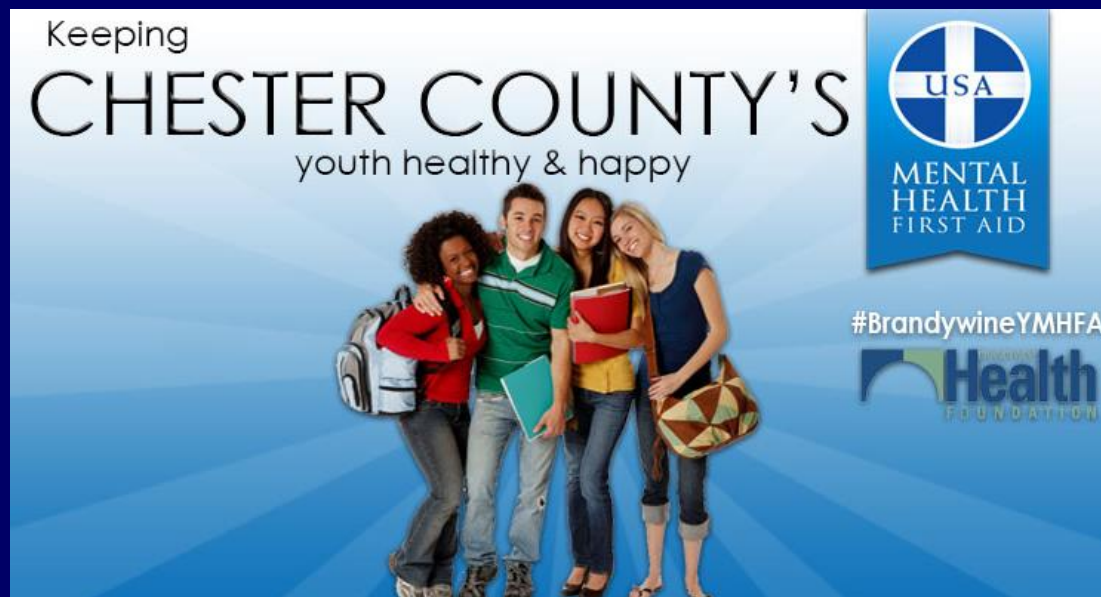


# Individual and Community-Level Impact of the Youth Mental Health First Aid (YMHFA) Program *Coatesville, PA* *Sept 2014 – June 2018*



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# Youth Mental Health First Aid (YMHFA) Training

- In 2014, the Brandywine Health Foundation in collaboration with regional partners implemented the National Council for Behavioral Health's Youth Mental Health First Aid (YMHFA) training for individuals working and living in Coatesville
- YMHFA is an 8-hour educational training program designed for adults to learn about mental illnesses/addictions affecting youth aged 12-18
  - Warning signs
  - Risk factors
  - Ways to bolster confidence in helping youth experiencing a mental health or substance abuse challenge or crisis



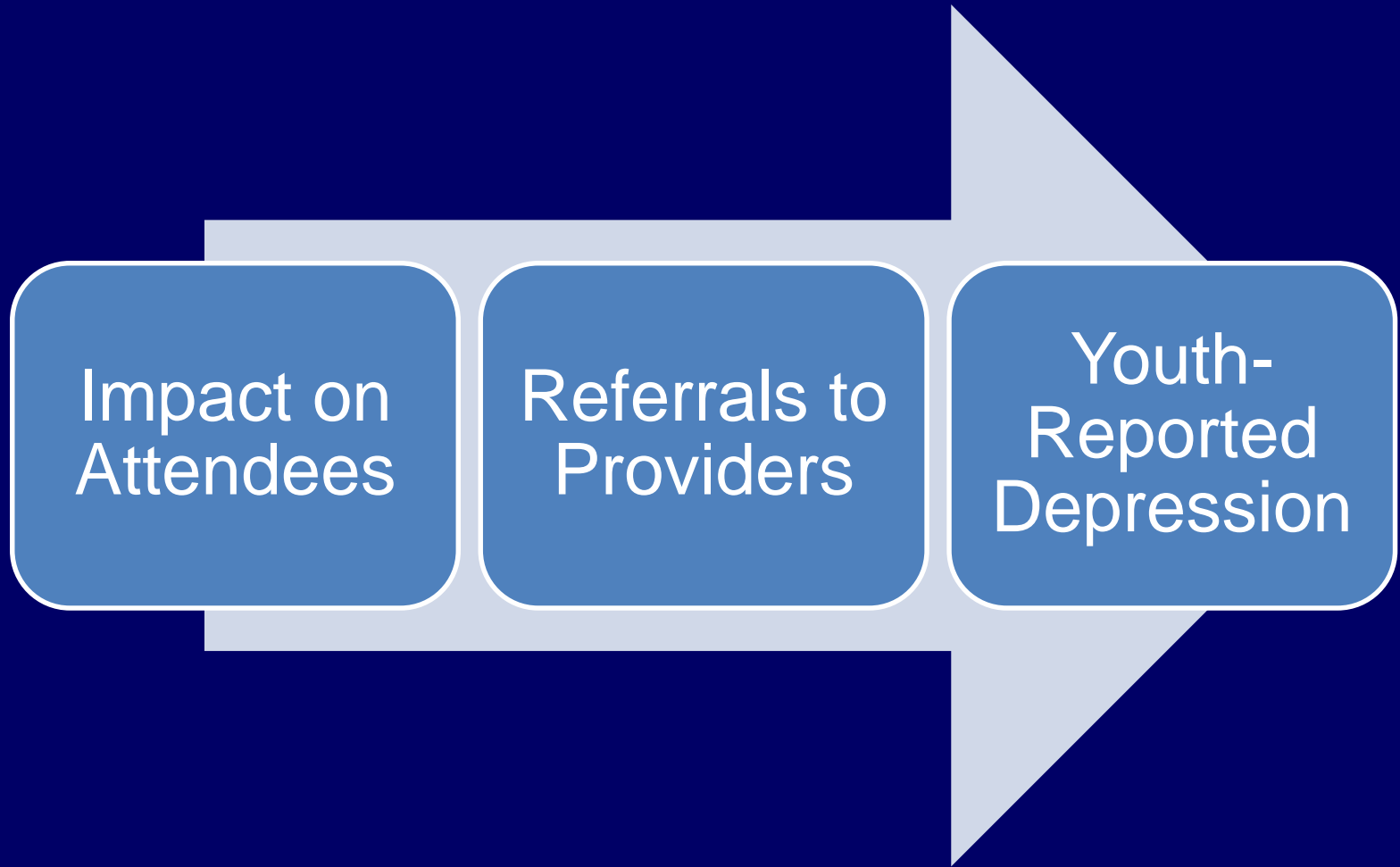
[www.thenationalcouncil.org](http://www.thenationalcouncil.org)  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# Youth Mental Health First Aid (YMHFA) Training

