

Do you know how to recognize the signs of a mental illness in a young person?

Would you know how to respond if you did?

What if there was something you could do to help youth in your community?



YOUTH MENTAL HEALTH FIRST AID

THURSDAY, MAY 25, 2017

8:00AM TO 4:30PM

(REGISTRATION IS AT 7:30AM & CLASS BEGINS AT 8:00AM)

COMPLIMENTARY CONTINENTAL BREAKFAST AND LUNCH PROVIDED

CLASS LOCATION

**Sacramento County Water Agency – Sarah Room
Vineyard Surface Water Treatment Plant
10151 Florin Road
Sacramento, CA 95829**

TRAINERS

Lindsay Cathcart and Diane Lampe

PRESENTED BY

Sacramento County Office of Education, Prevention & Student Services in collaboration with Sacramento County Department of Health and Human Services, Division of Behavioral Health Services

This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).



ABOUT THE COURSE

Youth Mental Health First Aid (YMHFA) is a basic public education program that teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Using an interactive format, this 8-hour course utilizes role-playing and simulations to demonstrate how to assess a mental health crisis, provide initial help, and connect young people to professional, peer, social, and self-help care.

PARTICIPANTS LEARN

- ❖ 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.

**A collaborative program offered through the
SHERIFF'S COMMUNITY IMPACT PROGRAM**



ENROLL ONLINE BY MAY 18TH AT SACSCIP.ORG

Contact Deputy Mike Saigeon at:

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