

Youth Mental Health First Aid

Training Available



www.wishschools.org

For Your School or Community Group

YMHFA is an instructor-led training in-person, or online*. The training material covers:

- recognizing and addressing common signs of mental health challenges, substance use issues
- crisis intervention for children and adolescents, connecting them with appropriate help
- providing in-depth information on trauma, substance use, self-care, and the impact of social media and bullying

YMHFA training can be implemented as a component of a [Comprehensive School Mental Health System](#) continuum of support and assist with implementing strong universal mental health promotion practices.

This training is ideal for those having contact with children and adolescents ages 12-18. Examples: teachers, school staff, coaches, camp counselors, youth group leaders, parents, adults who work with youth. *Limit of 30 participants per training.*

Read more about YMHFA:

<https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>

Youth Mental Health First Aid (YMHFA) Training Request Form

The WISH Center, with funding from the Wisconsin Department of Public Instruction, has supported schools and communities in implementing Youth Mental Health First Aid (YMHFA) training since 2015. In Wisconsin, there are approximately 502 Mental Health First Aid trainers, with 348 certified in providing training to adults who work with youth ages 12-18.

You can request a DPI funded YMHFA Training by completing the [Request Form](#). Read more about YMHFA Training on our [website](#).

- Requests are typically processed weekly and the host site contact will receive a confirmation email with additional details, and confirmation or assignment of trainers.
- Coordinating a training could take up to 6 weeks. Pick your training date at least 6 weeks out from the date the request form is submitted.
- A minimum of 15 participants must be met.

Questions can be directed to:

Jenny Holle, Regional Coordinator, jholle@cesa2.org

Alie Hubing, Project Coordinator, ahubing@cesa4.org

*Training Format Options

In-person (2nd Edition)

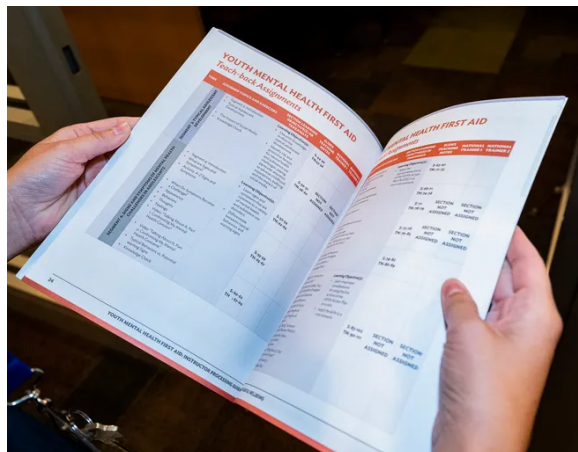
Learners receive their training during a 6.5-hour, Instructor-led, in-person session.

Blended

Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training.

This Instructor-led Training can be:

- » A video conference.
- » An in-person class.



[More schools are training their staff in mental health first aid. Here's how it works.](#)
Milwaukee Journal Sentinel, September 13, 2023, photo by Jovanny Hernandez