



**MILWAUKEE  
PUBLIC SCHOOLS**



## **Youth Mental Health First Aid**

### ***What is Youth Mental Health First Aid?***

Youth Mental Health First Aid is a course designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12–18) who is experiencing a mental health or addictions challenge or crisis. Mental health is an approach to supporting students that is braided within a school's multi-tiered system of support, called PBIS. Youth Mental Health First Aid is designed primarily for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

### ***Who should take YMHFA?***

This course is designed for adults who work with or are around youth ages 12–18 on a regular basis including (but not limited to) teachers, coaches, juvenile probation officers, youth program and school staff, clergy, parents, health and human service providers, and more. Training is for individuals who do not have any background as a mental health professional.

### **Objectives:**

Participants will learn to

- understand the prevalence of various mental health disorders impacting youth and the need for reduced stigma in communities;
- recognize the warning signs of mental health problems that may impact youth;
- understand the risk and protective factors that can impact a youth's mental health and resiliency;
- apply a five-step action plan encompassing the skills, resources, and knowledge to assess a situation; select and implement appropriate interventions; and help the youth in crisis connect with appropriate treatments and supports; and
- identify and access the community resources available to support youth and their families.

For more information, please go to <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/> or contact Brian Rudolph.

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