



Youth Mental Health First Aid

Tuesday, July 16, 2019

8:30 AM – 5:30 PM

Penn Stater Conference Center



Mental Health problems are more common than heart disease, lung disease, and cancer combined. In fact, 1 in 5 Americans is estimated to have a diagnosable mental disorder such as depression, anxiety or substance abuse in any given year, including 13.7 million children. Of those children only a third get help from formal mental health or substance abuse services.

Youth Mental Health First Aid is an 8-hour training designed to teach people methods of assisting a young person who may be in the early stages of developing a mental health problem or in a mental health crisis. This training event is being offered to school and/or agency professionals to ensure ample support is available to youth, ages 12-18 years old, in area middle and high schools. Suggested audience members are listed below.

Target Audience:

School and/or agency professionals which may include: educators, administrators, social services staff, paraprofessionals, volunteers, substance abuse professionals, social workers, school psychologists, school counselors, counselors, family members, college/university leaders, nurses, physician assistants, primary care workers, & policymakers

Presenter: McDowell Institute - Bloomsburg University

Registration Information:

Please register online by visiting the PaTTAN website at <https://www.pattan.net>

For questions regarding registration, contact:

PaTTAN Pittsburgh – Kristen Olszyk, kolszyk@pattan.net

For questions regarding content, contact:

PaTTAN Pittsburgh – Elaine Neugebauer, eneugebauer@pattan.net

Continuing Education Credits: Act 48

Individuals attending this event must arrive on time and stay the duration of the event in order to receive Act 48 Professional Education hours. Requests for exceptions are to be brought to the attention of the individual's Superintendent or IU Director prior to the event. This event is offered for 8 Act 48 hours.



Registration Fee: The registration fee is \$35.00 and will offset the cost of morning beverages, lunch, and training materials. Payment must be made with check. No cash, credit cards, or purchase orders will be accepted.

Make Checks Payable to Intermediate Unit 1 and send them to the attention of Kristen Olszyk, PaTTAN - Pittsburgh, 3190 William Pitt Way, Pittsburgh, PA 15238. Checks must be submitted via US mail on or before Friday July 5, 2019 and must include registrant(s) full name(s).

Cancellations: If you are unable to attend the training, you must cancel your registration by Friday July 5, 2019, by contacting Kristen Olszyk, kolszyk@pattan.net or your registration fee will not be refunded.

8:30 am - 9:00 am	What is Youth Mental Health First Aid?
9:00 am - 10:15 am	Adolescent Development & Mental Health Problems in Youth
10:15 am - 10:30 am	Break
10:30 am - 12:00 pm	What You May See: Signs and Symptoms; Risk Factors and Protective Factors
12:00 pm - 12:30 pm	Lunch – provided
12:30 pm – 1:30 pm	Mental Health First Aid Action Plan
1:30 pm - 2:30 pm	Using the Mental Health First Aid Action Plan: In Non-Crisis Situations
2:30 pm – 2:45 pm	Break
2:45 pm - 3:45 pm	Using the Mental Health First Aid Action Plan: In Crisis Situations
3:45 pm - 4:45 pm	Other Crises
4:45 pm - 5:30 pm	Taking Care of the First Aider

