

# Falcon Cove Middle School

Proudly Presents

## FREE Youth Mental Health First Aid

### FOR PARENTS

#### Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

#### WHO SHOULD TAKE IT

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

#### WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

#### The course will teach you how to apply the ALGEE action plan:

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

**When:** June 10 and 11 from 8:00am to 12:00m

**Where:** Falcon Cove Middle School Room Number TBA

***Space is limited to 30 participants and will be on a first come first serve basis. Participants must attend both days to receive Certificate.***

*Instructors: Kim Kelleher, LMHC & Rosa Mazzocca, LMHC*

To register: Email Ms. Kelleher at [kimberly.kelleher@browardschools.com](mailto:kimberly.kelleher@browardschools.com) before June 7/2019