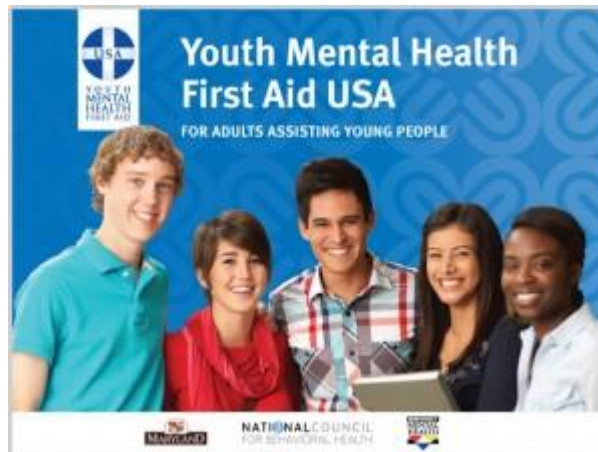


**Free Program!! We'd love parents to attend!!**

## **Youth Mental Health First Aid**



Who: Anyone who interacts with youth

Where: Laker Elementary

When: Monday, August 15, 2016, 8 a.m. - 4 p.m.

What: Free training, free handbook, and a certificate if all 8 hours are completed

**How to Register: Call Kathy Dickens, 989-553-2057 or [kdickens@lakerschools.org](mailto:kdickens@lakerschools.org)**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

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