

What is Youth Mental Health First Aid?

Youth Mental Health First Aid (YMHFA) 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 ADHD), 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.



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Youth Mental Health First Aid
classes will be offered throughout the year.

See schedule at www.ceicmh.org.

For more information and/or to register,
please call CMHA-CEI Customer Service at
877-333-8933 or **517-346-8244**.

For more community education offerings,
contact Judy Hazle at **517-346-8238**.



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Keep up to date on our current news
at <https://www.facebook.com/ceicmh>.

Youth Mental Health First Aid

***Classes Available-
Register Today!***



Adult Mental Health First Aid
Classes also available



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FREE Training Eligibility

This YMHFA Training is available at no cost to eligible participants through September 30, 2014 due to a grant awarded by the Michigan Department of Community Health (MDCH). Training is targeted to 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 Calhoun, Clinton, Eaton, Genesee, Ingham, Kalamazoo, Kent, Muskegon and Saginaw counties.

Everyone meets the criteria if you are in the region listed above!

YMHFA Training Dates

YMHFA Classes will be offered on an ongoing basis throughout the year. For specific dates, see the class schedule at www.ceicmh.org.



Youth Mental Health First Aid training helps people become able to learn the warning signs of mental illness and help someone, especially in the early stages, to recognize their symptoms and to get help.



Youth Mental Health First Aid Training

Time Frame

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

Lunch is provided

Location

CMHA-CEI Atrium

812 E. Jolly Rd., Lansing, MI 48910

Will schedule groups off site upon request.

Eligible Fees*

Training is FREE for those who meet the criteria of the MDCH Grant until 9/30/2014.

(See criteria described at left.)

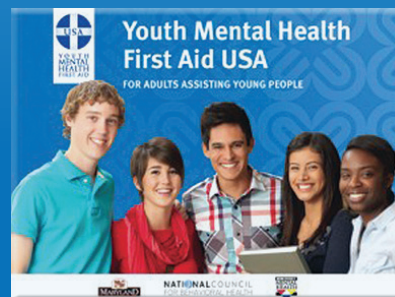
Call to request cost after 9/30/2014.

Non-eligible fees*

\$45.00 per participant

\$20.00 for Veterans (reduced-rate)

**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.*



Join Youth Mental Health First Aiders across the USA!

Save lives and build stronger communities.

<http://www.mentalhealthfirstaid.org>

Registration Information

Register online at www.eventbrite.com or call Customer Service at 517-346-8244

If you have questions or need help registering, please contact Julie Barron at 517-346-9600 or Becki West at 517-346-8366.

After your registration has been confirmed, if you do not meet the criteria for the MDCH grant (see criteria described in far left column) please make payment in cash or with a check payable to "CMHA-CEI" adding in the memo line the name of the person who will be attending the training and "YMHFA". Mail payment to:

**CMHA-CEI c/o Becki West
812 E. Jolly Rd., Suite G-10
Lansing, MI 48910**

CMHA-CEI is offering up to 7.5 Continuing Education Credits (CME) for Social Workers, Counselors, and Nurses for free. Teachers may qualify for credits for a very small fee. Please call if you would like to receive more information about earning CME credits.

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 Use Disorder 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.

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 (OBNA-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.