

Youth Mental Health First Aid

LVJUSD Mental Health Awareness
Training for Parents

Saturday, January 11, 2020

8:30am - 4:30pm

Junction Avenue K-8 School, Room 3



This is a no-cost training for parents of middle and high school students in the Livermore School District



Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges in youth 12-18 years of age. This 8-hour training gives adults the skills they need to understand and provide initial support to 12-18 year olds who may be developing a mental health or substance use problem. Participants also learn how to connect youth to the supports they need.

For Parents of Youth 12-18 Years of Age

Half of all mental health disorders begin by age 14. It is vital for parents to understand the signs and symptoms of a developing mental health disorder. This training will cover common signs and symptoms of mental health disorders including anxiety, depression, eating disorders and the common signs and symptoms of substance use. Participants will learn how to interact with an adolescent in crisis and how to connect youth with help.

- **Participants who complete the 8-hour course will earn certification in YMHFA**
- **Coffee, tea & light snacks are provided**
- **Lunch will be on your own**
- **For \$50 fee, participants may earn 1 CEU through University of the Pacific.**

To register for this FREE training, contact Liisa Hanninen-Danner at lhanninen-danner@lvjUSD.org or 925-606-3219