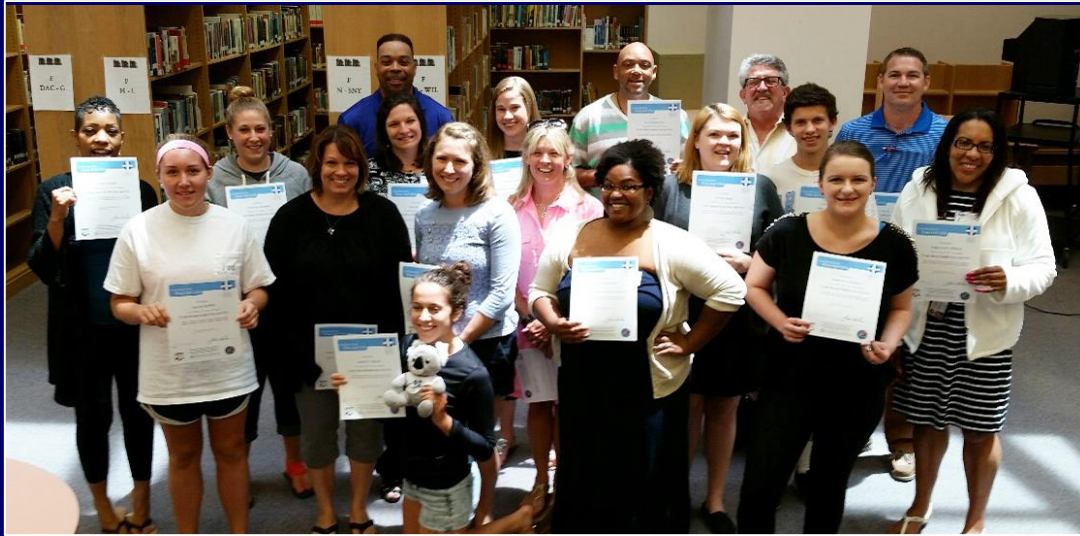
- Provides a 5-step action plan:
  - Assess for risk of suicide or harm
  - Listen nonjudgmentally
  - Give reassurance and information
  - Encourage appropriate professional help
  - Encourage self-help and other support strategies



# Program Impact



# Program Impact on Attendees



# Attendee Feedback

- “This information is very pertinent for anyone *working with children* to be able to offer assistance and provide support to children and families.”
- “...will most likely *encounter* some of the scenarios presented.”
- “It teaches you to be a *front line identifier of problems* and how to get the ball rolling toward making qualified help accessible.”
- “...made me feel a lot *more comfortable* about approaching a youth in distress.”
- “...[learned] it is okay to ask if someone is thinking about *suicide*.”





# Referrals to Providers



# Student-Reported Depression

## The Pennsylvania Youth Survey (PAYS)

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User Guide and Worksheets for School Professionals

“IT PAYS TO ASK...IT PAYS TO KNOW”

[www.episcenter.org/paysguide](http://www.episcenter.org/paysguide)



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BETHE1TO.COM

# Acknowledgments

- The Brandywine Health Foundation, Coatesville, PA
  - Dana Heiman, Chief Impact Officer
  - Funding YMHFA – A Project of the Brandywine Health Foundation [Video](#) (April 2017)
- YMHFA Planning Team Committee Members, Advisory Board, certified trainers, and community partners
- WCU graduate student interns and assistants



- Funder Collaborative
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  - van Ameringen Foundation, Inc.
  - Substance Abuse and Mental Health Services Administration
  - United Way of Chester County
  - And [many more](#)

*To start YMHFA Training in your community, please visit [www.thenationalcouncil.org](http://www.thenationalcouncil.org) or [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org).*