

# YOUTH MENTAL HEALTH FIRST AID USA

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.

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**.

**Recommended for parents and all school staff, including administration, teachers, counselors, coaches, secretaries, health staff, instructional aides, psychologists and any others who have direct contact with students!**

**Date:** Thursday, August 10, 2017

**Time:** 8am to 5pm

**Where:** RUSD Boardroom,  
2615 Sierra Meadows Dr.  
Rocklin, CA 95677

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 or provide any therapy or counseling. Participants learn to support youth who are developing signs and symptoms of a mental illness, or are in an emotional crisis, by applying a core five-step action plan.



To register, please click on the following link ([Youth Mental Health](#)). If you have any questions, please contact Nicole Duggan at [nduggan@rocklin.k12.ca.us](mailto:nduggan@rocklin.k12.ca.us)

**\*LIMITED TO 30 PARTICIPANTS**