

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 stressors, pressures and challenges in this age group, including anxiety, depression, eating disorders, mood disorders and self-harm
- How to interact with a child or adolescent in crisis
- How to intervene and de-escalate challenging situations.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying and making connections to local resources

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

- * Parents/Guardians
- * Teachers
- * Coaches
- * Youth group leaders
- * Afterschool Program facilitators
- * School staff
- * Camp counselors
- * Parents

**** Any adults who work with or care about our youth**

Program Details

- Training is an instructor-led, in-person course
- Date: Saturday, March 25, 2023
- Time: 9 AM to 4 PM
- Location: Millstone Community Center, 463 Stagecoach Road

No Cost

- Program is free of charge; materials/resources are provided.

If interested please contact Helen Varvi, Alliance Coordinator at millstonealliance@gmail.com. Send your name/address/phone and email information ASAP to reserve your spot.