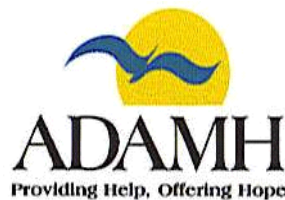


The training will take place on
Friday December 11, 2015
8:00am - 5:00pm at
Marion Chamber of Commerce
NO COST TO YOU

There will be an hour break for lunch
which will be on your own

Space is limited. If you are
planning to attend, reserve your
seat by contacting April Smith
at asmith@maccsite.com or
calling (740)387-5210.

This training is sponsored by
Crawford/Marion ADAMH Board
& Marion Area Counseling Center



Marion Area Counseling Center
320 Executive Drive
Marion Ohio 43302



December 11, 2015

Training Sponsored By





What is Youth Mental Health First Aid?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

It is designed to:

- Increase mental health literacy
- Expand individuals' knowledge of how to help someone in crisis
- Connect individuals to needed service
- Reduce stigma



This training is an 8 hour course and upon successful completion you will be a certified Youth Mental Health First Aider.



The Vision of MHFA:

To make Mental Health First Aid in the USA
as common as CPR and First Aid



Meet our Trainer Vernajeon Eggleston

Vernajeon Eggleston, LISW-S has worked in the Mental Health field for over 17 years. Vernajeon also worked at "The James" Cancer Hospital where she was a published author and was an Adjunctive Faculty for Marion Technical College. Currently she is employed at Marion Area Counseling Center seeing a variety of clients, and is also certified in both Youth and Adult versions of Mental Health First Aid.

Meet our Trainer April Smith

April Smith, LPC, LCDCIII has over 11 years experience in mental health and has worked with individuals of all ages. She is also knowledgeable in prevention and treatment of substance use disorders and is a certified *prime for life* instructor. April is currently employed at Marion Area Counseling Center seeing a variety of clients, and is also certified in both Youth and Adult Versions of Mental Health First Aid.