

North Country Substance Use Disorder and Prevention Series



Youth



North Country
HEALTH CONSORTIUM



Mental Health First Aid

Target audience includes:

Behavioral health professionals, physicians, physician assistants, nurse practitioners, nurses, peer recovery workers, and any others working with youth

Youth Mental Health First Aid (MHFA)

is an **early intervention** public health training designed to **teach adults** how to **recognize the signs and symptoms** that suggest a potential mental health challenge, how to **listen non-judgmentally** and **give reassurance** to youth who may be experiencing a challenge, and how to **refer** a person to appropriate professional support and services.

Participants will...

- Describe the purpose of Youth MHFA and the role of the Youth Mental Health First Aider
- Recognize the signs and symptoms of mental health challenges that may impact youth
- Explain the impact of traumatic experiences and the role of resilience on adolescent development
- Apply the appropriate steps of the YMHA Action Plan (ALGEE) to non-crisis and crisis situations
- Choose appropriate methods for self-care following the application of Youth MHFA in a crisis or non-crisis situation

**Continuing education provided -
See registration for details!*

May 12, 2023

8:30 AM - 3:30 PM

Runnells Hall, Chocorua, NH

Cost: \$50.00

** Register today!*

<https://www.nhadaca.org/event-5014104>

Questions? Contact: Laura Remick,
Workforce and Education Coordinator
lremick@NCHCNH.org | (603) 259-4811

Presented by: Jane Skantze, MSW & Jessica Bennett, LADC, LCMHC, Ed.S.; both are trained presenters for Mental Health First Aid through the National Council for Mental Wellbeing. Jane is the Community Impact Manager at Makin' It Happen, Manchester, NH. Jessica is a school counselor for the Bedford School District and has a private counseling practice.