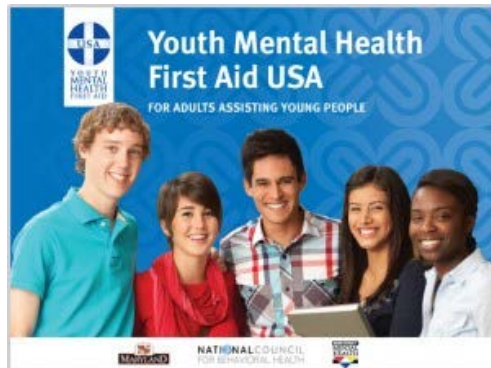




## AWARE VERMONT

### Vermont's Statewide Youth Mental Health First Aid Initiative



#### About the AWARE VERMONT Initiative:

AWARE VERMONT is a new initiative that will provide free Youth Mental Health First Aid trainings to educators throughout the State of Vermont. AWARE VERMONT is a statewide collaboration between state designated mental health agencies, Vermont Care Partners (their provider network), Vermont Cooperative for Practice Improvement and Innovation, and community partners. This initiative will create a network of Youth Mental Health First Aid trainers throughout the State of Vermont, which will provide no cost

trainings to educators, law enforcement, and other community partners. AWARE VERMONT is made possible by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to Vermont Care Partners through Vermont Care Network.

#### The Youth Mental Health First Aid Course:

Youth Mental Health First Aid is an 8 hour public education program 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.

#### Youth Mental Health First Aid for Educators

In January 2013, President Obama recommended training for teachers in Mental Health First Aid. Within the last year, over 200 educators in the state have been certified in the Youth Mental Health First Aid Course. The majority of educators report that as a result of the training they are better prepared to identify, support and most importantly, understand how mental health impacts students, communities, and families. Successful completion of the YMHA training provides certification which lasts for three years as well as 6.5 professional development hours for educators.



#### Where Can I Learn More?

For more information about AWARE VERMONT, or to set up a Youth Mental Health First Aid training in your school please follow one of the links provided below or contact Lance Metayer (802) 582-8039 lance.metayer@ncssinc.org

<http://vtcpi.org/projects/>

[mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)

[vermontcarepartners.org](http://vermontcarepartners.org)

