



AT-A-GLANCE

Youth Mental Health First Aid Instructor Course

Youth Mental Health First Aid (YMHFA) Training teaches how to identify, understand, and respond to signs of mental illnesses and substance use challenges in youth. Instructors have a primary role to teach the Mental Health First Aid Course with fidelity to the core program model and provide key messages. This 3-5-day training certifies new instructors and gives them the skills they need to provide adequate training to their communities and organizations.

This course will teach Instructors to guide 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 educators, 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 must register through the LMS & complete prework online.
- Order materials via a coupon code provided via email from the National Council.

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 ordered by participants (coupon code provided).
- Must attend entire training session(s) for certification.

POST-TRAINING

- Complete required training evaluation.
- Virtual participants complete 2 hrs of post-work.
- Scholarships require participation in follow-up questionnaires and quarterly data collection.

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 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. 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.