

*In the United States, about 1 in 5 adolescents
lives with mental illness.*

Youth Mental Health First Aid (YMHFA) equips you to recognize signs of distress and guide a person toward appropriate treatments and other supportive health care.

Who should attend this training?

If you are a family member, caregiver, teacher, school staff member, peer, neighbor, health and human services worker, or a caring citizen who works with adolescents, this training is for you. Florida AWARE has partnered with YMHFA and offers a curriculum primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

What is Youth Mental Health First Aid USA?

YMHFA is an 8-hour education program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, including anxiety, depression, psychosis, eating disorders, substance use disorder, ADHD and other disruptive behavior disorders.

YMHFA emphasizes the importance of early intervention, and teaches individuals how to help an adolescent who is in crisis or experiencing a mental health challenge. YMHFA uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care. Learn more about YMHFA at www.mentalhealthfirstaid.org.

What Will I Learn?

Participants learn a five-step action plan, ALGEE, to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

How much is the training and what do I receive?

The training is free! Participants who complete the program become certified Youth Mental Health First Aiders and are registered within the National Council for Behavioral Health. They also receive a First Aider certificate, a list of local resources and a manual that compliments the training. The value of this course is \$170 per participant.

About our Instructors

Florida AWARE has 12 YMHFA State Instructors. Two are certified to teach the course in Spanish. Locally, Florida AWARE has trained numerous YMHFA Instructors within Duval, Pinellas and Polk school districts.

Interested in a training, or becoming a First Aider?

We are currently accepting training requests to come to your site!

To schedule a training, contact:

Sandra Sosa-Carlin, EdD
YMHFA Training Coordinator
Florida AWARE Project
(813) 974-6752
ssosa@usf.edu

To schedule a training in Duval, Pinellas or Polk County, contact:

Duval Program Manager
Michele Johnson, MA
johnsonm16@duvalschools.org

Pinellas Program Manager
Vicki Koller, MSW
kollerV@pcsb.org

Polk Mental Health Coordinator
Christy Olson, EdD
christy.olson@polk-fl.net



Florida AWARE is a State Education Agency "Now is the Time" Program, awarded by the Substance Abuse and Mental Health Services Administration to the Florida Department of Education's Bureau of Exceptional Education and Student Services with a subagreement to the University of South Florida and the three partnering districts (Duval, Pinellas, and Polk).

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