



Regional Office of Education #12



# YOUTH MENTAL HEALTH FIRST AID



YOUTH  
MENTAL  
HEALTH  
FIRST AID

*CEUs, PDUs and Administrator Academy  
(AA #1367) Credit Available!*

This course is designed for adults who regularly interact with adolescents, but may also be appropriate for older adolescents (16 and older) so as to encourage youth peer to peer interaction. Anyone who regularly works or interacts with youth - teachers, athletic coaches, mentors, juvenile justice professionals - may find this course content useful. The core Mental Health First Aid course has been successfully offered to a variety of audiences including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

You will learn...

- The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.
- Participants do not learn to diagnose, nor how to provide any therapy or counseling.
- Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

## WORKSHOP DETAILS

**Sept 13, 2023**

8:30 am - 3:00 pm

**Presented by**

Roselene Quick

ROE 12 School Services Director

**Cost**

\$75 (includes 3 year certification)

**Location**

ROE 12 PD Training Room  
407 S. Whittle Ave. - Olney, IL 62450

For more information

[rquick@roe12.org](mailto:rquick@roe12.org)

**To Register**

<https://cutt.ly/oZtRLI>



Use your mobile device  
to register