

Youth Mental Health First Aid

What is Youth Mental Health First Aid?

Youth Mental Health First Aid (YMHFA) is a course designed to teach adults the skills necessary to identify and help a child who is developing or experiencing a mental health problem or crisis. This interactive course is taught internationally and listed on SAMHSA's National Registry of Evidence Based Programs and Practices.

Who should take the course?

Everyone! This class is beneficial for everyone, just as CPR and basic first aid classes are. Participants will gain a greater understanding of youth mental health challenges and feel empowered to help the youth in their lives and communities.

How long is the course, and when is it?

The course is eight hours long. It is usually taught in one day; but, it is acceptable to teach the course in two four hour sessions. Courses are scheduled by request of a group of individuals or an organization.

How are instructors trained?

Instructors become certified after successful completion of a five-day instructor training.

How much does the course cost?

VDH sponsored courses are free of charge, however each participant is required to have the YMHFA text book. These books are a great resource even after the completion of the class. The cost per book is \$8.00. Please do not let financial barriers stop you from inquiring about a class!

Course Contents

- **Role as a Mental Health First-Aider**
- **Mental Disorders and Illnesses**
- **Signs and Symptoms of Mental Disorders and Illnesses**
- **Typical Adolescent Development**
- **YMHFA Action Plan**
- **Assessing for Risk of Suicide or Harm**
- **Listening Nonjudgmentally**
- **Giving Reassurance & Information**
- **Encouraging Self-Help**
- **Encouraging Professional Help**

Youth Mental Health In VT

- 17 % of high school students reported purposefully harming themselves in the past year (2015, YRBS).
- 12% of high school students reported they had made a suicide plan in the past year (2015, YRBS).
- 12% of middle school students reported that they had ever made a suicide plan (2015, YRBS).
- 20% of middle school students felt so sad or hopeless almost every day for two weeks or more that they stopped doing some of their usual activities (2015, YRBS).

Contact Your Local Instructor

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