

Youth Mental Health First Aid Training

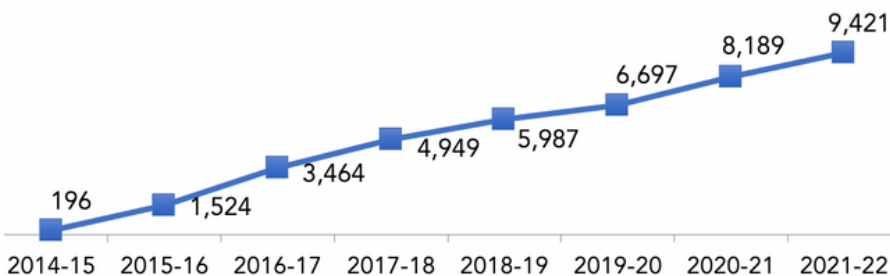


September 2022

California Department of Education

Youth Mental Health First Aid (YMHFA) teaches adults who regularly interact with young people how to help youth experiencing mental health challenges in both crisis and non-crisis situations, as well as how to recognize risk factors and warning signs of mental health concerns.

Number of People Trained in YMHFA across California



In 2021-22, nearly all YMHFA trainings were conducted virtually, reaching school staff in 21 California counties. Most (83%) participants were not in the mental health workforce, demonstrating the reach of the trainings to those who might otherwise not have these skills.

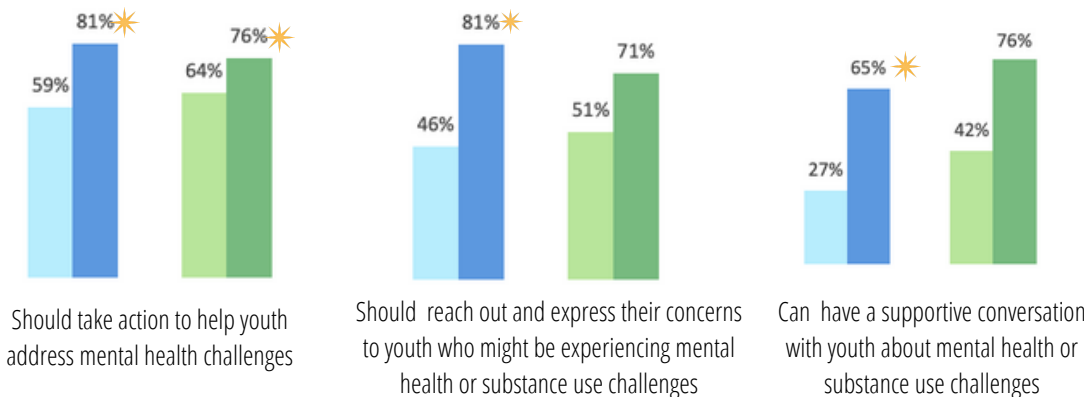
"I enjoyed the practical aspects of the course because it gave me tools on how to respond to people who exhibit a mental health crisis."



"Twice this year I have had students open up to me and because I attended the training, I was able to recognize the key phrases which triggered me to think those students were in danger of harming themselves. I was able to mediate help for them and they got the help they needed immediately."

After the trainings, participants are more likely to report that they....

* statistically significant increase from pre to post (p<0.05)



Novices (little or no previous mental health training)

Experts (graduate degrees or licenses in mental health fields)

Pre Post

Pre Post

Pre-Post Survey administered by the National Council for Well-Being, n=813

98% of participants felt the course was helpful and informative and/or better prepared them for the work that they do professionally*

99% of participants found lessons learned from the training helpful during the COVID-19 pandemic*

With funding from the Blue Shield of California's BlueSky Initiative, the Substance Abuse and Mental Health Services Administration's Advancing Wellness and Resiliency in Education (Project AWARE) State Educational Agency Grant (Project Cal-Well), and the U.S. Department of Justice (Project Cal-STOP), the California Department of Education (CDE) is implementing YMHFA trainings throughout California to raise mental health awareness among adults who interact with and support youth.

*UCSF 1-Month Follow-Up Survey, n=305



The University of California, San Francisco School Health Evaluation & Research Team produced this report.