

Changing the way you think about Mental Health

MHA of GA is hosting a Youth Mental Health First Aid Instructor Training!

Interested in becoming a Youth Mental Health First Aid Instructor?

Mental Health America of Georgia is partnering with the National Council for Behavioral Health to host a Youth Mental Health First Aid (YMHFA) Instructor Train the Trainer. We are looking for individuals like you that are not only interested in educating the community in mental health awareness but can also assist us in the sustainability of this training within our communities across Georgia!

What is YMHFA?

Youth Mental Health First Aid is 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 is in crisis. YMHFA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

When and Where is the training?

The instructor training will take place over a 3-day period: Wednesday, October 28, 2020 - Friday, October 30, 2020. Each day will take place between 8:30 AM - 5:00 PM

The training will be completed through the virtual/online platform Zoom and will include pre-work, the 3-day instructor training, and post-work

What are the Training Eligibility and Requirements?

Participant Eligibility:

- ✓ Preferred to have some knowledge or background with mental health
- ✓ Have some experience with adult learning and facilitation
- ✓ Be comfortable with in-person AND virtual training settings
- ✓ Must be able to sustain the training by facilitating at least 3 YMHFA trainings in the community each year and maintain an active certification

Training Requirements:

- ✓ Must complete the pre-work, attend all 3 training days completely, and complete post-work
 - Pre-work will take approx. 8 hours and must be completed the week prior to training
- ✓ Must have personal access to a computer, audio and visual capabilities, and internet
- ✓ Must receive a passing grade on the mock presentation to become certified

If interested in becoming a YMHFA instructor or for questions, please connect with our Program Director, Maegan-Charjoi Pringle, at maegan@mhageorgia.org

