



YOUTH MENTAL HEALTH FIRST AID TRAINING

<i>Date</i>	<i>Location</i>
October 4, 2018	3rd Floor Board Room
November 15, 2018	3rd Floor Board Room
8:00 a.m. – 8:30 a.m.	Registration and Refreshments
8:30 a.m. – 5:00 p.m.	Workshop <i>(Includes 30 minute lunch on your own)</i>

Presented by
Amy Greskiw, LCPC and Karen Wright, LCPC
Certified Youth Mental Health First Aid Trainers

All trainings located at
Lake County Health Department and Community Health Center
3010 Grand Avenue, Waukegan, IL 60085

Workshop Description

Youth Mental Health First Aid is a public education program designed to provide individuals with the knowledge and skills to identify and support adolescents (12-18 yrs. old) that are at risk or displaying warning signs of mental health/substance use problems or experiencing a mental health crisis. Mental Health First Aid training is beneficial for adults (18yrs. or older) working with youth in a variety of settings including school, hospitals/medical clinics, social services, youth groups. The curriculum used is through USA Mental Health First Aid www.MentalHealthFirstAid.org.

Learning Objectives

1. Identify risk factors and warning signs of mental health and addiction problems.
2. Review typical adolescent development and common mental health/addiction problems.
3. Review 5 step action plan designed to help an adolescent experiencing mental health crisis or mental health/addiction problems.
4. Identify professional, peer and self-help resources available.

About the Presenters

Karen Wright, LCPC, is a therapist specializing in trauma at the Child/Adolescent Behavioral Health Services program at the Lake County Health Department. Since 2008, she has dedicated herself to helping children struggling with mental health problems. Karen has conducted crisis assessments, individual/family/group therapy, and case management services. She has also developed and facilitated trauma-informed parenting groups to educate and support parents/caregivers with children impacted by trauma. Her passion continues to grow as she has recently been certified as a Youth Mental Health First Aid trainer. She enjoys educating the community on mental health issues and continues to work diligently to reduce the stigma attached to mental illness.

Amy Greskiw, LCPC, is a therapist specializing in trauma at the Child/Adolescent Behavioral Health Services Program at the Lake County Health Department. For the past 15 years, Amy has been providing individual, group, and family therapy, case management, and crisis assessments to youth and families. She also leads therapy groups at an annual camp for young people who have lost loved ones to homicide. Amy has recently been certified as a Youth Mental Health First Aid Trainer, and has developed a passion for reducing stigma about mental illness, and teaching others how to help youth struggling with mental health issues.

Intended Audience

Adults 18 yrs or older who regularly interact with adolescents (12-18 yrs. old) parents, teachers, coaches, medical personnel, youth group leaders, etc.

If you have questions, or would like additional information, please contact Angie Stefani at AStefani@lakecountyil.gov.

Registration Information

Each person must register themselves individually.

Type of Participant	Fees	Pre-Registration
Non-Lake County Employee	\$20.00 per person	<p><u>FILL OUT:</u> Contact Information on Registration Form and mail with check or money order made out to <i>Lake County Health Department / Community Health Center</i>. (Do Not Send Cash Through the Mail).</p> <p>AND</p> <p><u>SEND TO:</u> Lake County Health Department ATTN: Pam Ganier 3010 Grand Avenue Waukegan, IL 60085</p>

Cancellations

Cancellations received 14 days in advance of the training date, via email to ASTefani@lakecountyil.gov will be refunded. There is no refund for cancellations received later.

Classes may be canceled due to low enrollment. Participants will be notified via email of all canceled classes. A refund will be issued or the participant can choose to register for another available class.



Registration – Youth Mental Health First Aid Training

Complete and return this registration form at least 2 weeks prior to your preferred training date.

Please inquire about class availability before sending in registration and payment. If you have any questions please contact Angie Stefani (847)377-8961 or by emailing ASTefani@lakecountyil.gov.

FIRST NAME		LAST NAME	
TRAINING DATE:	FIRST CHOICE	SECOND CHOICE	
ORGANIZATION			
ADDRESS	CITY	STATE	ZIP
EMAIL*		PHONE	

**You will receive a confirmation e-mail & must bring it with you to the training. Any change in workshop information will be sent to this email.*

SIGNATURE: _____ DATE: _____

By signing, you are acknowledging that you have read this flier in its entirety and agree to the cancellation policy.