

What is Youth Mental Health First Aid?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who, regularly interact with young people.

You will learn:



- Common mental health challenges for youth, reviews typical adolescent development
- The potential warning signs and risk factors for anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders
- 5-Step Action Plan (ALGEE) for how to help young people in both crisis and non-crisis situations
- Resources available to help someone with a mental health problem.



**CEI CMH Certified
Youth Mental Health First
Aid (YMHFA) Instructors:**

Julie Barron, BA, CPSS

Paul Duff, LMSW

**Terri Henrizi,
Education Coordinator
Association for Children's
Mental Health**

Janet Maki, BA, CPSS

Mark Phillips, BA, CPSS

Becki West, BA, CPSS

Youth Mental Health First Aid Classes will be scheduled on-going throughout the year.



COMMUNITY MENTAL HEALTH AUTHORITY

CLINTON • EATON • INGHAM

812 E. Jolly Rd. Lansing, MI 48910

Please call Judy Hazle at
517-346-8238 for more information
as well as other educational
opportunities for the community.



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www.facebook.com/ceicmh



Classes Are Available !

2014

Upcoming Classes:

March 4th, 13th and 31st

April 14th, 17th, and 28th

May 1st, 6th, and 28th

June 24th, 26th and 30th

July 17th, 23rd and 29th

August 14th, 18th, and 26th

September 3rd, 18th, 22nd, and 23rd

REGISTER EARLY!

Why Youth Mental Health First Aid?

- Mental health problems are common.
- Stigma is associated with mental health problems.
- Many people are not well informed about mental health problems.
- Professional help is not always on hand.
- People often do not know how to respond.



**Register for a
Youth Mental Health First Aid
(YMHFA) Training: 1 day for 8 hours**

Time: 8:30 am to 5:00 pm each day
(must attend 8 hours to get certificate)

Lunch is provided

Where: CEI Community Mental Health
812 E. Jolly Rd., Atrium
Lansing, MI 48910

Cost: *Free
(for those who meet the criteria of the
MDCH Grant)

\$20.00 for Veterans

\$45.00 (for those that do not meet the
criteria of the MDCH Grant)

MDCH Grant Criteria: must work with youth in Clinton, Eaton or Ingham Counties and/or have contact with youth (i.e. parents, foster parents, teachers, clergy, etc...) This YMHFA training is available at no cost until September 30, 2014 by a Grant funded by the Michigan Department of Community Health (MDCH).

March

Tuesday, March 4, 2014
Thursday, March 13, 2014
Monday, March 31, 2014

April

Monday, April 14, 2014
Thursday, April 17, 2014
Monday, April 28, 2014

May

Thursday, May 1, 2014
Tuesday, May 6, 2014
Wednesday, May 28, 2014

June

Tuesday, June 24, 2014
Thursday, June 26, 2014
Monday, June 30, 2014

July

Thursday, July 17, 2014
Wednesday, July 23, 2014
Tuesday, July 29, 2014

August

Thursday, August 14, 2014
Monday, August 18, 2014
Tuesday, August 26, 2014

September

Wednesday, September 3, 2014
Thursday, September 18, 2014
Monday, September 22, 2014
Tuesday, September 23, 2014

**There is a minimum of 15 and a maximum of
25 seating limit per training**

THREE WAYS TO REGISTER:

REGISTER ON-LINE at
www.eventbrite.com

MARCH:

<http://ymentalhealthfirstaidmarch.eventbrite.com/>

APRIL:

<http://ymentalhealthfirstaidapril.eventbrite.com/>

MAY:

<http://ymentalhealthfirstaidmay.eventbrite.com/>

JUNE:

<http://ymentalhealthfirstaidjune.eventbrite.com/>

JULY:

<http://ymentalhealthfirstaidjuly.eventbrite.com/>

AUGUST:

<http://ymentalhealthfirstidaug.eventbrite.com/>

SEPTEMBER:

<http://ymentalhealthfirstaidsept.eventbrite.com/>

Send an email to

hazle@ceicmh.org or call 517-346-8238

After your registration has been confirmed, and if you do not meet the criteria for the grant, please send your check payable to "CMHA-CEI" adding in the memo line who is attending and YMHFA to:

CEI Community Mental Health
c/o Becki West
812 E. Jolly Rd., Suite G-10
Lansing, MI 48910

Due to the popularity of this training, payment must be paid prior to the class and the fee is non-refundable. If you are unable to attend we need a 2 week notice and you can be put on the list for a future training. We can only accept cash or check at this time.



**Join Youth Mental Health First Aiders across the
USA. Save lives and build stronger communities.**