

YOUTH Mental Health First Aid

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is the help offered to a young person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

The Aldea CARE program provides YOUTH Mental Health First Aid trainings to adults who regularly interact with adolescents AND to youth age 18 and older so to encourage peer to peer interaction. The YMHFA trainings are free of charge and open to any organizations and individuals who live &/or work in Solano County.

Included in the 2 day, 8 hour training is a useful educational manual and certificate of completion. For more information and to make your reservations, please contact:

Cecilia A. Jungkeit at

(707) 427-1845, ext. 420 or
cajungkeit@aldeainc.org.

Trainings are located at:

Aldea
470 Chadbourne Road
Fairfield, CA 94534

LAST SOLANO TRAININGS OFFERED AT NO CHARGE!!!



**Mental disorders directly affect
20% of all American children and
youth in any given year.**

Do you know how to help?

YOUTH Mental Health First Aid teaches community members how to help by recognizing the signs and symptoms of emerging mental health disorders as compared to normal adolescence development and behavioral changes. Some of these changes may look like symptoms of mental disorders. We provide basic knowledge about;

**ANXIETY, DEPRESSION,
PSYCHOSIS,
EATING DISORDERS,
SUBSTANCE USE DISORDERS**

Solano County Spring 2014 Trainings:
February 25th and 26th 1-5 pm
May 14th and 15th 3-7 pm
Light snacks provided, bag lunch suggested.

For registration or more information please
contact;

Cecilia A. Jungkeit at
cajungkeit@aldeainc.org
(707)427-1845, ext. 420

Please do not miss out on this training as reserved class space fills up quickly. Make your RESERVATION today!

YOUTH Mental Health First Aid Participation Requirements

Please fax to 707-427-1637, Attention: Cecilia

Mail address: 470 Chadbourne Rd., Suite A

Fairfield, CA 94534

Name: _____

Dates/Time of Training: _____

MHFA participants are expected to:

- (1) Participate for the full 8 hours of the **YOUTH**-MHFA course.
- (2) Arrive on time for each training day and return promptly after each break.
- (3) Turn off cell phones and refrain from making calls or texting during the training.
- (4) Contribute to a respectful atmosphere for the trainers and fellow participants.
- (5) Treat participant disclosures as confidential.

MHFA participants can expect:

- (1) An engaging and interactive training experience.
- (2) Professional and courteous trainers.
- (3) The opportunity to ask questions.
- (4) The chance to practice new skills and receive feedback during the training.
- (5) A certificate and manual upon completion of the 8 hour course.

I understand what is expected of me as a YOUTH MHFA participant.

Signature

Date

Phone Number: _____

Email contact:: _____

I live: _____ and/or work: _____ In Solano County.

What agency/entity are you affiliated with? _____

Where did you discover or hear about this program? _____
