**WHO:** For any district staff, community member, volunteer or parent who interacts with youth (must be 18 years or older to attend)

**WHAT:** Youth Mental Health First Aid is an 8-hour evidence-based certification course that teaches participants about common mental health and substance abuse issues among students and possible resources to assist.

*Topics covered:*
- Typical vs. atypical adolescent development
- Protective factors and risk factors
- How to help students actively experiencing a mental health crisis
- 5-Step Action Plan
- Local, state, and national behavioral health resources

**WHY:**
- 3 in 10 Colorado high school students report feeling sad or hopeless every day for two weeks
- Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide

[Source: Healthy Kids Colorado 2015 Survey]

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**Upcoming Winter/Spring Trainings**

- **February 25th & March 4th**
  
  *(must attend both days)*
  
  5:00-9:00pm


- **March 28th & April 4th**
  
  *(must attend both days)*
  
  5:00-9:00pm


**Thompson School District**

800 S. Taft Ave. Loveland

Questions? E-mail Jessica Shiveley @ jessica.shiveley@thompsonschools.org

**TIC CREDIT IS AVAILABLE, PLEASE SEE COURSEWHERE (THOMPSON INCENTIVE CREDIT)**