

1. Mental Health First Aid for Children

Youth Mental Health First Aid (YMHFA)

Description:

Youth Mental Health First Aid (YMHFA) is a comprehensive training program designed to equip adults with the knowledge and skills necessary to identify, understand, and respond to mental health challenges in adolescents, typically between the ages of 12 and 18. Participants will learn to act as first responders, providing initial support to young individuals experiencing mental health crises and connecting them to professional help when needed. The training emphasizes appropriate methods for engaging with young people facing mental health challenges.

Cost:

\$50 per person

Time Commitment:

- 2 hours of pre-work
- 6 hours of classroom training

Class Size:

- Minimum: 5 participants
- Maximum: 15 participants (per instructor)

2. Mental Health First Aid for Adults

Description:

Mental Health First Aid for Adults is an evidence-based, early-intervention training course that teaches participants how to assist individuals experiencing mental health or substance use challenges. Similar to CPR for physical health emergencies, this training equips participants with skills to

provide immediate support, de-escalate crises, and connect individuals to professional resources.

Cost:

\$50 per person

Time Commitment:

- 2 hours of pre-work
- 6 hours of classroom training

Class Size:

- Minimum: 5 participants
- Maximum: 15 participants (per instructor)

3. Trauma-Informed Care Training

Description:

Trauma-informed care training aims to educate professionals on the effects of trauma on an individual's behavior and mental health. The training focuses on the importance of creating safe, supportive environments that minimize the risk of re-traumatization. By integrating trauma-informed principles into service delivery, professionals can better support individuals who have experienced traumatic events, across sectors such as healthcare, education, and social work.

Cost:

\$50.00 per person

Time Commitment:

- 1 to 2 hours (depending on class engagement)

Class Size:

- Minimum: 5 participants

- Maximum: 25 participants

4. CPR First Aid / Basic Life Support (BLS)

Description:

This course covers Basic Life Support (BLS) and First Aid, providing participants with essential skills to respond to life-threatening emergencies. Participants will learn to perform CPR, use AEDs, and administer first aid in various emergency situations.

Cost:

\$50 per person

Time Commitment:

4 hours

Class Size:

- The ratio is 3 students per 1 manikin, with a maximum of 2 manikins per instructor.
- If 1 manikin is purchased, the class size can accommodate no more than 3 students.