

Your Millstone Alliance to Prevent Substance Misuse is offering a free program to all adults working with youth in Millstone Township!



We are all aware that our youth are experiencing stress and anxiety levels that have not been seen before. The Millstone Alliance is offering a valuable program to help adults support young people who are struggling. **Youth Mental Health First Aid (YMHFA)** teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18. This is a program for the general public; it is not a clinical program. It is for parents and adults who live or work with youth who are having trouble coping with everyday stresses and issues. Participants will also receive updated resources that are available to youth and families in Monmouth County.

What It Covers

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use challenges
- How to interact with a child or adolescent in crisis and connect them with help
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying

Who Needs to Know Mental Health First Aid (all adults can support youth; not just professionals)

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| * Teachers | * School staff |
| * Coaches | * Camp counselors |
| * Youth group leaders | * Parents |
| * Afterschool Program facilitators | * Any adults who work with youth |

Program

- Training is an eight-hour, instructor-led, in-person course; program to be scheduled in Feb./March. Program can be done in one 8-hour session or two 4-hour sessions.

No Cost

- Program is free of charge.

If interested please contact Helen Varvi, Alliance Coordinator at millstonealliance@gmail.com. Please indicate your preference for a day or evening program and whether one 8-hour or two 4-hour sessions would work best. Please respond ASAP so we can book the presenter and space for the program.