

SPRING 2023

HOPE

REIMAGINED

YOUTH MENTAL HEALTH FIRST AID

Learning what to do during
mental health distress



At Virginia Home for Boys and Girls, we're putting out a rallying cry to make Mental Health First Aid as common as traditional first aid and CPR.



**MENTAL
HEALTH
FIRST
AID**

My name is Joni Marshall and I'm a Board member of Virginia Home for Boys and Girls, but also a mother. In 2014, my 24-year-old son, Brendan, died by suicide during the Christmas holiday. Since then, I've known two other young people to attempt suicide, and know of six others who died by suicide. I was shocked by Brendan's death. His friends were shocked. How could we have missed the signs?

When a young person is struggling, it's up to ALL of us to notice, but how? I'm working to spread awareness of this terrible, upward trend happening to our children and to let you know that anyone anywhere can be the one to make a difference in the life of someone with a mental health challenge ... if they know what to do and what to say. I took the Youth Mental Health First Aid course offered by VHGB and want other people (like coaches, church and youth group leaders, childcare workers, social workers, parents, grandparents, teachers, employers...and more) to know that this evidence-based training can help you identify the signs of mental health distress in youth so you can respond proactively. Even someone like me, I'm not a therapist, now knows how to intervene to make a difference in someone's life because I've been educated. This amazing training gives you tools and confidence to know what to say, what not to say, and how to respond.

**FREE WORKSHOP
OFFERED
EACH MONTH**



**Learn the signs.
Stamp out stigma.
Save a life.**

This eight-hour workshop introduces the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

Don't wait. Sign up Today.

2x Depression and anxiety in youth **doubled** compared to pre-pandemic levels

25% 1 in 4 adolescents globally are experiencing **clinically elevated depression** symptoms; 1 in 5 youth are experiencing **clinically elevated anxiety** symptoms (JAMA Pediatrics)

50% of all lifetime cases of **mental illness begin by age 14** and 75% by age 24.

2x Individuals who identify as LGBTQ+ are twice as likely to have a mental health condition than their straight peers and 2 to 3 times more likely to die by suicide.

37% of students with a mental health condition age 14 and older drop out of school – the highest dropout rate of any disability group.

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Since 2017, VHBG has convened more than 40 workshops and trained nearly 1,000 people. The workshop valuation from the National Council for Behavioral Health estimates that the market value of the course is \$130 making a realized benefit to our community of \$121,810. Thanks to generous sponsors, we plan to continue to make the workshop free of charge.

SIGN UP TODAY!

bit.ly/YMHFA_Workshops



Pick a date that works for you!

MARCH 17, 2023	AUGUST 11, 2023
APRIL 21, 2023	SEPTEMBER 15, 2023
MAY 19, 2023	OCTOBER 20, 2023
JUNE 23, 2023	NOVEMBER 10, 2023
JULY 21, 2023	DECEMBER 8, 2023

**Arrangements can be made to train private groups as well.
Contact Lisa Francis at 804.270.6566, ext. 1590**



VHBG's Therapeutic Resource Center provides counseling, consultation, and psycho-education services to individuals, families, and groups. We use compassion to provide consultation and information to families and professionals who may not be connected to our programs but are looking for community resources for their young people who are at imminent risk of physical or emotional harm.

Virginia Home for Boys and Girls
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