

Youth Mental Health First Aid Training

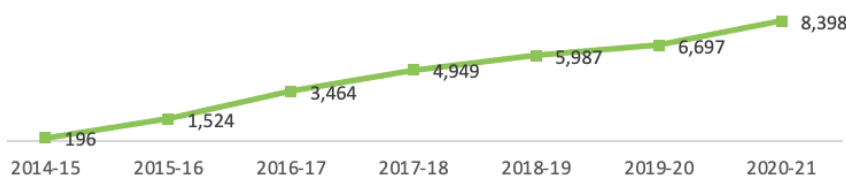
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California Department of Education



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*



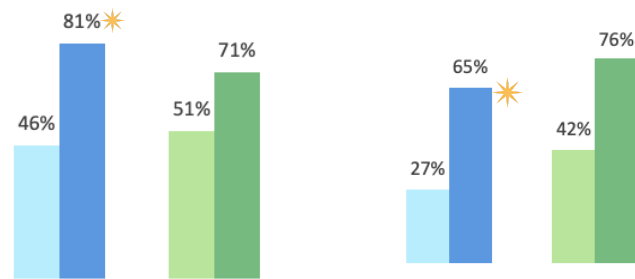
In 2020-21, nearly all YMHFA trainings were conducted virtually, reaching school staff in **28** California counties. Most (**78%**) participants were not in the mental health workforce, demonstrating the reach of the trainings to those who might otherwise not have these skills.

"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."

-YMHFA Training Participant

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

* Statistically significant increase from Pre to Post (p<0.05)



Should reach out and express their concerns to youth who might be experiencing mental health or substance use challenges

Novices (little or no previous mental health training) ■ Pre ■ Post

Can have a supportive conversation with youth about mental health or substance use challenges

Experts (graduate degrees or licenses in mental health fields) ■ Pre ■ Post

97% of participants found lessons learned from the training helpful during the COVID-19 pandemic.**

Both expert (**95%**) and novice (**93%**) participants would take another online YMHFA course based on their experiences.**

Data Sources:

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

**UCSF 1-Month Follow-Up Survey, n=394

With funding from the Blue Shield of California's BlueSky Initiative and the Substance Abuse and Mental Health Services Administration's Advancing Wellness and Resiliency in Education (Project AWARE) State Educational Agency Grant (Project Cal-Well), 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.



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