



Expression of Interest: Youth Mental Health First Aid

Victoria has experienced an adverse life event in the last 18 months and we are still in the middle of the variability and uncertainty that comes with a pandemic, providing confidence and support through additional training will help ease the feelings of increased distress. If you are looking to increase your staff capacity to support student's mental health, this training will assist.

Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by accredited MHFA Instructors across Australia. The Youth Mental Health First Aid Course is for adults working or living with adolescents (those aged between 12 and 18 years).

The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Developing mental health problems covered are: depression, anxiety problems, psychosis, substance use problems and eating disorders.

Mental health crisis situations covered are: suicidal thoughts and behaviours, non-suicidal self-injury (sometimes called deliberate self-harm), panic attacks, traumatic events, severe effects of drug or alcohol use, severe psychotic states and aggressive behaviours.

Format

This is a 14 hour course, which can be delivered as either: A 2-day training package (7 hours per day), OR as 4 separate modules (3.5 hours each) OR a blended online and face to face component.

Course will be delivered by Brooke Nester, Wellbeing Officer Secondary and/or Liz McIntyre, Senior Wellbeing Office .

Schools may be interested in training a core team of staff (Co-ordinators, Teacher Advisors, House Leaders etc), staff volunteers or whole staff. It should be noted that if schools are interested in running the Teen version for adolescents in their school (expressions of interest to be put out at a later date) that 10% of their staff need to be trained in the Youth Mental Health First Aid.

To express interest in this professional learning opportunity please email Brooke Nester at bnester@dobcel.catholic.edu.au. Please include what term of the 2022 school year would suit your school to participate in the training and estimated staff numbers /preferred training option.

If you have any questions or would like to discuss this opportunity further please call Brooke on 0447 946 223 or email bnester@dobcel.catholic.edu.au.