

YOUTH MENTAL HEALTH FIRST AID Training of Trainers (YMHFA TOT)

A 3-day Instructor Training to Become Certified to Teach YMHFA Curriculum

Youth Mental Health First Aid teaches participants how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. The Wisconsin Safe and Healthy Schools Center is hosting an upcoming virtual session with in-depth instruction on facilitating this curriculum and certification to become a Youth Mental Health First Aid instructor.

*This session is facilitated by the National Council for Mental Wellbeing
Details of the YMHFA Instructor Journey are available [here](#).*

NATIONAL COUNCIL
for Mental Wellbeing®
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PRE-REQUISITE Become a certified Youth Mental Health First Aider.

YMHFA TOT candidates must be certified in YMHFA, completing a YMHFA training within the past three years.



SUBMIT YOUR YMHFA TOT APPLICATION OF INTEREST

- [Link to submit an application of interest for this session](#) to the WISH Center.
- **Applications of interest are due January 21, 2025.**
- 16 applicants will be offered an instructor candidate seat. A school or district may be offered a max. of two instructor seats per session.
- All applicants will be notified of instructor candidate status (accepted or on waitlist) by January 28, 2025.

See P. 2 of this flyer for upcoming virtual YMHFA training opportunities to meet this pre-req. Trainings are scheduled for January 21 & February 7, 2025

ACCEPTED INSTRUCTOR CANDIDATES



COMPLETE PRE-WORK FOR TRAINING

Prior to the training all accepted instructor candidates must complete:

- Registration with The National Council for Mental Wellbeing, including ordering materials (no additional cost), due February 26, 2025.
- Two hours of online, self-paced pre-work.
- If it has been six months or longer since you completed the YMHFA training course, it is recommended that instructor candidates watch the MHFA Facilitation Modeling Videos (~6-7 hours).



PARTICIPATE IN YMHFA TOT TRAINING

March 3, 4, & 5, 2025 - Online - Zoom, live instruction. Hold 8:30am-5:00pm each day.

Two National Trainers will lead an interactive course in real time over three consecutive days:

Day 1 – Unpacking the course, questions and answers (six to eight hours).

Day 2 – Coaching by appointment (30 mins), independent prep for presentation (two to four hours), teaching strategies (one to two hours).

Day 3 – Candidates present an assigned section of the course, review one-on-one feedback from the trainer, and participate/view other candidate presentations, and graduate.

AFTER TRAINING

POST-WORK

Complete your post-work, two hours of self-paced work and access your MHFA Certificate.

INSTRUCTOR SUPPORT

Connect with WISH Center staff for mentorship, resources and ongoing learning opportunities. [Request training coordination](#) and funding for trainer stipends and materials from the state project.

MAINTAINING CERTIFICATION

To maintain your certification after the training, instructors are required to teach the course three times per year. [Learn more about the role of an instructor here.](#)

YOUTH MENTAL HEALTH FIRST AID

Online training to become a YMHFA “First Aider”

The Youth Mental Health First Aid (YMHFA) course teaches participants how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. YMHFA is best suited for middle and high school staff.

Session trainers are certified by the National Council for Mental Wellbeing
Learn more from mentalhealthfirstaid.org.



YMHFA TRAINING

Youth Mental Health First Aid (YMHFA) is a workshop lead by two trained instructors. 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.

This course is ideal for those having contact with children and adolescents ages 12-18. Examples include: teachers, aids, bus drivers, school support staff, coaches, juvenile justice workers, employers of youth, faith-based communities and youth organizations.

Upon completion participants will receive a Youth Mental Health First Aid Certificate, valid for 3 years.



LEARNING FORMAT

Virtual training learners:

- Complete a 2-hour, self-paced online course
- Participate in a 4.5- to 5.5-hour, Instructor-led training via video conference (Zoom).



REGISTRATION

WISH Center Virtual Training Session [30 participants max]

February 7, 2025 via Zoom [9:00am-2:00pm]

Register here: <https://cesa4.app.neoncrm.com/event.jsp?event=772&>

Register by January 17, 2025

CESA 6 Virtual Training Session [30 participants max]

January 21, 2025 via Zoom [9:00am-2:00pm]

Register here: <https://login.myquickreg.com/register/event/event.cfm?eventid=35195>

Register by January 10, 2025

WANT TO BECOME A YMHFA INSTRUCTOR?

Once you complete YMHFA training you've met the pre-requisite to become a trainer for YMHFA. The WISH Center is hosting a virtual YMHFA TOT for instructor candidates on March 3-5, 2025. Apply by January 21, 2025 to be considered for this FREE TOT.

FOR REGISTRATION ASSISTANCE CONTACT: Kalli Rasmussen, CESA #4, (608)786-4832, krasmussen@cesa4.org