- ✓ A core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:
 - Assess for risk of suicide or harm
 - Listen non judgmentally
 - Give reassurance and information
 - Encourage appropriate professional help
 - Encourage self-help and other support strategies

Training Date:

August 28, 2017

2212 Carter Ave.

Ashland, KY

Training Time

★ 8:30 a.m. – 4:30 p.m.

★ Lunch will be on your own.

Register at:

www.kypartnership.org

KPFC office (800)369-0533

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Who should take this course?

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18.

- Evidence-Based Practice
- Facilitated by nationally certified Instructors
- Approved for 8.0 hrs. CEUs from NASW-KY.
- Cost: \$20 per person for training materials.



Kentucky Partnership for Families and Children, Inc. (KPFC) is a statewide, private, non-profit organization that believes all families raising youth and children affected by behavioral health challenges deserve responsive systems providing services and resources that are family-driven and youth-guided.