

Youth Mental Health First Aid Training

2022-2023 Informational Flyer

California Department of Education



Sometimes, first aid isn't a bandage, the Heimlich, or 911. Sometimes, first aid is YOU!



What is Youth Mental Health First Aid?

Youth Mental Health First Aid (YMHFA) teaches adults who regularly interact with young people how to help youth experiencing mental health challenges in both crisis and non-crisis situations, as well as how to recognize risk factors and warning signs of mental health concerns. This training gives adults the skills they need to reach out and provide initial support to youth, and connect them to the appropriate care.

Who can take the training?

While anyone can take the training, it is specifically designed for adults who work with young people ages six to 18: teachers, nurses, counselors, coaches, secretaries, campus monitors, playground monitors, registrars, lunch staff, bus drivers, and leaders of faith communities, law enforcement, parents, youth employers, and other caring youth-serving adults.

When and where are trainings offered?

Trainings are offered year-round. Space is limited to 30 participants per training. Schools can choose from these options:

- Virtual training with two hours of self-paced online instruction prior to a six and a half hour live (virtual) instructor-led training.
- Hybrid training with two hours of self-paced training prior to a six-hour in-person training.
- In-person training where the entire seven and a half hour training is in-person.

Why complete a YMHFA course?

A child or young person you know could be experiencing a mental health challenge or crisis. YMHFA teaches you skills to help them.

How can I get involved?

If you would like to host a training for your staff or participate as an individual, please complete this form: <https://bit.ly/3s86OP5> or email YMHFA@CDE.CA.GOV.

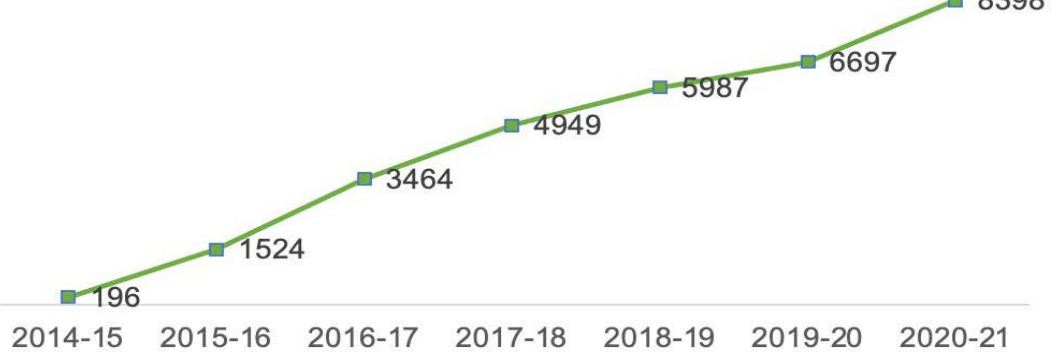
The California Department of Education is implementing YMHFA trainings throughout California to raise mental health awareness among adults who interact with and support youth with funding from the Blue Shield of California's BlueSky Initiative, the Substance Abuse and Mental Health Services Administration's Advancing Wellness and Resiliency in Education (Project AWARE) State Educational Agency Grant (Project Cal-Well), and US Department of Justice's Student, Teachers, and Officers Preventing (STOP) School Violence Grant Program (Project Cal-STOP). The University of California, San Francisco (UCSF) School Health Services Research Team produced this report.



Learn more about the reach and impact of YMHFA in California!

In 2020-21, nearly all YMHFA trainings were conducted virtually, reaching school staff in **28** California counties. Most (**78 percent**) participants were not in the mental health workforce, demonstrating the reach of the trainings to those who might otherwise not have these skills.

Number of People Trained in YMHFA across California



97 percent of participants found lessons learned from the training helpful during the COVID-19 pandemic.

Both expert (**95 percent**) and novice (**93 percent**) participants would take another online YMHFA course based on their experiences.

UCSF 1-Month Follow-Up Survey, n=394

"Twice this year I have had students open up to me and because I attended the training, I was able to recognize the key phrases which triggered me to think those students were in danger of harming themselves. I was able to mediate help for them and they got the help they needed immediately."

-YMHFA Training Participant

After the trainings, participants are more likely to report that they...

- **Should reach out to youth who might be experiencing mental health or substance use challenges:**
 - Novices (Little to no previous mental health training):
 - **Pre-Training: 46%, Post Training: 81%**
 - Experts (graduate degrees or licenses in mental health fields)
 - **Pre-Training: 51%, Post Training: 71%**
- **Can have a supportive conversation with youth about mental health or substance use challenges:**
 - Novices (Little to no previous mental health training):
 - **Pre-Training: 46%, Post Training: 81%**
 - Experts (graduate degrees or licenses in mental health fields)
 - **Pre-Training: 51%, Post Training: 71%**