



Red Rock BHS



Youth Mental Health First Aid (YMHFA)

CLEVELAND AND MCCLAIN COUNTIES

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Learning Objectives

- Purpose of YMHFA
- Role of Youth Mental Health First Aider
- Recognize mental health or substance use challenges
- Explain impact of traumatic experiences
- Explain role of resilience on adolescent development
- Impact of early intervention
- MHFA Action Plan
- Understand SELF-CARE

Date & Time:

October 28, 2025
8AM – 5PM

REGISTER NOW



Location:

The Well
210 James Garner Ave
Norman, OK



Red Rock is funded, in part, by the Oklahoma Department of Mental Health and Substance Abuse Services.