

OUR STUDENTS  
NEED US.

Take *YOUTH*  
MENTAL  
HEALTH  
FIRST AID.



YOUTH  
MENTAL  
HEALTH  
FIRST AID®

[MENTALHEALTHFIRSTAID.ORG](http://MENTALHEALTHFIRSTAID.ORG)

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

Mental Health America

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

National Alliance for Mental Illness

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

Mental Health America

# 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**
- **SCHOOL STAFF**
- **CAMP COUNSELORS**
- **PARENTS**
- **EVERYONE**

# 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

- **A**SSESS FOR RISK OF SUICIDE OR HARM
- **L**ISTEN NONJUDGMENTALLY
- **G**IVE REASSURANCE AND INFORMATION
- **E**NCOURAGE APPROPRIATE PROFESSIONAL HELP
- **E**NCOURAGE 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?**

On average,  
there are  
**123**  
**SUICIDES A DAY!**

AFSP



# 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

  - ADULT MHFA

- YOUTH

- **SPECIFIC AUDIENCES:**

  - HIGHER EDUCATION

  - PUBLIC SAFETY

  - FIRE & EMS

  - VETERANS

  - OLDER ADULTS

  - SUICIDE PREVENTION

  - OPIOID RESPONSE



# OTHER NOTABLE PROGRAMS



## THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs **are**  
ADVERSE  
CHILDHOOD  
EXPERIENCES

The three types of ACEs include:

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION



WINGMAN

# QPR

Question.  
Persuade.  
Refer.

GATEKEEPER TRAINING

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](mailto:LIVELAUGHLOVEMHFA@GMAIL.COM) FOR MORE INFORMATION**

# FREE RESOURCES

- [WWW.MHANATIONAL.ORG/B4STAGE4-PHILOSOPHY](http://WWW.MHANATIONAL.ORG/B4STAGE4-PHILOSOPHY)
- [WALKINOURSHOES.ORG/](http://WALKINOURSHOES.ORG/)
- [TEENMENTALHEALTH.ORG/](http://TEENMENTALHEALTH.ORG/)
- [WWW.2NDFLOOR.ORG/](http://WWW.2NDFLOOR.ORG/)
- [AIR.NGO/](http://AIR.NGO/)
- [SPREADTHELOVEFOUNDATION.COM/](http://SPREADTHELOVEFOUNDATION.COM/)
- [WWW.SPTSUSA.ORG/](http://WWW.SPTSUSA.ORG/)
- [HTTPS://AFSP.ORG/](https://AFSP.ORG/)

# AND DON'T FORGET....

**NJSBA TASK FORCE FOR MENTAL HEALTH AND SAFETY!**





**TOGETHER**

we can make a real difference  
in the life of a child.

**THANK YOU!**

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