



YOUTH MENTAL HEALTH FIRST AID

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Time:

December 12th - 8:30am to 4:30pm

Location:

Compeer Rochester
259 Monroe Ave
Rochester, NY 14607

Who Should Take it

- Barbers
- Stylists
- Teacher
- School staff
- Coaches
- Family of youth
- Camp counselors
- Youth group leaders
- Pastors
- Parents and caregivers
- People who work with youth
- Foster Care Providers

o Trainers:

Adam Tufillaro

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Manny Rivera

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What it Covers

- Common signs and symptoms of mental illness in this age group, including
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help

How to Register: Please provide your name and contact information to Adam Tufillaro at Adam.Tufillaro@villaofhope.org.