



Division of Educational Services  
Pupil and Administrative Services

## Youth Mental Health First Aid

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 addiction challenge or is in a 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 five-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, disruptive behavior disorders (including AD/HD), and eating disorders.

**Who Should Attend:** Child Welfare and Attendance Staff and Community Partners, Principals, Assistant Principals, Teachers and School Staff

**Dates:** Thursday, November 1, 2018  
~~Tuesday, January 8, 2019~~ *Canceled*  
Wednesday, April 17, 2019

**Location:** Riverside County Office of Education  
Conference Center  
3958 Twelfth Street  
Riverside, CA 92501  
(Map on reverse.)

**Time:** 8:00 a.m. - 5:00 p.m.

**Deadline:** Two weeks prior to each workshop.

**Attendee Limit:** 30

**Registration Fee:** \$50  
(Includes continental breakfast, lunch, and materials.)

**Note:** No refunds after deadline date. No refunds for no-show participants.  
All cancellations must be made in writing before the deadline date.

Online registration is available at <http://rcoe.k12oms.org/>.  
For additional information, contact: Allison Haynes, Administrator, (951) 826-6246

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### Youth Mental Health First Aid

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_

School: \_\_\_\_\_ District: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

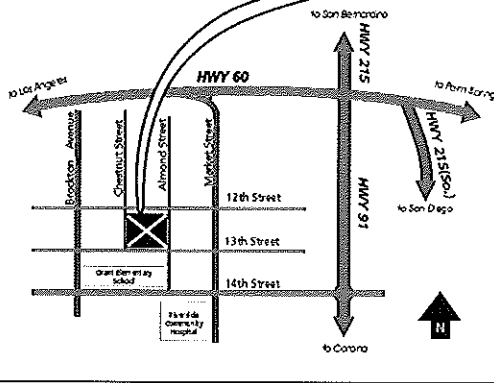
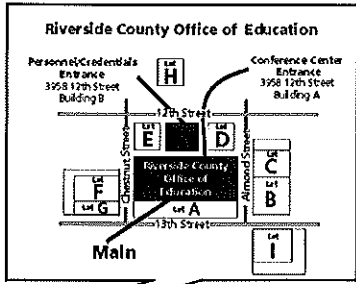
**Registration fee:** \$50

**Limit:** 30

**Deadline:** Two weeks prior to each workshop.

**Make payment payable to:** Riverside County Office of Education

**Mail or fax to:** Riverside County Office of Education  
Pupil and Administrative Services  
Attn: Allison Haynes, Administrator  
P.O. Box 868  
Riverside, CA 92502-0868  
Fax: [951] 826-6928



Riverside County Office of Education  
P.O. Box 868  
Riverside, CA 92502-0868