

YOUTH MENTAL HEALTH FIRST AID TRAINING

8:00 am - 4:30 pm

Breakfast and lunch is provided

Course Fee: No cost, sponsored by the McHenry County Mental Health Board

Space is limited to 30 participants.

Classes fill up quickly so please register early!

All attendees will receive a certificate of attendance for completing this 8-hour course.

Training #1

Saturday, October 15, 2016

Advocate Condell Medical Center

Room: Conference Center Rooms C & D

801 S. Milwaukee Ave., Libertyville, IL 60048

Training #2

Saturday, October 29, 2016

Advocate Good Shepherd Hospital

Conference Rooms (Main Entrance)

450 IL-22, Barrington, IL 60010

Training #3

Saturday, December 10

Advocate Sherman Hospital

Room: Sherman MOB

1425 N. Randall Road, Elgin, IL 60123

This 8-hour training 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. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both 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. For more information on Youth Mental Health First Aid, visit www.mentalhealthfirstaid.org.

TARGET AUDIENCE:

This training is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.). This training is open to the general community.

For registration or specific questions, email Marihelen Prideaux: mprideaux@namimchenrycounty.org

