

YMHFA Guidelines

Youth Mental Health First Aid from the National Council for Mental Wellbeing is designed to **teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis.**

It's a STATE CHOSEN curriculum - **The Florida Department of Education (FDOE) announces, pursuant to section (s.) 1012.584, Florida Statutes (F.S.), Continuing education and inservice training for youth mental health awareness and assistance, the selection of evidenced-based Youth Mental Health First Aid (YMHFA) training.**

FAQ

How do I know if I've completed the training?

- If you've completed a District offered YMHFA training as an ACPS employee since July 2018 or later, record of your participation is maintained through Student Services OR the following document:
<https://docs.google.com/spreadsheets/d/1XWhASPphLyx9QDmtgbaj8Z3SPksdhMZoVXX4JrAzIGc/edit?usp=sharing>

If you've completed the training prior to July 2018 or outside of the District, documentation of your completion should be submitted to Jacquatte Rolle and the Professional Development Department (YMHFA@gm.sbac.edu) for verification

- Kognito at Risk! Trainings have been utilized as supplementary mental health education and do not fulfill the state mandated mental health awareness training requirements as put forth in FS **2021 Florida Statutes - [1012.584](#)**

How is training being scheduled?

- April 4, 2022 - May 26, 2022
 - These trainings will be offered in the *Blended* format, 2 hours of online self-paced pre-work PLUS 4 hours of instructor-led teaching, 2 hours per day, either virtually **OR** in-person
 - Consecutive Monday/Wednesday offerings, 4-6 PM (and some 3-5 offerings)
 - Consecutive Tuesday/Thursday offerings, 4-6 PM (and some 3-5 PM offerings)
 - There will be some specialized in-person ESP sessions
 - There will be some sessions outlined for district staff
- May 31, 2022 - July 28, 2022
 - These training sessions may be offered in a variety of formats, but will primarily be made available in 6.5 hour sessions (30 minute break) of in-person training. These trainings will be available at different school locations throughout the district.

****Pre-work must be completed prior to attendance in an instructor-led training session***

****Course capacity is limited to 30 participants as set forth in National Council rules. Trainings over 15 participants MUST be conducted using 2 trainers. Trainers will receive incentive pay for conducting full-sessions beyond normal work hours.**

How do I register for training?

- Sessions will be available through ACIIS registration.
 - YMHFA Course offerings will be advertised on the PD Department webpage or by clicking [here](#).
 - Session offerings between now and May 26th will be available on first-come first serve basis. Check the YMHFA Course calendar on the PD Department webpage for the addition of new sections.
 - Student services staff will work with principals and/or their designees (assistant principal or executive assistant) to determine the dates/times that sessions will be located on their campuses for their staff.

- Available seats will be filled first by members of the school or department scheduling the training. Principals/Department Heads (or designees) will send reminder announcements to their staff and assist support staff with limited computer skills to register for in-person sessions.
- All staff should check the YMHFA Course calendar for the number of unfilled seats available for registration. These unfilled seats will be available for registration by all employees.

What is *recertification*, who is it for, and how do you register?

- Recertification is *only* available for those who have earned an initial Youth Mental Health First Aid certificate.
- If a First-Aider (someone who has earned their initial YMHFA certification) is *within* OR *over* their 3-year initial certification, they may:
 - Option 1: Recertify by taking the 90-minute self-paced recertification course offered through a partner organization. This shortened version would be paid by the employee without reimbursement by the school district.
 - To register go to <https://www.mentalhealthfirstaid.org/re-certification/>
 - The cost for the recertification course is \$29.95
 - Option 2: Recertify by taking the full course again in either the blended or in-person format
- Documentation of successful completion of the recertification course must be submitted to YMHFA@gm.sbac.edu to receive District credit and count towards Training Incentive

How do I earn the training incentive as defined by the District?

- Must be actively employed at the end of the school year
- Must complete (2) trainings on or before July 31st
 - KnowBe4 Security Awareness Training
 - Youth Mental Health First Aid
 - Participate in at least 70% of the activities
 - Virtual Participation: Mute/Unmute utilization during whole group instruction and/or during Breakout sessions. Can also utilize the chat box function.
 - In-person Participation: Interactions/discussions within large or small group structures
 - Be present for at least 90% of the instruction
 - Virtual attendance: Cameras are expected to be in working condition and turned on for the duration of the session; Participants must login on time and remain until the end of the session.
 - In-person attendance: Participants must arrive on time and remain present until the end of the class.
 - Youth Mental Health First Aid certification must be currently valid – All staff should have valid certifications at the start of the 2022-2023 school year.
 - Verify initial certification expiration date
- **If you are unable to attend a District offered training session**, YMHFA courses are offered in the community.
 - These trainings are out-of-pocket expenses. A list of course offerings can be found at <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
 - For certificates earned outside of our District, documentation for verification may be submitted to YMHFA@gm.sbac.edu. *Be careful to enroll in YMHFA, not MHFA. They are NOT interchangeable.

What is the Youth Mental Health First Aid course composed of?

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| <ul style="list-style-type: none"> • YMHFA Pre-Evaluation • YMHFA Opinions Quiz • YMHFA Course Content led by Instructor <ul style="list-style-type: none"> ○ <i>Blended</i> course, 4 hours of instruction and 2 hours of pre-work ○ In-person course, 6 hours of instruction | <ul style="list-style-type: none"> • YMHFA Final Exam • YMHFA Post-Evaluation: Knowledge Check • YMHFA Post-Evaluation: Course Response • **Certification will be earned and awarded upon completion of all components |
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