

# Youth Mental Health First Aid

## Instructor Training



MENTAL  
HEALTH  
FIRST AID®

**January 23-25, 2019**  
**8:30 am – 5:00 pm**

The primary role of Instructors is to teach the Mental Health First Aid course with fidelity to the core program model and key messages. Each Instructor has a set of materials to help guide them through course facilitation. Certified Instructors may teach the 8-hour Mental Health First Aid course to any interested audiences in their community.

Cost: \$1,700/person  
(includes all materials)  
Location: The Summit  
1027 W. Rudisill Blvd  
Fort Wayne, IN 46807

**Spots are limited. Register soon!**

To register, visit <https://janymhfainstructor.eventbrite.com>

Questions? Contact us at (260) 422-6441 or [info@mhanortheastindiana.org](mailto:info@mhanortheastindiana.org)



# What to expect at Youth Mental Health First Aid Instructor Training

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

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The training teaches you how to:

- Teach the Mental Health First Aid course, including the 5-step action plan, evidence-supported treatment and self-help strategies, and prevalence data.
- Present the program with fidelity to the tested, core model.
- Apply the program to a range of adult learning styles.
- Tailor presentations to diverse audiences and learning environments.

For more information about Youth Mental Health First Aid, visit  
<https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/>

For more information please call  
Mental Health America of Northeast Indiana at 260.422.6441  
or email [info@mhanortheastindiana.org](mailto:info@mhanortheastindiana.org)