

Navigator

CESA 10 Mental Health Navigator

Spring/Summer 2021

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Pilots Needed



Okay, not this type of pilot! However, we are looking for a high school that is interested in a new peer suicide prevention program. **Teen Mental Health First Aid** is an evidence based, universal level curriculum for 10-12th grade students. Why use this curriculum over other options out there? Although most evidence-based programs (such as Signs of Suicide SOS or QPR) have shown reduction in suicidal ideations and attempts they do not necessarily promote help seeking behaviors. Additionally, this program covers a wide umbrella of mental health literacy. It mirrors the language used in Youth Mental Health First Aid so your students,

Other Trainings

Offered for free or at a reduced rate for your district through CESA 10. We would be more than happy to include parents and community professionals!

QPR

One hour suicide
This is a great start to educating staff on suicide prevention.

YMHFA

Youth Mental Health First Aid is a four-to-six-hour training that covers a wide range of mental health topics and helping adults support youth.

staff, and community members will be using the same language and system. The best part? This would be free for your district, covered by CESA 10.

The Fine Print:

- All the grade level must receive the training. We recommend targeting 10th grade over the course of a year

- Classes are either six 45-minute sessions or three 90-minute sessions
- 10% of staff need to be trained in Youth Mental Health First Aid (also free, if needed)

If you are looking for additional training, consulting, or want to sign up for the opportunities above please reach out to Sara Bowe, Mental Health Navigator!