



THE ALASKA  
TRAINING  
COOPERATIVE



**The Alaska Training Cooperative presents: Youth Mental Health First Aid**

**Description:** Youth Mental Health First Aid USA is an 8-hour public education program, intended for adults, which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Nursing CEs are being jointly provided by the Alaska Nurses Association and the Alaska Training Cooperative. The Alaska Nurses Association is an approved provider of continuing nursing education by Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Eight (8.0) CEs will be available for full participation.

**NEW: One professional development credit is available through UAA PACE for an additional 7 hours of independent study and submission of 6 papers. Contact Wendi Shackelford below for more information.**

**Date:** Saturday, March 31, 2018

**Time:** 8:30 AM to 5:00 PM

**Special instructions:** Snacks and lunch provided on-site

**NEW Location:** Log Cabin, 326 Akiachak Drive, Bethel AK 99559

**Audience:** Bethel area community members

**Cost:** course fully funded by a grant through Alaska DEED and Project AWARE

**Register:** Those who wish to attend must register through the AKTC Learning Management System (LMS). Register online for one of these trainings at <https://aktclms.org/Training/Class/102276>

**Contact:** For more information, contact Katie Frutiger at [907-545-0982](tel:907-545-0982) or [kathryn\\_frutiger@lksd.org](mailto:kathryn_frutiger@lksd.org).

**For more information on other AKTC sponsored trainings, visit [www.aktclms.org](http://www.aktclms.org)  
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University of Alaska Anchorage Center for Human Development.**



UAA Center for  
Human Development  
UNIVERSITY of ALASKA ANCHORAGE

