

BEHAVIORAL HEALTH

YOUTH MENTAL HEALTH FIRST AID

Course Content:

This 8-hour course is an interactive certification training program designed to increase mental health literacy. Participants will learn the risk factors and warning signs of a variety of mental health challenges common among adolescents (including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders and substance use disorders). Youth Mental Health First Aid is the initial help given to an adolescent showing symptoms of mental illness or a mental health crisis until appropriate professional or other help, including peer and family support, can be engaged.

Youth Mental Health First Aid is not a clinical course and is not intended for mental health experts. It is designed to provide interested people in the community with the knowledge, strategies and tactics they can use to understand, identify and respond to an individual undergoing a mental health crisis.

Course Goal:

At the completion of this course, participants will be able to:

- List the potential risk factors and warning signs of mental health challenges common among adolescents.
- Explain how to assess a mental health crisis, select interventions and provide initial help.
- Implement a five-step action plan to support an adolescent who is exhibiting signs and symptoms of mental illness or is in an emotional crisis.
- Recommend the appropriate professional, peer, social and self-help resources.

Cost: **FREE

Instructors: Jennifer Macioce and Lynn King

Course #	Date:	Time (8 hours)	Location
XGO-417-58301	May 20 and 21, 2015	9:30AM-2:30PM	CCAC Boyce, Room N524

PLEASE NOTE: *Class size is limited to 30 students. No one will be permitted to enter the classroom after the start time.*

**** There is no tuition fee for this program. Students will also get a free course manual to use during class and take with them for future reference. The costs associated with this program are being subsidized by Allegheny Health Choices, Inc. (AHC).**

SEATING IS LIMITED. REGISTRATIONS WILL BE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS. WALK-INS WILL NOT BE ADMITTED.

DIRECTIONS TO CCAC BOYCE CAMPUS/ROOM N524

595 Beatty Road
Monroeville, PA 15146
(724) 327-1327 or (412) 371-8651

FROM DOWNTOWN PITTSBURGH

Take the Parkway East (I-376) toward Monroeville. DO NOT take the Monroeville-Business 22 exit. Take the Exit 84-B/Plum exit to Route 48N. There is no turn at the end of the ramp. Merge left onto Route 48N. As you approach the traffic light, get in the middle lane. Proceed straight through the traffic light and go down the hill. At the bottom of the hill, turn right at the stop sign onto Beatty Road. (Reference point: the Jobes Funeral Home is across from you at this intersection.) At the second stop sign on Beatty Road, turn left onto the college driveway. (*See below for directions to parking and Room N524.)

FROM EXIT 6 (MONROEVILLE EXIT) OF THE PA TURNPIKE

After the tollbooth, follow the Monroeville sign and bear left onto Route 22. Once you are on Route 22, stay in the right lane. At the first traffic light, turn right onto Route 48N. This turn will be less than 1,000 feet after the end of the exit ramp from the turnpike. (Reference points: Hampton Inn and the Parkvale Building will be on the left.) On Route 48N, as you approach the traffic light, get in the middle lane. Proceed straight through the traffic light and go down the hill. At the bottom of the hill, turn right at the stop sign onto Beatty Road. (Reference point: the Jobes Funeral Home is across from you at this intersection.) At the second stop sign on Beatty Road, turn left onto the college driveway. (*See below for directions to parking and Room N524.)

FROM ROUTE 22 WEST

Take Route 22 West to Monroeville area. After the Route 286 intersection, watch for a traffic light near the car dealerships, Spitzer's Auto World on the left and Ames Plaza shopping center on the right. At this traffic light, bear right onto Old William Penn highway in front of Ames Plaza and Giant Eagle. At the first stop sign, turn right onto Beatty Road. At the second stop sign, proceed straight. At the third stop sign, on top of the hill, proceed straight into the college driveway. (*See below for directions to parking and Room N524.)

***To parking and Room N524**

Our classroom is Room N524 in the North Wing on Level 5. For your convenience, please park in the North parking lot and enter the building through the North entrance.

To get to the North parking lot and North entrance, turn left at the end of the college driveway and circle around to the back of the building. Park here.

Once inside the building, you will be on level 2 of the North wing. Follow this short hallway all the way to the end and to the elevator. Take the elevator up to level 5. Exit the elevator on level 5 and make a sharp 180° turn to the right. Follow this hallway a short distance to room N524 on your right. (Room N524 is also known as "Boyce Bistro" or the Hospitality Dining Room.)