

# Youth Mental Health First Aid: Learn the skills, make a difference.

Presented by Donna Redman



**MENTAL  
HEALTH  
FIRST AID**  
Australia

Learn how to assist adolescents developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Format: 1. Face to Face

Audience: Any teacher looking to build their knowledge, skills and confidence in how to assist an adolescent experiencing mental illness.

## Description

Youth Mental Health First Aid Training really makes a difference.

Approximately 20% of Australians experience a common mental illness each year. Completing a Youth MHFA Course will help you to develop the skills to assist an adolescent who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

There will be a particular focus on how to respond to common mental illnesses including depression, anxiety problems, psychosis and substance use problems. You'll learn how to help someone to access the support they might need for the successful management of symptoms as part of their recovery journey, including school based supports.

What's more, you'll be able to actively reduce stigma in your school community, by responding appropriately to myths and misunderstandings about mental illness.

The MHFA courses are based on evidence of what is best practice to support someone. This evidence has been developed in partnership with the University of Melbourne, through developing guidelines that cover a number of mental health problems, crises and in different contexts.

Developing mental health problems covered:

- Depression and anxiety

- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug and alcohol abuse
- Severe psychotic states
- Aggressive behaviours

### **Additional notes about this format**

The Youth Mental Health First Aid Course is a 14-Hour workshop that is conducted in two 7-hour sessions over two days. Once completed, participants will be given the (optional) opportunity to complete an online Accreditation Exam in order to become an accredited Youth MHFAider for 3 years. There is no additional cost to complete the exam. Participants who choose not to complete the exam will be provided with a Certificate of Completion.

### **Teaching Standards**

4.4.2 Proficient Level - Maintain student safety

### **Are you in NSW? If so, this is relevant for you**



Completing this course will contribute 14 hours of NSW Education Standards Authority (NESA) Registered PD addressing 4.4.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

TTA (Teacher Training Australia) is endorsed to provide the NSW Education Standards Authority (NESA) Registered Professional Development for teachers accredited at Proficient and Lead Level Teacher.

## Occurrences

Start Date	Location	Price
07/04/2020	Sydney CBD	\$719 + GST
14/05/2020	Sydney CBD	\$719 + GST
29/10/2020	Sydney CBD	\$719 + GST

# Sessions

## Session One

### 3 hours and 30 minutes

- An overview of the 14-hour course
- Gain an understanding of the risk factors associated with youth mental illness
- Gain an understanding of the prevalence and the impact of youth mental illnesses in Australia
- Gain an understanding of the spectrum of interventions for recovery from mental illness
- Learn about Mental Health First Aid and the MHFA Action Plan (ALGEE)
- Learn possible signs, symptoms and interventions for depression.

## Session Two

### 3 hours and 30 minutes

- Learn how to apply the Mental Health First Aid Action Plan for depression
- Learn crisis first aid for suicidal behaviour (or non-suicidal self injury)
- Practice crisis first aid in a safe environment
- Learn the possible signs, symptoms and interventions for anxiety disorders.

## Session Three

### 3 hours and 30 minutes

- Learn crisis first aid for panic attacks and after a traumatic event
- Apply the MHFA Action Plan (ALGEE) to help someone with anxiety problems when they are not in crisis
- Learn the possible signs, symptoms and interventions for psychosis

## Session Four

### 3 hours and 30 minutes

- Apply the Mental Health First Aid Action Plan (ALGEE) to help someone with possible psychosis
- Learn crisis first aid for severe psychosis
- Apply the actions 3-5 to help someone with psychosis (who is not in crisis)
- Learn the possible signs, symptoms and interventions for substance use disorders
- Apply the Mental Health First Aid Action Plan (ALGEE) to help someone with substance use problems.
- Learn how to assess for and assist with intoxication and medical emergencies related to substance use.
- Learn how to de-escalate aggressive behaviour

## About the presenter



### **Donna Redman**

#### **Creator**

Donna is a writer, speaker, teacher trainer and secondary educator. She has expertise in student wellbeing, establishing effective school systems and positive strategies for youth suicide prevention.

In 2013 Donna was awarded the NSW Premier's Anika Foundation Youth Depression Awareness Scholarship and examined strategies implemented globally for youth suicide prevention and she recognized the importance of proactively enhancing teacher confidence within the school context. Donna assisted in the planning of the Wollongong Diocesan Suicide Pre, Inter and Post-Vention Strategic Plan. Donna's company Awaken Youth facilitates NESAC Accredited 'Gatekeeper' workshops for teachers as well as targeted suicide prevention training for parents and guardians of young people. Additionally, Donna is an accredited trainer with LivingWorks and delivers safeTALK suicide prevention training to senior students in secondary schools. In 2015 she presented at the Suicide Prevention Australia Conference on the topic 'Teachers: the greatest untapped resource in youth suicide prevention.' She is a member of the Macarthur Suicide Prevention Network committee and is employed as a Telephone Crisis Supporter for Lifeline. In 2017 Donna presented workshops nationally at the Positive Schools Conference titled: 'Positive Strategies for the Prevention of Youth Suicide'. In 2018 she will be presenting in Sydney at the ProPsych Mental Health in Schools Conference on the topic 'Child and Youth Suicide Prevention in the School Context'. Donna is also the author of the young adult novel *Awakening Sebastian*, which communicates a strong positive and preventative message regarding youth suicide.



## Enrol now to secure your spot

Limited spots are available. Please enrol online or fax your enrolment to 1300 667 691 to secure your spot.

Please note, by submitting this enrolment form you are confirming that you have been given financial approval by your employer to attend this course. Cancellation advice should be given in writing 7 days before the commencement of this course.

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Product: Youth Mental Health First Aid: Learn the skills, make a difference.

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Occurrence Date:

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Your Name:

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Your email address:

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Employer name:

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Enrol online at <http://tta.edu.au>