

LET'S MAKE MENTAL HEALTH FIRST AID AS COMMON AS CPR



## Youth Mental Health First Aid Workshop

Youth Mental Health First Aid USA is a FREE eight-hour public education program which builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

### WHO SHOULD TAKE THIS 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, etc.

### WHAT WILL PARTICIPANTS LEARN SO THEY CAN BE THE ONE TO MAKE A DIFFERENCE?

- What to do and what to say when you see a youth struggling with mental and emotional challenges
- Risk factors and warning signs of a variety of mental health challenges common among adolescents
- How to apply what you learn by practicing in class using role playing and simulations
- Real life responses to challenging situations

### WORKSHOP LOGISTICS

**DATES**

FRIDAY, JULY 15, 2022

FRIDAY, AUG 19, 2022

FRIDAY, SEPT 16, 2022

FRIDAY, OCT 14, 2022

FRIDAY, NOV 11, 2022

FRIDAY, DEC 9, 2022

**TIME**

WE START AND END PROMPTLY } 8:30 AM TO 5:00 PM

### LOCATION

**VIRGINIA HOME FOR BOYS AND GIRLS**

8716 West Broad Street

Henrico, VA 23294

Training takes place in building #20 – our spacious dining hall.

### CONTACT US

1-804-270-6566, EXT 1590 | [bit.ly/VHBGYouthMentalHealthFirstAid](https://bit.ly/VHBGYouthMentalHealthFirstAid)  
or email [lfrancis@vhbg.org](mailto:lfrancis@vhbg.org)

There is no charge for the course thanks to our generous sponsors, but RSVP is required due to limited seats (25 per workshop).

### ABOUT THE TRAINER AND THERAPEUTIC RESOURCES



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