



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:** Thursday, January 10, 2019

**Time:** 9:00 AM to 5:00 PM

**Location:** Togiak School, 50 Togiak School Road, Togiak AK 99678

**Details:** 30-minute lunch break on site; please bring lunch and snacks with you. Must be present all 8 hours to receive certification.

**Audience:** Togiak certified staff, tribal court members, Village care providers, and 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/102698>

**Contact:** For more information, contact Wendi Shackelford at [907-264-6224](tel:907-264-6224) or [wendis@alaskachd.org](mailto:wendis@alaskachd.org).

For more information on other AKTC sponsored trainings, visit [www.aktclms.org](http://www.aktclms.org)  
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