



## ONLINE (BLENDED VIRTUAL) YOUTH MENTAL HEALTH FIRST AID



### COURSE OVERVIEW AND INSTRUCTIONAL GOALS

**COURSE LENGTH:** 8 Hours (1 Day)  
8 hours online

### COURSE OVERVIEW

**This entire course is conducted online. Two hours are self-paced online with the remaining 6 hours being instructor-led via Zoom.** This 8-hour course is a skills-based course designed to educate attendees about how to identify, understand, and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches attendees to safely and responsibly identify and address a potential mental health or substance use challenge. Topics covered in this course include: Common signs and symptoms of mental health and substance use challenges, how to interact with a person in crisis, how to connect a person with help, as well as expanded content on trauma, substance use, and self-care.

***NOTE: This version of Youth Mental Health First Aid is conducted entirely online through self-paced online pre-work as well as a live instructor-led process. Students will need a computer or tablet with webcam and microphone capabilities in order to participate in this course. Students for this course must be residents of the United States and Canada Only.***

### INSTRUCTIONAL GOALS

Upon completion of this course the attendee will be familiar with:

1. Understand the steps of the MHFA Action Plan.
2. Apply the appropriate steps of the MHFA Action Plan (ALGEE) in a crisis scenario.
3. Apply the appropriate steps of the MHFA Action Plan (ALGEE) in a non-crisis scenario.
4. Practice appropriate methods for self-care following the application of Youth Mental Health First Aid in a crisis or non-crisis situation.



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**DAY TO DAY / HOUR TO HOUR AGENDA**

**TIMES FOR ONLINE COURSES ARE EASTERN STANDARD TIME**

**DAY ONE**

**Hours:**

**Instruction:**

|           |                                                   |
|-----------|---------------------------------------------------|
| 1000-1030 | Course Administration, Course Overview, & Welcome |
| 1030-1100 | MHFA Self-paced Introduction Recap                |
| 1100-1400 | ALGEE: Mental Health First Aid Action Plan        |
| 1400-1500 | Lunch                                             |
| 1500-1600 | MHFA for Crisis Situations                        |
| 1600-1700 | Self-care for the Mental Health First Aider       |



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### COURSE OUTLINE

- I. Preface
  - A. Course Overview
  - B. Instructional Goals
  - C. Agenda
  - D. Task and Materials Check-in
  - E. Learning Agreement
- II. YMHA Self-paced Introduction Recap
  - A. Learning Objectives
  - B. Recap Activity 1: Knowledge Check
  - C. Recap Activity 2: Small Group Discussion
  - D. Recap Activity 3: Videos – Confronting My Health Concern
- III. The MHFA Action Plan (ALGEE)
  - A. Action A: Assess, Approach, and Assist in a Non-Crisis
  - B. Action L: Listen Nonjudgmentally
  - C. Action G: Give Reassurance and Information
  - D. Action E: Encourage Appropriate Professional Help
  - E. Action E: Encourage Self-help and Other Support Strategies
  - F. Knowledge Check
- IV. Mental Health First Aid for Crisis Situations
  - A. What is a Crisis
  - B. Crisis Situations: Safety Considerations
  - C. Crisis Situations: Your Role
  - D. Crisis Situations: De-Escalating a Situation
  - E. Types of Crisis Situations
  - F. May Become a Crisis: Aggressive Behaviors
  - G. Crisis: Medical Emergencies
  - H. Crisis: Suicide Myths and Facts
  - I. Crisis: Suicide
  - J. Suicide Risk Assessment
  - K. Video: Frida's Story-Boxing
  - L. Crisis: Substance Use Crisis
  - M. Psychosis: Signs and Symptoms



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- N. Psychosis: Auditory Hallucination
  - O. Crisis: Severe Psychotic State
  - P. Video: My Journey Forward
  - Q. Skill Development Scenario
  - R. Knowledge Check
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- V. Self-Care for the Youth Mental Health First Aider
    - A. Self-Care for Adults
    - B. Self-Care Action Plan: Revisit
    - C. Knowledge Check
    - D. Reflection



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### STUDENT EQUIPMENT LIST

#### INDIVIDUAL

- This course is conducted entirely online
- Computer or tablet and internet connection are mandatory
- Zoom will be used to deliver the online instructor-led training – students do not need a Zoom account, but they do need to download Zoom software
- **Computer or tablet device must have webcam and microphone to participate in class discussions (internal or external)**
- Student materials will be made available via the MHFA Connect System



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### NTOA PROVIDED INSTRUCTOR MATERIALS

#### INSTRUCTOR PACKET (sent electronically)

- Course roster
- Instructor agreements

#### COURSE PRESENTATION MATERIALS

- PowerPoint presentation available on Basecamp for download
- Youth MHFA Teaching Notes available on Basecamp for download



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**STUDENT NOTEBOOK**

**ADULT MHFA PARTICIPANT PROCESSING GUIDE**

| <b>SECTION</b> | <b>DESCRIPTION</b>                                                         |
|----------------|----------------------------------------------------------------------------|
| 1.             | Call to Action<br>Learner Rights and Responsibilities<br>Course Objectives |
| 2.             | In-Person Course Outline                                                   |
| 3.             | Our Values and How We Developed the Curriculum                             |
| 4.             | Segment 1                                                                  |
| 5.             | Segment 2                                                                  |
| 6.             | Segment 3                                                                  |
| 7.             | Segment 4                                                                  |
| 8.             | Segment 5                                                                  |
| 9.             | Reflection                                                                 |
| 10.            | Resources                                                                  |
| 11.            | Notes                                                                      |