

64.1%
of youth with major
depression do not receive
any MENTAL HEALTH
TREATMENT.

**Mental Health America** 

5.13%
of youth report having a substance use or ALCOHOL PROBLEM.

**Mental Health America** 

1 in 5 teens & young adults lives with a METAL HEALTH CONDITION.

**National Alliance for Mental Illness** 

#### WHY YOUTH MENTAL HEALTH FIRST AID?

- MENTAL HEALTH PROBLEMS ARE COMMON.
- MENTAL HEALTH PROBLEMS OFTEN DEVELOP DURING ADOLESCENCE.
- YOUTH AND YOUNG ADULTS MAY EXPERIENCE MENTAL HEALTH PROBLEMS DIFFERENTLY THAN ADULTS.
- YOUTH MAY NOT BE WELL INFORMED.
- THE SOONER AN INDIVIDUAL GETS HELP, THE MORE LIKELY THEY ARE TO HAVE A POSITIVE OUTCOME.
- STIGMA IS ASSOCIATED WITH MENTAL HEALTH PROBLEMS.
- PROFESSIONAL HELP IS NOT ALWAYS ON HAND.

#### WHO SHOULD TAKE IT

- TEACHERS
- COACHES
- YOUTH GROUP LEADERS
- PEOPLE WHO WORK WITH YOUTH EVERYONE

- SCHOOL STAFF
- CAMP COUNSELORS
- PARENTS

#### WHAT YMHFA COVERS

- COMMON SIGNS AND SYMPTOMS OF MENTAL ILLNESSES IN THIS AGE GROUP, INCLUDING:
  - ANXIETY
  - DEPRESSION
  - EATING DISORDERS
  - ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- COMMON SIGNS AND SYMPTOMS OF SUBSTANCE USE.
- HOW TO INTERACT WITH AN ADOLESCENT IN CRISIS
- HOW TO CONNECT THE ADOLESCENT WITH HELP.

#### **ALGEE ACTION PLAN**

- ASSESS FOR RISK OF SUICIDE OR HARM
- LISTEN NONJUDGMENTALLY
- GIVE REASSURANCE AND INFORMATION
- ENCOURAGE APPROPRIATE PROFESSIONAL HELP
- ENCOURAGE SELF HELP AND OTHER SUPPORT STRATEGIES

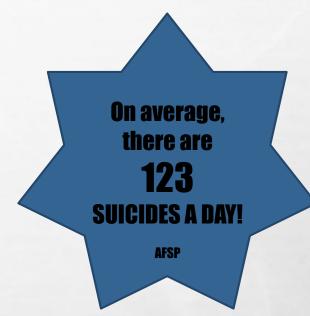
# WHAT KIDS EXPERIENCE: HOW TRAUMA PLAYS A ROLE





#### SUICIDE PREVENTION IS KEY

- WHAT IS THE DIFFERENCE BETWEEN SUICIDE AND NSSSI?
- ARE THERE WARNING SIGNS?
- WHAT ARE RISK FACTORS?
- HOW DO PEOPLE RESPOND TO A STUDENT WITH SUICIDAL IDEATIONS?
- HOW DO YOU SUPPORT YOUR STUDENTS AFTER A TRAUMA?



#### WHAT BOARD MEMBERS NEED TO KNOW

- **HOW THIS IMPACTS GOALS...**
- **HOW THIS IMPACTS POLICIES...**
- **HOW THIS IMPACTS PD/ CURRICULUM...**
- WHY THIS SHOULD MATTER TO BOARD MEMBERS...

#### OTHER MHFA MODULES

- MAIN PROGRAMS
- GENERAL
  - ADULTH MHFA
- YOUTH

#### SPECIFIC AUDIENCES:

- HIGHER EDUCATION
- PUBLIC SAFETY
- FIRE & EMS
- VETERANS
- OLDER ADULTS
- SUICIDE PREVENTION
- OPIOID RESPONSE



#### OTHER NOTABLE PROGRAMS









RECOGNIZE SIGNS OF DISTRESS. PROVIDE HOPE. PROVIDE SUPPORT.

#### BUT AMY.... HOW DO I PAY FOR IT??!!

- MANY GRANT /FUNDING SOURCES ARE AVAILABLE
  - DEPARTMENT OF EDUCATION (GRANT FOR MHFA FOR SCHOOLS)
  - DEPARTMENT OF HUMAN SERVICES (GRANT FOR MHFA & QPR FOR SCHOOLS)
  - STOCKTON UNIVERSITY SRI/ETTC (MHFA WITH CONSORTIUM CREDITS)
  - MENTAL HEALTH ASSOCIATION (GRANT FOR MHFA FIRST RESPONDER/VETERANS/FIRE/EMT)
  - DEPARTMENT OF LABOR (GRANTS FOR MHFA, QPR, A.C.E.S)
    - AMERICAN TRAINING CENTER & WHERE KIDS THRIVE
  - SPREAD THE LOVE FOUNDATION
  - AMERICAN FOUNDATION FOR SUICIDE PREVENTION

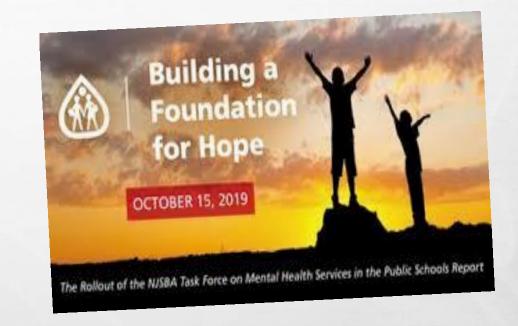
**CONTACT LIVELAUGHLOVEMHFA@GMAIL.COM FOR MORE INFORMATION** 

#### FREE RESOURCES

- WWW.MHANATIONAL.ORG/B4STAGE4-PHILOSOPHY
- WALKINOURSHOES.ORG/
- TEENMENTALHEALTH.ORG/
- <u>WWW.2NDFLOOR.ORG/</u>
- AIR.NGO/
- SPREADTHELOVEFOUNDATION.COM/
- WWW.SPTSUSA.ORG/
- <u>HTTPS://AFSP.ORG/</u>

## AND DON'T FORGET....

NJSBA TASK FORCE FOR MENTAL HEALTH AND SAFETY!







### THANKYOU!

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