

252 PBC School Nurses Receive Training in Youth Mental Health First Aid

On February 20, 2017, 252 School Nurses serving Palm Beach County Schools attended an 8-hour workshop in the internationally-acclaimed Youth Mental Health First Aid program. The Mental Health First Aid Coalition of Palm Beach County, along with the Department of Safe Schools, provided nine pairs of trainers for the workshops hosted at Atlantic Community High School.

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The YMHFA program is designed to equip participants with the ability to recognize the early signs of mental health challenges in youth ages 12 - 18. Participants learn a five-point method of engaging a young person in distress with concern, compassion and accurate information, connecting them to sources of help in the schools and community. The workshop, valued at \$180 per participant but offered to all adults in Palm Beach County for free through a grant by the Substance Abuse and Mental Health Services Administration, has already been taken by over 500 adults locally, resulting in the referral of 528 young people for assistance since the program started in May, 2016. The training is open to all adults who encounter young people either professionally or personally. Over 20 workshops are scheduled to be presented between March through August. Information about the Youth Mental Health First Aid program can be had by contacting Cindy Wides, Chairperson of the Mental Health First Aid Coalition, (561-238-0251), Ed Frontera of the Boca Raton's Promise/PBC Action Alliance for Mental Health (561-715-0447), or Rick Lewis at the Department of Safe Schools (561-982-0920).

- Email: MHFA@BRPromise.org -