

Youth Mental Health First Aid Training

2024-2025 Informational Flyer

California Department of Education



Sometimes, first aid isn't a bandage, CPR, the Heimlich, or 911. Sometimes, first aid is YOU!



What is Youth Mental Health First Aid?

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. This training gives adults the skills they need to reach out and provide initial support to youth, and connect them to the appropriate care.

Who can take the training?

While anyone can take the training, it is specifically designed for adults who work with young people ages six to 18: teachers, nurses, counselors, coaches, secretaries, campus monitors, playground monitors, registrars, lunch staff, bus drivers, leaders of faith communities, law enforcement, parents, youth employers, and other youth-serving adults.

When and where are trainings offered?

Trainings are offered year-round. Schools can choose from these options:

- [Virtual training](#) with two hours of self-paced online instruction prior to a five and a half hour live (virtual) instructor-led training
- [In-person training](#) where the entire six and a half hour training is in-person.

Space is limited to 30 participants per training.

Why complete a YMHFA course?

A child or young person you know could be experiencing a mental health challenge or crisis. YMHFA teaches you skills to help them.

How can I get involved?

If you would like to host a training for your staff or participate as an individual, please click [here](#) or email OSBHP@cde.ca.gov

The California Department of Education is implementing YMHFA trainings throughout California to raise mental health awareness among adults who interact with and support youth 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 US Department of Justice's Student, Teachers, and Officers Preventing (STOP) School Violence Grant Program (Project Cal-STOP).



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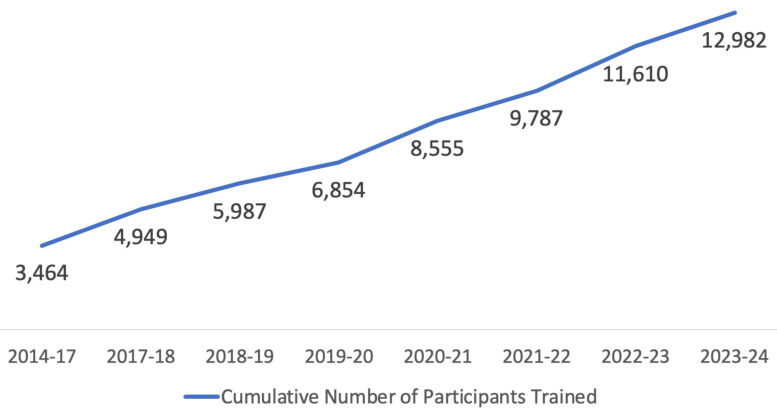
Evaluation Findings

California Department of Education



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Number of People Trained in YMHFA across California



In 2023-24, 90 YMHFA trainings were conducted, reaching school staff in 20 California counties. Most (75%) participants were not in the mental health workforce, demonstrating the reach of the trainings to those who might otherwise not have these skills.

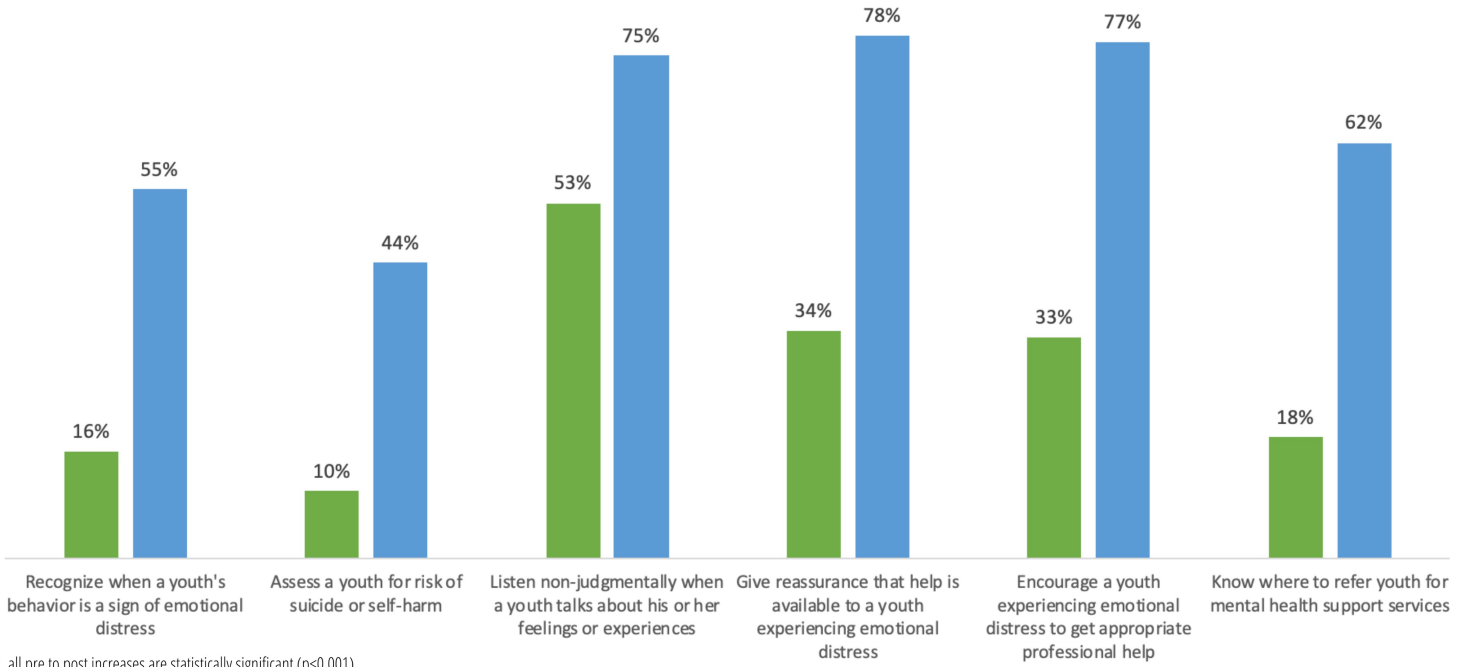


Participant Feedback

"The training helped me to better recognize the signs and symptoms of depression that young people can present at an early age and to be able to provide them with the correct support. Behind each behavior shown there is a need that has not been met and that must be met."

"The lessons learned and practical skills taught helped our staff create safe spaces for students to learn and grow in."

One month after the trainings, significantly more participants report they are "extremely confident" that they can....



* all pre to post increases are statistically significant (p<0.001)
Pre-Survey and 1-Month Follow Up Survey administered by UCSF, n=335

Evaluation conducted by the University of California, San Francisco School Health Evaluation & Research Team

<https://schoolhealthresearch.ucsf.edu/>

