

MHFAC

MENTAL HEALTH FIRST AID COLLABORATIVE

MCLEAN COUNTY CENTER FOR HUMAN SERVICES • ILLINOIS AHEC NETWORK
MCLEAN COUNTY HEALTH DEPARTMENT • ADVOCATE BROMENN MEDICAL CENTER
ILLINOIS PRAIRIE COMMUNITY FOUNDATION • OSF ST. JOSEPH MEDICAL CENTER



Youth Mental Health First Aid Train the Trainer Course

Will be held in Bloomington Illinois at the
McLean County Health Department
200 W Front St, Bloomington, IL

June 12 - 16, 2017

8:30am to 5pm daily; 8:30am to 12:30pm on Friday

\$1,800* Registration fee includes all materials, lunches, and snacks

*Central Illinois AHEC is offering 15 Training Awards to reduce the fees to \$200 for 15 individuals who live and or work in the 14-county CI-AHEC area. **Central IL AHEC Counties:** DeWitt, Logan, Macon, Marshall, McLean, Menard, Moultrie, Peoria, Piatt, Putnam, Sangamon, Stark, Tazewell, and Woodford Counties. <http://cihealth.illinoisstate.edu/>

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, and disruptive behavior disorders (including AD/HD).

To register, please complete a Letter of Commitment and Application and forward them to Maureen.sollars@mcleancountyil.gov

The Letter of Commitment can be found at:

<http://ahec.rockford.uic.edu/userfiles/files/Youth%20MHFA%20Letter%20of%20Commitment.doc>

Click here for the Instructor Application:

<http://ahec.rockford.uic.edu/userfiles/files/Instructor%20Application.pdf>