

# YOUTH MENTAL HEALTH FIRST AID TRAINING



## HEALTH AND WELLNESS UNIT



**COLORADO**  
Department of Education

### OVERVIEW

Youth Mental Health First Aid USA is an eight- hour public education program that introduces participants to the observable risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or who is experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a crisis; select interventions and provide initial help; and connect young people to professional, peer, social and self-help care.

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health. Experts at the National Technical Assistance Center for Children’s Mental Health at the Georgetown University Center for Child and Human Development helped develop the program.

### FUNDING AND CONTEXT

Limited funding for Youth Mental Health First Aid classes is available through the Colorado Department of Education (CDE) Project AWARE Grant. CDE can provide funding for certified instructors. Securing funding for course manuals is the requester’s responsibility. Grant objectives encourage that the target audience for the trainings be youth-serving adults who work primarily with the 12-18 age range.

#### **Common target audiences can include:**

- Teachers
- Para-professionals or Para-educators
- School administrators
- Transportation staff
- Athletic coaches and physical education staff
- School support staff (monitors, cafeteria staff, janitorial staff, tutor, after- school programs)
- Juvenile justice or corrections
- School Nurses
- First responders police, firefighters, emergency health)
- Spiritual or religious leader or support

### **Available Resources**

Project AWARE funds Youth Mental Health First Aid (YMHFA) trainings across the state to improve literacy around mental health. These funds are available to train youth-serving adults who interact with middle school- and high school-aged students.

If you are interested in providing YMHFA training in your school community, please contact Alejandra Venzor at [venzor\\_a@cde.state.co.us](mailto:venzor_a@cde.state.co.us) or 303-866-6454

To learn more about Youth Mental Health First Aid (YMHFA) or to find an existing course, please visit <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

### **Where can I learn more?**

- The Colorado Department of Education, Office of Health and Wellness, 201 E Colfax Avenue, Room 300, Denver, CO 80203  
Program Contact: Alejandra Venzor – [venzor\\_a@cde.state.co.us](mailto:venzor_a@cde.state.co.us)
- <https://www.cde.state.co.us/healthandwellness/aboutprojectaware>
- To learn more about the Project AWARE initiative, please visit <http://www.samhsa.gov/nitt-ta/project-aware-grant-information>
- To view all CDE fact sheets, visit: [www.cde.state.co.us/Communications/factsheetsandfaqs](http://www.cde.state.co.us/Communications/factsheetsandfaqs)