

BENEFITS OF BRINGING tMHFA TO YOUR SCHOOL OR ORGANIZATION:

* Give young people the skills to identify and respond to mental health and substance use challenges, including how to seek the help of a responsible and trusted adult.
* Promote a healthy and happy environment that recognizes the value of physical and mental health.
* Empower teens to open the conversation about mental illnesses and addiction with friends.
* Address the impact of school violence and bullying on mental health.

AFTER THE COURSE TEENS WILL BE ABLE TO:

* Recognize early warning signs that a friend is developing a mental health or substance use challenge.
* Recognize warning signs that a friend may be experiencing a mental health or substance use crisis.
* Describe how to talk to a friend about mental health and seeking help.
* Explain when and how to get a responsible adult involved.
* Discuss where to find appropriate and helpful resources about mental health challenges and professional help.
* Apply the tMHFA Action Plan to help a friend with a mental health or substance use challenge or crisis.

Requirements to Bring tMHFA to Your School or Organization

To teach teen Mental Health First Aid (tMHFA) at your school or youth-serving organization, you must meet the following requirements:

* Must be able to implement tMHFA for teens in grades 10, 11, and/or 12, or ages 15-18. At this time, grade 9 and post-secondary students are not permitted.
* Must be able to meet the criteria of implementing tMHFA with fidelity: If teaching at a school, the course should be taught to an entire grade level of students (not individual classes) in the school. If teaching at a youth-serving organization or program, the course should be taught to an entire group of students at the youth-serving organization or program.
* Schools or organizations must have a minimum of 10% of staff at the site trained in YMHFA. This requirement is intended to ensure the capacity of staff members to adequately address any mental health and substance use challenges among teens.
* The school or organization offering the training must have a safety protocol in place to ensure youth safety, including how to respond to a teen who’s in distress and indicates they would like to be seen.
* The course should be taught in classes of approximately five to 30 teens on non-consecutive days. The program should not be taught in large, assembly-style sessions.
* Lessons are conducted in person in six 45-minute sessions or three 90-minute sessions.

For more information on bringing **teen Mental Health First Aid** training to your school or organization, contact:

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