



Student Attendance, Safety and Well Being Youth Mental Health First Aid

Sometimes, first aid isn't a bandage, CPR, the Heimlich maneuver, or the call to 911.

Sometimes, **YOU** are the first aid!



What You Will Learn:

A young person you know could be experiencing a mental health challenge or crisis. You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

Intended Audience:

Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — social workers, teachers, nurses, counselors, coaches, secretaries, registrars, lunch staff, bus drivers, and leaders of faith communities, law enforcement, and other caring citizens.

6.0 CEUs- Provider approved by the California Board of Registered Nursing, Provider Number 13742 (Registered Nurses Only)

Content from this training supports Local Control Accountability Plan — Priority Area: Student Engagement and School Climate

For additional registration information, please contact office@ninthdistrictpta.org.

ADVANCE REGISTRATION REQUIRED - SPACE IS LIMITED RSVP by May 4th

Wednesday, May 16th 8am – 4pm

**San Diego County Office of Education
Joe Rindone Regional Tech Center Labs 1-4 Bldg 2
6401 Linda Vista Road San Diego, 92111**

Register via: <http://sdcoe.k12oms.org/918-147659> Access Code: PTA

- 8 – Check-in and light breakfast
- 8:30 - Training begins
- 12 – 12:30 Lunch
- 4 - Training ends

Book and materials are complimentary. Light breakfast and lunch provided.

- **Must arrive by 9am in order to participate**



Participants may be photographed for use in promotional and/or news materials.

Ninth District
PTA
everychild.one voice.

Sponsored by the California Department of Education (CDE), Coordinated Student Support and Adult Education Division, and the San Diego County Office of Education, Student Support Services Department. This training is made possible through funding from the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) through the "Now is the Time" Project Advancing Wellness and Resilience in Education State Educational Agency (NITT-AWARE-SEA). California's Project NITT-AWARE-SEA (Project Cal-Well) is a consortium of the CDE and three grantee LEAs: San Diego County Office of Education (SDCOE), Garden Grove Unified School District (GGUSD), and Santa Rosa City Schools (SRCS). Youth Mental Health First Aid Participant Manuals generously donated by the American Foundation for Suicide Prevention (AFSP). Youth Mental Health First Aid Participant Manuals generously donated by the San Diego Chapter of the American Foundation for Suicide Prevention (AFSP).