
NAVIGATION:

<ul style="list-style-type: none">- OUR COLLABORATION- COURSE OVERVIEW- COURSE OBJECTIVES	<ul style="list-style-type: none">- LEARNER'S GOALS- TRAINING SEGMENTS	<ul style="list-style-type: none">- SAMPLE AGENDA- BOOK A TRAINING- ABOUT CERTIFIED INSTRUCTOR
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THE GEM PROJECT DELIVERS MENTAL HEALTH FIRST AID:

The Gem Project proudly collaborates with Mental Health First Aid, providing certified Mental Health First Aid instructors to deliver an evidence-based, early intervention course by the National Council for Mental Wellbeing. Our instructors employ community-specific scenarios, activities, and videos in virtual and in-person sessions, empowering participants to recognize signs of mental health challenges and offer initial support until professional help is accessed.

These trainings provide certifications for up to 3 years.

Outside of delivering training programs to community-based organizations and companies, the Gem Project works to boost high school to college student engagement and on-time graduation, through a yearlong paid fellowship focused on peer mentoring, youth organizing, employment, and service-learning initiatives through a social justice lens. Our vision is to empower diverse youth to effect positive community change through leadership, training, and civic engagement. **This partnership serves as a springboard for additional training programs, benefiting youth practitioners, schools, and organizations, amplifying our commitment to nurturing and supporting youth development across diverse communities.**

COURSE OVERVIEW:

YMHFA is a public education program that provides early intervention for mental health and substance use problems in youth. It teaches adults who work with youth how to recognize the signs and symptoms of potential mental health or substance use issues, how to listen non-judgmentally, and how to refer individuals to appropriate professional support and services. MHFA was created in Australia in 2000 and brought to the United States in 2008. YMHFA was introduced to the United States in 2012 and is specifically designed for adults who work with youth aged 12-18.

COURSE OBJECTIVES:

The Youth Mental Health First Aid (YMHFA) course is a 6.5-hour program that teaches learners how to recognize patterns of thoughts, feelings, behaviors, and appearance that may indicate a mental health problem. The course focuses on the MHFA Action Plan (ALGEE), which can be applied to both non-crisis and crisis scenarios. By learning this plan, learners can take appropriate action to help someone who may be experiencing a mental health issue.

BY THE END OF THE COURSE, LEARNERS WILL:

- Describe the purpose of YMHFA and the role of the Youth Mental Health First Aider.
- Recognize the signs and symptoms of mental health or substance use problems that may impact youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) in a crisis and non-crisis scenario.
- Practice appropriate methods for self-care following the application of YMHFA in a crisis or non-crisis situation

TRAINING SEGMENTS:

1 WELCOME AND INTRODUCTION TO YOUTH MENTAL HEALTH FIRST AID

- Learners learn the purpose of MHFA and the role of the First Aider

2 MENTAL HEALTH AND ILLNESS IN YOUTH

- Learners learn facts on the prevalence of mental health and substance use challenges in youth and the importance of early intervention.
- Learners explore cultural considerations around mental health and barriers to treatment in their communities.

3 TYPICAL ADOLESCENT DEVELOPMENT

- Learners use their prior knowledge to describe typical adolescent development.
- Learners identify risk and protective factors for mental health and substance use challenges, paying particular attention to adverse childhood experiences, bullying, and the impact of social media.

4 SIGNS AND SYMPTOMS OF MENTAL HEALTH CHALLENGES IN YOUTH

- Learners learn signs and symptoms that are common to a variety of mental health and substance use disorders.
- Learners differentiate between typical behaviors and potential warning signs.

Break (30 minutes)

5 THE MHFA ACTION PLAN (ALGEE) IN A NON-CRISIS SCENARIO

- Learners learn the five steps of the MHFA Action Plan and apply them to a non-crisis scenario.

6 THE MHFA ACTION PLAN (ALGEE) IN A CRISIS SCENARIO

- Learners learn important considerations for using the five steps of the MHFA Action Plan in a crisis.
- Learners apply the skills to a crisis scenario.

7 SELF-CARE FOR THE YOUTH MENTAL HEALTH FIRST AIDER

- Learners learn how to choose appropriate methods for self-care following the application of Youth Mental Health First Aid.

