

APPENDIX V – 194

Youth Mental Health First Aid Timing Guide

TIME	TOPIC	SLIDE(S)	EXERCISES & DISCUSSIONS
0:20	Welcome	1	Ice Breaker Ground Rules Parking Lot
0:40	Overview of the Youth MHFA Course Overview of the Youth MHFA Manual Overview of Youth Mental Health First Aid What is Your Role?	2 to 6	Mental Health Opinions Quiz How can MHFA Help Our Communities? Why Youth Mental Health First Aid?
1:15	Youth Mental Health Problems in the United States Prevalence of Mental Disorders Adolescent Development Resiliency Youth MHFA and the Spectrum of Interventions Youth MHFA Action Plan	7 to 17	What are Mental Health Problems/Illnesses/ Disorders? Find Your Match Age of Onset: Get Up & Go Typical Adolescent Development Range of Interventions
2:15	Signs and Symptoms Nonsuicidal Self-Injury	18 to 24	Mental or Physical A-Z Film: Kevin Hines – Signs and Symptoms Auditory Hallucinations
3:00	Break		
3:40	Risk Factors for Developing a Mental Health Disorder Protective Factors	25 to 28	Resilience Q&A
4:00	Youth MHFA Action Plan Action 'A' – Assess for Risk of Suicide or Harm	29 to 32	Reviewing ALGEE
End Session 1/Lunch			
5:00	What Do You Do? Using the ALGEE Action Plan Approaching the Youth Action 'L' – Listen Nonjudgmentally	32 to 34	Scenario Scene One Listening/Not Listening
5:15	Action 'G' – Give Reassurance and Information	35 to 37	Helpful and Unhelpful Reassurance and Information Scenario Scene Two
5:30	Action 'E' – Encourage Appropriate Professional Help	38 to 42	Types of Professionals or Treatment
5:45	Action 'E' – Encourage Self-Help and Other Support Strategies	43 to 45	Useful Supports for Youth With Symptoms of a Mental Health Disorder Film: Kevin Hines – The ALGEE Action Plan Scenario Scene Three
6:15	Break		
6:30	Youth Mental Health First Aid for Crisis Situations Action 'A' – Assess for Risk of Suicide or Harm	46 to 54	Types of Crises Fact, Fiction or Somewhere in Between: Youth Suicide & Self-Injury Suicide Warning Signs Film: Kevin Hines – The Day of the Attempt Asking the Question
7:40	Other Crises Taking Care of the First Aider	55 to 57	Panic Attack Role Play Crisis Scenario Taking Care of the First Aider
8:00	Wrapping Up the Youth MHFA Course	58 to 59	Revisit the Mental Health Opinions Quiz Youth Mental Health First Aid Exam Evaluations and Certificates

CODAC Trainer *Ligia Castro*

Section Attendance

CODAC Trainer *[Signature]*

#: 12737

Title: 2015-2016 Youth Mental Health First Aid Training

Clock Hours:	Hours	General
	Staff Development	8.0

Section #: 27132

Section Title: 2015-2016 Youth Mental Health First Aid Training

Start Date: 05/04/2016

End Date: 05/04/2016

Maximum Number of Participants: 30

Current Date: Wednesday May 4, 2016

Course Sign-in Sheet Information:

Section Sign-in Sheet Information:

Name	Position	District / School	8:30 AM - 4:30 PM Check All
Abdi, Ismail	Classified	Tucson, African American Studies 5060	<i>[Signature]</i>
Brown, Eric	Classified	Tucson, African American Studies 5060	<i>[Signature]</i>
Cassidy, Evelyn	Classified	Tucson, African American Studies 5060	<i>[Signature]</i>
Cuellar, Anita	Classified	Tucson, Mexican American Student Services 5044	<i>[Signature]</i>
De La Torre, Juan	Classified	Tucson, Mexican American Student Services 5044	<i>[Signature]</i>
Demaree, Brian	Classified	Tucson, Mexican American Student Services 5044	<i>[Signature]</i>
Dominguez, Marisela	Classified	Tucson, Mexican American Student Services 5044	<i>[Signature]</i>
Felix, Anne	Classified	Tucson, Mexican American Student Services 5044	<i>[Signature]</i>
<i>HART, JIMMY 021114</i>		<i>AA550</i>	<i>[Signature]</i>

Figueroa, Maria	Administrator	Tucson, Mexican American Student Services 5044
Gile, Amy	Classified	Tucson, African American Studies 5060
Goebel, Angelica	Classified	Tucson, Mexican American Student Services 5044
Grajeda, Yvette	Classified	Tucson, Mexican American Student Services 5044
Jackson, Debra	Classified	Tucson, African American Studies 5060
Littleton, Annkatri	Classified	Tucson, Mexican American Student Services 5044
Ludovici, Anthony	Classified	Tucson, Student Equity & Intervention 5021
McGlory, Marilyn	Classified	Tucson, African American Studies 5060
Munoz, Angelica	Classified	Tucson, Mexican American Student Services 5044
Nelson, Yvonne	Classified	Tucson, Mexican American Student Services 5044
Robinson, Rashad	Classified	Tucson, Mexican American Student Services 5044
Solis, Bianca	Classified	Tucson, Mexican American Student Services 5044
Soto, Diana	Classified	Tucson, Mexican American Student Services 5044
Warrior, Miles	Classified	Tucson, African American Studies 5060
Worthy, Delores	Classified	Tucson, African American Studies 5060

Maria Figueroa

Amy Gile

Angelica Goebel

Yvette Grajeda

Debra Jackson

Ann Littleton

Anthony Ludovici

Marilyn McGlory

Angelica Munoz

Yvonne Nelson

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