



PSD is offering FREE Youth Mental Health First Aid Certification.  
Choose between the January or March cohorts.\*

<p>January 1-23, 2024 Complete 2 hours of <i>asynchronous PD completed by 1/16</i></p> <p>Tuesday, January 16, 2024 3:30-5:30 PM In-person PD</p> <p>Tuesday, January 23, 2024 3:30-5:30 PM In-person PD</p>	 <p>March 1st -20, 2024 Complete 2 hours of <i>asynchronous PD prior to 3/13</i></p> <p>Wednesday, March 13, 2024 3:30-5:30 PM In-person PD</p> <p>Wednesday, March 20, 2024 3:30-5:30 PM In-person PD</p>
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\* Choose one cohort. Asynchronous work must be completed before the in-person sessions.

- In-person sessions are held at the Administration Building.
- Participants will earn 6 PLUs and receive Youth Mental Health First Aid Certification upon successful completion of the course.
- Register in Frontline. Course login information will be emailed separately.
- Additional questions? Please email  
Melissa Labossiere at [labossierem@psdri.net](mailto:labossierem@psdri.net).

#### WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18.

<p><b>10.2%</b> of youth will be diagnosed with a substance use disorder in their lifetime. <small>Source: Youth Mental Health First Aid™</small></p>	<p><b>1 IN 5</b> teens and young adults lives with a mental health condition. <small>Source: National Alliance for Mental Illness*</small></p>	<p><b>50%</b> of all mental illnesses begin by age 14, and 75% by the mid-20s. <small>Source: Archives of General Psychiatry***</small></p>
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#### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

#### WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.