



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: Thursday, January 31, 2019

Time: 8:30 AM to 5:00 PM

Special instructions: 45-minute lunch break on site with lunch provided; must be present all 8 hours to receive certification

Location: The Church of Jesus Christ of Latter-day Saints, 1500 Cowles Street, Fairbanks AK 99701

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/102787>

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

**For more information on other AKTC sponsored trainings, visit www.aktclms.org
The AKTC is grant funded by the Alaska Mental Health Trust Authority through the
University of Alaska Anchorage Center for Human Development.**

