

## 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.



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 Customer Service at 877-333-8933 or 517-346-8244 for more information and/or to register for a class.

To learn more about other educational opportunities for the community. Contact Judy Hazle at 517-346-8238.



### Like Us on Facebook

Keep up to date on our current news, by liking us on facebook.  
[www.facebook.com/ceicmh](http://www.facebook.com/ceicmh)



**YOUTH  
MENTAL  
HEALTH  
FIRST AID**

**Classes Are Available !**

**2014  
Upcoming Classes  
Are Available**

**REGISTER EARLY!**



**COMMUNITY MENTAL HEALTH AUTHORITY**  
CLINTON • EATON • INGHAM



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

**Time:** 8:30 am to 5:00 pm  
(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 until September 30, 2014.  
Call to request the cost for training after 9/31/2014

**NOTE: There will be a cancellation fee of \$20.00 if you do not give a required 7 days notice and/or if you do not show up for a class you are registered for.**

**Who is eligible to take this training for FREE?**

This Training is available at no cost due to a grant awarded by the Michigan Department of Community Health (MDCH), until 9/31/2014. This training targets and trains laypersons that work and/or interact with youth (i.e. parents and foster care givers, educators, faith community/clergy, health care providers, law enforcement, juvenile justice workers, and other interested laypersons in Battle Creek, Clinton, Eaton, Ingham, Genesee, Kalamazoo, Kent, Muskegon and Saginaw counties. Most everyone meets the criteria if you are in the region listed!

May  
Wednesday, May 28, 2014

June  
Tuesday, June 11, 2014  
Tuesday, June 24, 2014  
Thursday, June 26, 2014  
Monday, June 30, 2014

July  
Thursday, July 1, 2014  
Tuesday, July 15, 2014  
Wednesday, July 23, 2014  
Tuesday, July 29, 2014

August  
Monday, August 4, 2014  
Thursday, August 14, 2014  
Monday, August 18, 2014  
Tuesday, August 26, 2014  
Thursday, August 28, 2014

September  
Wednesday, September 3, 2014  
Wednesday, September 10, 2014  
Thursday, September 18, 2014  
Monday, September 22, 2014  
Tuesday, September 23, 2014  
Tuesday, September 30, 2014

**Upon request additional classes can be scheduled**

**In order to have a class, there must be a minimum of 15 participants with maximum of 35 participants.**



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

**THREE WAYS TO REGISTER:**  
**REGISTER ON-LINE at [www.eventbrite.com](http://www.eventbrite.com)**  
**and search for the date of the event.**  
**or**

**call Customer Service at 517-346-8244**  
**If you have any questions or have issues with**  
**registering please contact Julie Barron at**  
**517-346-9600 or Becki West at 517-326-8366.**

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

**CEI Community Mental Health  
c/o Becki West**

**812 E. Jolly Rd., Suite G-10, Lansing, MI 48910**

**Non-eligible fees:**  
**\$45.00 for the course**  
**\$20.00 for Veterans (discounted price)**

We are offering up to 7.5 Continuing Education Credits for Social Workers, Counselors, and Nurses for free. Teachers may qualify for credits for a very small fee. Please inquire if you would like to receive

**Nursing-**Community Mental Health Authority of Clinton-Eaton-Ingham Counties, OH-336 (expires:3/1/2015), is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Nurses participating in MHFA training may receive a maximum of 7.5 CE hours.

**Social Work-**The Michigan Association of Community Mental Health Boards, provider #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards through the ACE program. MACMHB maintains responsibility for the program. ASWB approval period (11/10/13-11/10/16). Social Workers should contact their regulatory board to determine course approval. Social Workers will receive 7.5 continuing education clock hours for participating in this Mental Health First Aid (MHFA) Training.

**Substance Abuse Professionals-** MACMHB is approved by Michigan Certification Board for Addiction Professionals (MCBAP). MACMHB maintains the responsibility for the program and content. Substance Abuse Professionals participating in this Mental Health First Aid (MHFA) Training may receive a maximum of 7.5 "related" educational contact hours.