



## AT-A-GLANCE

# Youth Mental Health First Aid Certification

**Youth Mental Health First Aid (YMHFA) Training** teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders in youth. This 8-hour training gives adults the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be experiencing a mental health or substance use challenge and help connect them to the appropriate care.

This course teaches participants to apply the **ALGEE** Plan:

- **Assess** for risk of suicide or harm
- **Listen** non-judgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other supportive strategies

### Is this training for me?

**YMHFA training** is for teachers, school staff, coaches, camp counselors, youth group leaders, parents, and anyone who works with youth.

- Past YMHFA Participants Include**
- Counselors
  - Administrators
  - Members of the Military
  - Members of a Faith Community
  - Youth-Serving Organizations
  - Government Agencies

### Quick Training Facts

**Size** 16

**Cost** \$2,200/participant (*many scholarships available*)

**Location** Virtual and in-person (*pending public health orders and trainer availability*)

**Length** **In Person:** 3-5 day  
**Virtual:** 1-2 hrs of asynchronous prework/postwork + 3-5 hrs synchronous (*live webinar*) and 3-5 days of virtual instruction

**Benefits** 3 year certification

**Scholarship Requirements** Complete an evaluation for the course  
Pass the certification test (*virtual only*)  
Complete follow up evaluations and provide quarterly training data.

**Materials** Training materials will be provided through the National Council and shipped to each participant. They will provide codes for each participant.





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### PRE-TRAINING

- Registration links provided via email.
- Virtual participants log into LMS & complete prework online.
- Download materials prior to training.

### TRAINING

- Virtual requires use of Zoom platform and video cameras on for entire training. Log into LMS to participate through Zoom.
- All materials will be provided.
- Must attend entire training session(s) for certification.

### POST-TRAINING

- Complete required training evaluation.
- Virtual participants complete final module and test online.
- Scholarships require participation in follow-up questionnaires.

### For GROUPS (of 10 or more) interested in YMHFA:

Individuals and small groups (under 10) are welcome to apply for YMHFA Training. Visit [TRAINMEOSAH.com](http://TRAINMEOSAH.com) to register; you will receive email announcements when new training dates are scheduled.

### For INDIVIDUALS and SMALL GROUPS interested in YMHFA:

Groups can request training for their organization at [TRAINMEOSAH.com](http://TRAINMEOSAH.com). If your group is less than 25 people, OSAH will include others from outside your organization in your training session(s).



**Ready to Schedule a YMHFA Training?  
Visit [TRAINMEOSAH.com](http://TRAINMEOSAH.com).**