



Let's make Mental Health First Aid as common as CPR.

Youth Mental Health First Aid Workshop Series

Youth Mental Health First Aid USA is a **FREE** eight-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents (ages 12-18), builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent experiencing a mental health challenge.

WHO SHOULD TAKE THE COURSE?

Adults who regularly interact with youth:
Teachers, School Staff, Coaches, Church and Youth Group Leaders, Childcare Workers, Parents, Social Workers, Hospital Staff, Law Enforcement, Employers...and more

TRAINING LOGISTICS

Date:

- **Friday - January 26, 2018**
[If this date reaches capacity, another date will be scheduled]

Time:

- 8:30 a.m. to 5:30 p.m.

Location:

- Virginia Home for Boys and Girls
Campus Fellowship Hall
8716 West Broad Street
Henrico, VA 23294

WHAT WILL PARTICIPANTS LEARN?

- Risk factors and warning signs of a variety of mental health challenges common among adolescents, ie: anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.
- To support a youth developing signs and symptoms of a mental illness or in an emotional crisis {not to diagnose, nor how to provide any therapy or counseling }.

WHAT WILL PARTICIPANTS RECEIVE?

- A workbook
- Certified training hours for continuing education
- Certification in Mental Health First Aid from the National Council on Behavioral Health

CONTACT US:
1-804-270-6566, ext 159 or lfrancis@vhbg.org, or go to our website: vhbg.org There is no charge for the course thanks to our generous sponsors, but RSVP is required.

ABOUT THE TRAINER AND VHBG THERAPEUTIC RESOURCES

Virginia Home for Boys and Girls (VHBG) has been helping children in crisis since 1846. Our Therapeutic Resource Center, located on our 30+ acre campus, is directed by Karen Rice, LCSW. She has more than 30 years of experience counseling youth and their families. She is certified at the national instructor level in Mental Health First Aid-Youth and Adult. Karen holds a Master of Social Work, Mental Health from VCU and a Bachelor of Arts in Psychology from the UVA.

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