Sample Agenda	
8:00 AM	<ul style="list-style-type: none"> ● A certified Mental Health First Aid Instructor arrives to set up the room
9:00 AM	<ul style="list-style-type: none"> ● Participants arrive for breakfast and check in
10:00 AM	<ul style="list-style-type: none"> ● Instructor-Led Training - Part I: Segment 1-4 (3 hours)
1:00 PM	Break [30 min.]
1:30 PM	<ul style="list-style-type: none"> ● Instructor-Led Training - Part I: Segment 1-4 (3 hours)
4.30 PM	<ul style="list-style-type: none"> ● Course Activities (20-30 min inc.) ● Discussion: <ul style="list-style-type: none"> ○ YMHFA FINAL EXAM <ul style="list-style-type: none"> ■ All learners must complete the YMHFA final exam on MHFA Connect ○ POST-EVALUATION <ul style="list-style-type: none"> ■ Learners will be able to evaluate the course, the course materials, and the instructor after completing the course. ○ CERTIFICATE <ul style="list-style-type: none"> ■ Learners will be able to download their YMHFA certificate through MHFA Connect after completing the final exam and post-course evaluation.
5:00 PM	<ul style="list-style-type: none"> ● Participants will be directed to where to take the final exam within their accounts to receive their Mental Health First Aid certificate. ● Instructors will close the session with questions and a final review of the next steps.

Book A Training:

There is a 15-person minimum for training sessions. If your organization does not have 15 people to train, we will combine learners from other organizations to be in a single session. The sessions are best run full day (6.5-8 hours). It can also be split across 2 days.

To schedule a meeting about the next steps, please do so here:

<https://calendly.com/thegemprojectorg/youth-mental-health-first-aid-training>

About your Certified Mental Health First Aid Instructor



Amanda A. Ebokosia, recognized by Forbes as a Millennial on a Mission, is the Founder & CEO of The Gem Project, Inc., a pioneering 501(c)(3) not-for-profit organization dedicated to elevating high school and college student engagement through impactful youth organizing and service-learning initiatives centered around a social justice framework.

With an unyielding commitment to youth development spanning nearly two decades, Amanda has orchestrated The Gem Project's mission to empower and inspire young minds. Since its establishment in 2006, The Gem Project has directly impacted the lives of over 3500 youth and young adults. Through a groundbreaking peer-based paid fellowship connecting both high school and college students, youth are offered a myriad of opportunities to catalyze change within their communities, striving to influence policy through direct action.

Acknowledged for her exceptional leadership, Amanda Ebokosia and her team have garnered prestigious honors, including recognition from The White House and The City of Newark. Her inclusion in the annual FORBES Magazine 30 under 30 list in Education underscores her remarkable ability to engage communities and empower young individuals, fostering their leadership skills and potentially transforming their lives.

The Gem Project and Amanda Ebokosia's impactful endeavors have garnered attention from esteemed publications such as the National Journal, Black Enterprise, NJ Spotlight, PBS News, TapInto, and Forbes Magazine, among others, highlighting their significant contributions to youth development.

Amanda Ebokosia's academic achievements are equally noteworthy. She holds a BA degree in the Biological Sciences from Rutgers University - Newark and earned an MA degree in Youth Studies from the CUNY School of Professional Studies. Her pursuit of continuous growth and expertise led her to complete the Rutgers Institute of Ethical Leadership's Nonprofit Executive Leaders track at the Rutgers Business School in Newark, New Jersey, and certifications from the Institute of Nonprofit Practice in the CORE certificate program for Executives.

Committed to effecting positive change beyond her organization, Amanda serves as an Advisory Board Member for the Greater Newark Healthcare Coalition, addressing healthcare inequities across the Greater Newark area. Her service extends further as a former Vice Chair of the Board of Directors of Rutgers University Alumni Association and a Former Associate Board member at the United Neighborhood Houses.

Amanda Ebokosia's commitment to education is reflected in her role as an adjunct lecturer at Bronx Community College, where she imparts her knowledge and expertise. She also served as a Founder-in-Residence at Antler NYC, further cementing her dedication to fostering innovative solutions and leadership.

In addition to her leadership roles, Amanda is a certified Mental Health First Aid Instructor, sanctioned by Mental Health First Aid USA. Her expertise in this realm adds another layer to her multifaceted contributions to youth development, equipping her to teach vital skills for recognizing and responding to mental health challenges affecting young individuals.

Amanda Ebokosia's dedication to empowering youth, coupled with her extensive experience, solidifies her position as a transformative leader shaping the future of youth engagement, social justice, and community development.