



THE ALASKA
TRAINING
COOPERATIVE



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

Description: Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (aged 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults aged 18 or older who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

The virtual delivery format has a cost/value of \$23.95 per person.

CEs: This training offers 6 nursing contact hours and is jointly provided by the Alaska Nurses Association and Alaska Training Cooperative. The Alaska Nurses Association is an approved provider of continuing nursing education by the Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. One professional development credit is available through UAA PACE for certificated teachers by an additional 7 hours of independent study and submission of 6 papers.

Date: Friday, February 19, 2021

Time: 8:30 AM to 3:00 PM

Special instructions: Participants must successfully complete the 2-hour self-paced prerequisite work BEFORE the instructor will share the Zoom link with participants for admission into the 5-6-hour virtual classroom to complete the course requirements.

Location: Virtual via Zoom; Link to be delivered at a later time

Audience: Alaska Humanities Forum members and invitees

Cost: \$23.95 each, invoice to be sent post-training

Register: Those who wish to attend must register through the AKTC Learning Management System (LMS). Register for one of these trainings by contact with Chuck Seaca at cseaca@akhf.org.

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
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