



YOUTH MENTAL HEALTH FIRST AID

64.1%

of youth with major depression
**do not receive any mental
health treatment.**

- Mental Health America

1 in 5

teens and young adults
**lives with a mental
health condition.**

- National Alliance for Mental Illness

5.13%

of youth report having a
**substance use or
alcohol problem.**

- Mental Health America

What it Covers

- Common signs and symptoms of mental illness in this age group, including
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help

Who Should Take It?

- Nurses
- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6.5 hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. Registration is limited to 15 per session so don't wait to sign up.

Virtual Training Details

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 4.5 instructor led videoconference via Zoom.

Eligible participants can earn up to a maximum of 6.5 contact hours with their participation in the activity and completion of the evaluation.

- **NEW:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

How Do I Register?

In order to provide this program free of cost, grant funds are being utilized to secure your spot. Please only register if you fully intend on completing the pre-activity work and attending the live webinar. Please only register for one date.

[Click Here](#) to Register for May 20th via Eventbrite.

[Click Here](#) to Register for June 24th or 29th via Eventbrite.

[Click Here](#) to Register for July 12th via Eventbrite.

What is the Cost and When Will It Be Held?

Cost: FREE

Dates: We are offering the following dates to choose from:

Thursday, May 20
Thursday, June 24
Tuesday, June 29
Monday, July 12

Time: 9:00 a.m. - 2:30 p.m.

Presenter: Lynne Bourgeois, Youth Mental Health First Aid Coordinator

Youth Mental Health First Aid Continuing Education Information

Joint Provided by UL Lafayette Continuing Nursing Education Program & Eat Move Grow

CONTACT HOURS: 6.5

This program is approved for 6.5 contact hours for registered nurses. Continuing education application submitted and approval awaiting for the following professions:

*Social Workers

To receive 6.5 contact hours, the participant must attend the entire program and complete the demographic and evaluation forms via the website link provided at the end of the program to download the certificate. A certificate of attendance will be provided for all other attendees.

ANCC Accreditation Statement:

University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Louisiana State Board of Nursing Provider #9