**YOUTH MENTAL HEALTH FIRST AID**

**(Course Outline)**

1. Welcome & Activity (20 minutes)
2. Overview of Youth Mental Health First Aid (20 minutes)

What is Your Role?

1. Youth Mental Health First Aid Problems in the U.S. (60 minutes)

Prevalence of Mental Disorders

Adolescent Development

Resiliency

Youth MHFA Action Plan

1. Signs and Symptoms (75 minutes)

Nonsuicidal Self-Injury

1. Risk Factors for Developing a Mental Health Disorder (40 minutes)

Protective Factors

1. Youth MHFA Action Plan (Action A) (25 minutes)

Action ‘A’ – Assess for Risk of Suicide or Harm

1. What Do You Do? Using the ALGEE Action Plan (25 minutes)

Approaching the Youth

Action ‘L’ – Listen Nonjudmentally

1. Action ‘G’ – Give Reassurance and Information (25 minutes)
2. Action ‘E’ – Encourage Appropriate Professional Help (25 minutes)
3. Action ‘E’ – Encourage Self-Help and Other Support Strategies (25 minutes)
4. Youth Mental Health First Aid for Crisis Situations (80 minutes)
5. Other Crises (35 minutes)

Taking Care of the First Aider

1. Wrapping Up the Youth MHFA Course (25 minutes)