



# Youth Mental Health First Aid Training

**No Cost to  
Participants \***

## Course Details

Friday  
December 4, 2015  
8:00 AM - 5:00 PM

Snoqualmie Room

Puget Sound ESD  
800 Oakesdale Ave. SW  
Renton, WA 98057

Directions

## For More Information

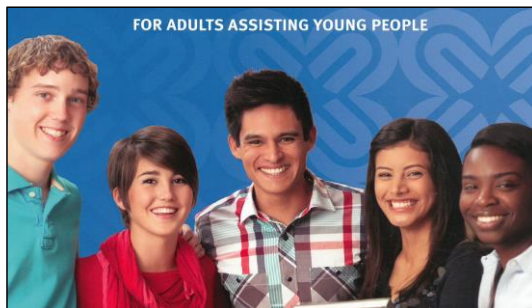
Contact Karen Aws  
kaws@psed.org

**\* NO COST TO  
PARTICIPANTS**

Sponsored by a **Project  
AWARE** grant awarded to  
ESD112 in Vancouver.

**\*Registration is required.  
Space is limited!**

**Please  
Register  
Online**



***This 8-hour training is designed to provide members of the public with skills to assist an adolescent experiencing a mental health challenge.***

**Sponsored by:** Project AWARE Grant Awarded to ESD112 in Vancouver.

**Hosted by:** Puget Sound ESD in Renton

**Instructors:** Kimberly Beeson, MSW, and Woody Pollock, MA, LMHC

**Audience:** Security, administrators, teachers, field staff, chaperones, and paraprofessionals. Also appropriate for parents, family members, caregivers, teachers, and coaches.

**Youth Mental Health First Aid** is an 8-hour training course designed for adults who regularly interact with young people. Participants will be better able to help an adolescent (age 12 – 18) who is experiencing a mental health or substance abuse challenge.

The course utilizes role-playing and simulations to help participants gain skills to offer initial assistance in a mental health crisis and how to effectively connect adolescents to appropriate community resources. Participants will learn the common mental health challenges for youth, typical adolescent development, and a five-step action plan for how to help young people both in crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. The Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices includes Mental Health First Aid training.

**Fee:** **No Cost to Participants \*** Includes training materials and beverage service.

**Lunch:** Schedule allows for a 30-minute "bring your own" lunch break.

**Clock hours:** 8 clock hours will be available for an additional, separate charge of **\$16**, payable on day of training. Checks and credit card payments accepted (no cash please).

**Location:** Puget Sound ESD, 800 Oakesdale Ave SW, Renton, WA 98057

**To Register:** Click button below  
or search online for <https://www.surveymonkey.com/r/QJ8MWYV>

Click to Register

**Last day to register: 12/1/15**