



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.

This training offers eight (8) nursing contact hours through the Alaska Nurses Association, an approved provider of continuing nursing education by Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**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, January 19, 2019

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

**Special instructions:** Please bring your lunch for 30-minute lunch break on-site; you must be present all 8 hours for certification

**Location:** Ketchikan Fire Department – room TBA, 70 Bawden Street, Ketchikan

**Audience:** 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/102774>

**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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