



## Youth Mental Health First Aid

FOR ADULTS ASSISTING YOUNG PEOPLE

Sponsored and funded by Brook Lane



Tuesday, October 29, 2019

8 a.m. - 5:00 p.m. (Registration at 7:30 a.m.)

Location: Brook Lane Health Services  
- Main Campus Community Room  
13121 Brook Lane, Hagerstown, MD 21742

Brook Lane is located north of Hagerstown, on the Leitersburg-Smithsburg Road.  
Driving directions are available at [www.brooklane.org](http://www.brooklane.org)

Participants must attend the full day and complete  
the course to receive a certificate.

### Who takes the course?

The course helps anyone who wants to learn how to provide initial help to an adolescent who may be experiencing symptoms of a mental illness or in crisis.

- Church Youth Leaders
- Youth Pastors
- Family Members
- Caregivers
- Teachers
- School Staff
- Clergy
- Neighbors
- Health & Human Service Workers
- Youth Club Personnel
- Other Caring Citizens

### About Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach adults 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.

Please Register

To Reserve your space, call Curt Miller at **301-733-0331 ext. 1228** or by email [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org)

- Brook Lane is offering the course for Free
- The course includes training materials, continental breakfast, lunch and snacks
- A Manual and YMHFA Certificate are presented to all attendees completing the 8 hour course
- Register early as the class size is limited
- Registrations will be handled on a first received, first served basis

Youth Mental Health First Aid reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It emphasizes the importance of early intervention and covers how to help an adolescent in crisis or experiencing a mental health challenge. The youth course is intended for anyone 18 or older to learn how to help young people.

The course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet certification requirements.

Brook Lane offers Youth Mental Health First Aid training as well as Adult/Core Mental Health First Aid training on a quarterly basis, please visit [www.brooklane.org](http://www.brooklane.org) Current Events for additional training dates.