

# Mental Health First Aid - Youth

June 21, 2023  
8:00am-5:00pm

**Course Description:** Youth MHFA is an 8- hour training that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. This course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care.

**Instructor Information:** Melinda McFarland & Andrea Deaton

**Audience:** RUHS-BH Staff, Contract Providers, and Community Based Organizations

**Seat #:** 20

**Location:** 2085 Rustin Avenue, Riverside, CA 92507 - Bldg. 1, Room 1055

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

## **Educational Goals:**

- Support a youth developing signs and symptoms of a mental illness or in an emotional crisis
- Identify risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, eating disorders, AD/HD and substance use disorder

## **Learning Objectives:**

- To identify five (5) 5-step action plan to help someone developing a mental health problem or in crisis.
- Teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18

**\*\*\*This course does not offer continuing education units/credits/hours\*\*\***

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System <https://corlearning.sumtotal.host>. The enrollment deadline is three (3) calendar days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit [www.rcdmh.org/wet](http://www.rcdmh.org/wet).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact training coordinator Taide Arias at [TArias@ruhealth.org](mailto:TArias@ruhealth.org) or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).