

Youth Mental Health First Aid Sample Course Agenda

8:00am	Session 1, Part 1 <ul style="list-style-type: none">• What Is Youth Mental Health First Aid?• Adolescent Development & Mental Health Problems in Youth• The Mental Health First Aid Action Plan• Signs & Symptoms
10:00am	Break
10:15am	Session 1, Part 2 <ul style="list-style-type: none">• Risk Factors & Protective Factors• Using the Mental Health First Aid Action Plan<ul style="list-style-type: none">○ Assess for Risk of Suicide or Harm
12:15pm	Lunch
1:15pm	Session 2, Part 1 <ul style="list-style-type: none">• Using the Mental Health First Aid Action Plan<ul style="list-style-type: none">○ In Non-Crisis Situations○ Intensive Scenario Work
3:15pm	Break
3:30pm	Session 2, Part 2 <ul style="list-style-type: none">• Using the Mental Health First Aid Action Plan<ul style="list-style-type: none">○ In Crisis Situations○ Intensive Scenario Work
5:30pm	End

The above reflects a one-day course agenda. The course can be taught over two days or more, but all 8 hours of content must be included. Any agenda should factor in break times for participants.