

YOUTH MENTAL HEALTH FIRST AID FREE CERTIFICATION TRAINING & CREDITS BEING OFFERED

This course is FREE and upon completion you will earn 8 CTLE credits, for continuing education.

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 8-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.

TRAINING WILL BE OFFERED ON THE
FOLLOWING DATES:

ONLY REGISTER FOR ONE SESSION BY
FRIDAY, SEPTEMBER 10.
PLEASE BRING YOUR OWN LUNCH & SNACK.

THE URSULINE SCHOOL

1354 North Avenue, New Rochelle, NY

Saturday, September 18, 2021
9am—6pm

IONA PREPARATORY SCHOOL

255 Wilmot Road, New Rochelle, NY

Saturday, September 25, 2021
9am—6pm

WHO SHOULD TAKE

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

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

REGISTER NOW

Seating is limited, and on a first come first serve basis.

This training is offered to school teachers, administrators and counselors in Westchester, FREE of charge due to the generosity of the Westchester County Coalition for Drug and Alcohol Free Youth, through a grant from the Department of Justice.

To register, go to: [Youth Mental Health First Aid Training - Sept. 18 and Sept. 25 - ADAPP](#)
by September 10th.