



Mantua PTA presents the first
Parent Education Opportunity
of the 2016-17 school year!

All Mantua Staff and Parents are invited to join us for an 8-hour
YOUTH MENTAL HEALTH FIRST AID
Certification Program

WHO SHOULD TAKE THE COURSE? -- The course is designed for adults who regularly interact with youth (THAT'S YOU, PARENTS, COACHES, SCOUT LEADERS).

HOW MUCH DOES IT COST? – IT'S FREE for participants! 😊

WHEN IS IT? – Wednesday, November 9 and Tuesday, November 15, 5:30-9:30 pm in the Mantua Library. [Yes, we know that sounds like a long time, but we'll feed you dinner!] You must attend BOTH sessions because of the way that the curriculum builds.

YMHFA is an eight-hour public education program that introduces participants to:

- Unique risk factors and warning signs of mental health problems in youth
- Normal adolescent development and important protective factors
- Importance of early intervention
- Strategies to help a youth in crisis or experiencing a mental health or substance use challenge
- 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 learn a core five-step action plan that teaches them how to help youth developing a mental illness or in an emotional crisis:

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



Participants *do* learn warning signs and risk factors of mental illness or crisis and how to connect individuals with the appropriate professional care. Participants *do not* learn to diagnose, nor how to provide therapy or counseling.

SPACE IS LIMITED, GUARANTEE YOUR SPOT TODAY by emailing Kathy Phillips, kathyphysics@hotmail.com. Questions about enrollment? email or call Kathy at 703-573-0146. Questions about course content? email Mantua Elementary Social Worker Laura Thieman, lkthieman@fcps.edu

ENROLLMENT DEADLINE IS OCTOBER 20.
We hope you can join us for this important program!