



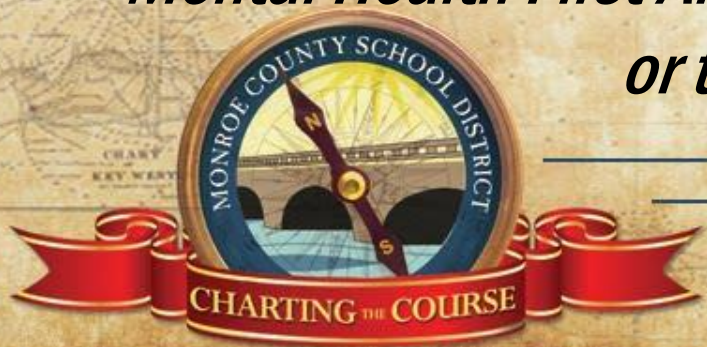
Youth Mental Health First Aid Training Update

March 12, 2019

What is Youth Mental Health First Aid?

Youth Mental Health First Aid® is the help offered to a young person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

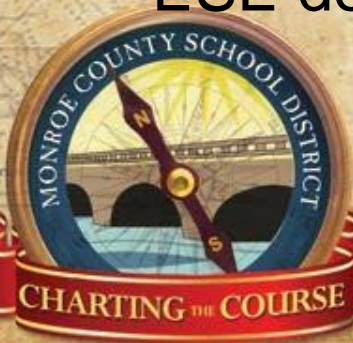
Mental Health First Aid® does not teach people to diagnose or to provide treatment.



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Training:

- Approximately 6 hours long
- 8 Trainings have been completed
- 175 employees trained
- Groups trained include:
 - Principals and Assistant Principals
 - Guidance counselors, social workers and school psychologists
 - Reading, math, data coaches and media specialists
 - ESE department



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Training Agenda:

Morning Agenda:

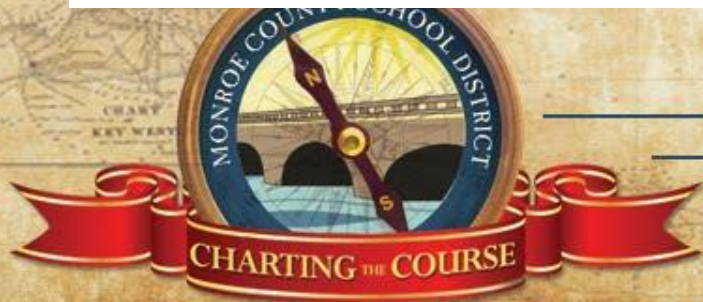
Program Overview: Part 1

- What is Youth Mental Health First Aid®?
- Adolescent development and mental health problems in youth.
- What you may see:
 - Signs and symptoms.
 - Risk factors and protective factors.
- Mental Health First Aid® Action Plan.

Afternoon Agenda:

Program Overview: Part 2

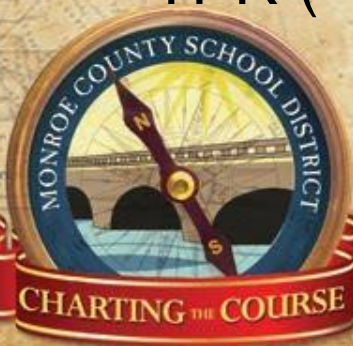
- Using the Mental Health First Aid ® Action Plan:
 - In non-crisis situations.
 - In crisis situations.



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Embedding Strategies for Teachers

- To increase relevance and maximize time with teachers we have embedded some explicit teaching strategies in the training.
- Examples:
 - Quiz Quiz Trade
 - 4 Corners
 - 2 x 10
 - TPR (Total Physical Response)



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TPR

Total Physical Response (TPR)

- The purpose of TPR is to create a brain link between speech and action to boost language and vocabulary learning.
- We will create an action to represent the steps in the Youth Mental Health First Aid Action Plan
- Pay attention to the verbs in each phrase to create the movement.



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ALGEE- A Communication Tool

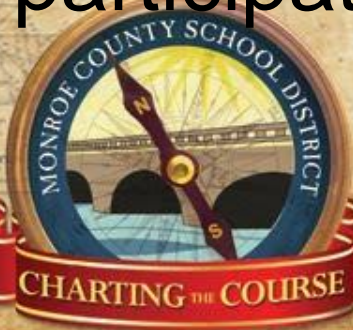
Mental Health First Aid ® The Action Plan



- **Assess for risk of suicide or harm.**
- **Listen nonjudgmentally.**
- **Give reassurance and information.**
- **Encourage appropriate professional help.**
- **Encourage self-help and other support strategies.**

Feedback:

- After each session participants are emailed by Youth Mental Health First Aid a course evaluation survey.
- Feedback is collected for each trainer through the survey.
- All groups have been overwhelmingly positive with their comments and participation.

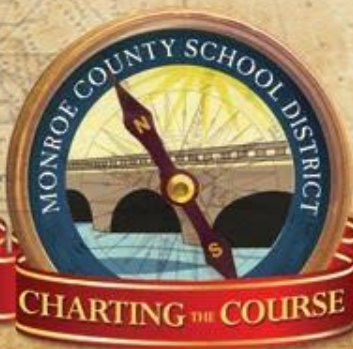


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Next Training:

March 15th in Key West- District Office,
Board Room

9:15am to 3:30pm



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