



YOUTH MENTAL HEALTH FIRST AID

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 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

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).

COURSE FORMAT

Learners complete a 2-hour, self-paced online course, and participate in a 4.5–5.5-hour, Instructor-led training, either in-person or online.

CERTIFIED INSTRUCTORS

Rachel Shyloski, MSW, is a social worker and the Camp Director at Camp Mountain Chai. She is strongly committed to putting mental health into the forefront of our minds when developing our youth and in creating a genuine culture of care. Rachel brings a wide range of skills, knowledge, and trained experiences from the mental health field and looks forward to providing YMHA trainings with you and your organizations.

Amy Epner, PhD, is a licensed clinical psychologist and the Coordinator of Mental Health and Wellness at Camp Mountain Chai. She is passionate about helping individuals overcome challenges in order to live balanced and fulfilling lives. Amy believes strongly in the positive impact of camp and strives to create a supportive, inclusive, and growth-oriented environment for all campers and staff.



Contact us at info@campmountainchai.com or call our office (858) 499-1330 for more information on pricing and scheduling a training.