

## YOUTH MENTAL HEALTH FIRST AID USA

**Audience:** Secondary Nurses, School Resource Officers, Coaches, Administrative Support Personnel who interact with High School students

This full day public education program which introduces participants to the 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. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Participants will learn to:

- Support a youth developing signs and symptoms of a mental illness, and/or
- Support a youth in an emotional crisis through:
  - ❖ Assess for risk of suicide or harm
  - ❖ Listen non-judgmentally
  - ❖ Give reassurance and information
  - ❖ Encourage appropriate professional help
  - ❖ Encourage self-help and other support strategies

[Go HERE for more information](#)

**Presenter:** Kimberly Lafountain, LMHC, Bradley Hospital, Providence, RI and Susan Curria, Behavioral Education Development Specialist, Bradley Hospital, Providence, RI

**Kimberly LaFountain** holds degrees in Health and Physical Education and in Guidance and Counseling. She works as a Behavioral Education Development Specialist at Bradley Hospital. Kimberly previously worked in a community-based program designed to keep children and adolescents in-home placement. The majority of her career was spent providing outpatient counseling, specializing in sexual abuse specific treatment and juvenile offender treatment.

**Susan Curria** has over 25 years of experience working with people of all ages in the field of behavioral health and in education settings.

## WORKSHOP INFORMATION

### DATE

October 26, 2017

### LOCATION

**ACCEPT Education Collaborative**  
4 Tech Circle  
Natick, MA 01760

### TIME

9:00am - 4:00pm  
*includes light breakfast & lunch*

### COST

\$175 ACCEPT  
\$200 Non-Member

### EARN

7 Participation Hours

### CONTACT

Jen Treacy  
508.653.6776  
jtreacy@accept.org

**REGISTRATION LIMITED TO 24**

### Youth Mental Health First Aid USA

To Register: Fax (508.653.0878) or Mail (4 Tech Circle, Natick MA 01760) or Email this form with check or P.O. payable to ACCEPT

Name \_\_\_\_\_ Title \_\_\_\_\_ Grade/Level \_\_\_\_\_

District \_\_\_\_\_ School \_\_\_\_\_ Phone ( ) \_\_\_\_\_

**E-mail (required)** \_\_\_\_\_

**Cost per person:**    \_\_\_ ACCEPT Members \$175    \_\_\_ Non-Members \$200

**Withdrawal Policy:** Withdrawals via mail, fax or email will be accepted without penalty ten (10) business days prior to the workshop. After that time, there will be no refunds or billing adjustments, you may send a substitute if approved by your supervisor.

Amount enclosed \$ \_\_\_\_\_ Purchase Order # (P.O.) \_\_\_\_\_ or Personal Check # \_\_\_\_\_  
(Please Mail Check to ACCEPT)