



# Memo

**Date:** May 24, 2021

**To:** Deacons, deacon in formation, pastors, priests, seminarians, catechetical leaders, directors of religious education, RCIA/OCI coordinators, youth ministers and Catholic schools

**From:** Maggie Rousseau, Director Disabilities Ministry; Office of Life, Dignity and Justice

**Re:** Youth Mental Health First Aid USA training

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In response to increasing episodes of violence associated with mental illness, the Disabilities Ministry, in partnership with the Georgia State Center for Leadership in Disability, is offering **Youth Mental Health First Aid USA** training on Friday, June 11, and again on Friday, June 25. Representatives from EACH deanery including, priests, deacons, youth directors and high school personnel are strongly encouraged to attend. Each session is limited to 30 participants.

Youth Mental Health First Aid is primarily designed so adults who regularly interact with young people can potentially help an adolescent (age 12-18) who is experiencing a crisis or mental health or addiction challenge. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-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.

**The workshop format will require two-three hours personal preparation before the class date and four hours online video participation. Once registered you will receive a link to the class materials. This program is a must for all adults working with youth.**

Online Registration for June 11: <http://tiny.cc/YMHFA611>

Online Registration for June 25: <http://tiny.cc/YMHFA625>

For additional information, please contact me at [mrousseau@archatl.com](mailto:mrousseau@archatl.com).