



SPRING TRAINING OPPORTUNITIES

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YOUTH MENTAL HEALTH FIRST AID

NEW DATE



Date: April 20, 2020—8:30-4:30
Location: Grant Us Hope Training Center
 4010 Executive Park Drive, Cincinnati, OH 45241
Cost: \$30—includes all materials and lunch
Audience: School Personnel, Mental Health Professionals, Community Member, Law Enforcement, Clergy

The **YOUTH MENTAL HEALTH FIRST AID (MHFA)** course is designed to teach lay people methods of assisting a young person who may be in the early stages of developing a mental/behavioral health problem or in mental/behavioral health crisis. It contains information about mental health challenges and disorders in youth and young adults, incorporating the latest evidence on treatments and services available to them as relevant resources. This eight-hour training defines mental health challenges and mental disorders, distinguishes normal adolescence from mental health disorders and provides ways for dealing with a mental health crisis and significant emotional distress.

QPR INSTRUCTOR TRAINING



DATE: April 8, 2020—8:30—4:00
LOCATION: Grant Us Hope Training Center
 4010 Executive Park Drive, Cincinnati, OH 45241
Cost: \$500 (includes all materials from QPR Institute and lunch)
Audience: School personnel mental health professionals, community members

QPR is an emergency response to someone in suicide crisis. The program informs the attendees about the common causes and warning signs of suicidal behavior. This training also teaches individuals to effectively use the three-step method of “Question, Persuade and Refer to identify and interrupt a crisis while directing the person in need to the proper care. It offers hope through positive action and is not intended to be a form of counseling or treatment. **Attendees who complete the eight-hour training are certified as gate-keeper QPR instructors** and are permitted to lead a two-hour “QPR” training for schools and the community. We encourage schools to have at least one staff member QPR Instructor Trained so that he/she can offer the two-hour “gatekeeper” training for teachers/staff within the district as well as community.

YOUTH MENTAL HEALTH FIRST AID INSTRUCTOR TRAINING



INSTRUCTOR TRAINING

Date: May 6, 7, 8, 2020, 8:00—4:00
Location: TBA
Cost: \$2,200— includes all materials from the MHFA and lunch each day
Audience: School Personnel, Mental Health Professionals, Community Member, Law Enforcement, Clergy

The **YOUTH MENTAL HEALTH FIRST AID INSTRUCTOR’S COURSE (MHFA)** The primary role of Instructors is to teach the Youth Mental Health First Aid course with fidelity to the core program model and key messages. Each Instructor has a set of materials to help guide them through course facilitation. **The training teaches you how to:**

- Teach the Mental Health First Aid course, including the 5-step action plan, evidence-supported treatment and self-help strategies, and prevalence data.
- Present the program with fidelity to the tested, core model.
- Apply the program to a range of adult learning styles.
- Tailor presentations to diverse audiences and learning environments.