



May is Mental Health Awareness Month: Youth Mental Health First Aid Training

Project AWARE Ohio has instructors across Ohio who can provide Youth Mental Health First Aid training to adults who interact with youth and adolescents. As described on the National Council for Behavioral Health's Mental Health First Aid USA website (<https://www.mentalhealthfirstaid.org/>):

"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 (age 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, disruptive behavior disorders (including AD/HD), and eating disorders."

Youth Mental Health First Aid training is an important tool to help adults recognize the signs and symptoms of mental health and behavioral health concerns among adolescents. Once signs and symptoms are recognized, the adult is trained to use a 5-step action plan to ensure that the youth/adolescent receives support from someone who actively listens to them, encouragement to use self-help and other strategies to overcome the mental health/behavioral health concerns, and referrals to intervention and treatment services (if appropriate).

If you or your agency would like to host a Youth Mental Health First Aid training, please contact our Project AWARE YMHFA training coordinator, Kathy Oberlin, at oberlink2@gmail.com to schedule a training.

School and Community Continuum of Services

In Youth Mental Health First Aid training, adults learn an action plan that includes referring young people to appropriate mental health services when appropriate. To assist Ohio communities in locating mental health and behavioral health treatment providers in their local counties, Project AWARE Ohio, in partnership with the Ohio Mental Health Network for School Success, has developed the School and Community Continuum of Services. This online tool (<http://continuum.oberlinkconsulting.com/>) is a clickable county-by-county map that lists agencies who provide mental health and behavioral health services, and includes agency contact information, links to a map and directions to the facility, and highlights the prevention, intervention, and treatment services provided by the agency.

In addition to mental health and behavioral health treatment providers, the School & Community Continuum of Services lists additional statewide and regional supports that are available. For example, Family and Children First Council, Red Treehouse, and Positive Behavior Interventions & Supports websites can be accessed.

All of our Project AWARE Ohio resources can be found at: <http://resources.oberlinkconsulting.com/>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

Cuyahoga County ESC: Mary Wise; (216) 901-4201; mary.wise@esc-cc.org

Warren County ESC: Vycki Haught; (513) 379-2310; vycki.haught@warrencountyesc.com

Wood County ESC: Angela Patchen; (419) 354-9010 x228; apatchen@wcesc.org

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: emily.jordan@education.ohio.gov

Cricket Meehan: meehandc@miamioh.edu

Kathy Oberlin (Ohio Mental Health Network for School Success): oberlink2@gmail.com