

## **Mental Health Training & Awareness Programs Schools**

- **Youth Mental Health First Aid (YMHFA)** is an 8-hour training that introduces the unique risk factors and warning signs of mental disorders in youth, the importance of early intervention, and how to help a youth in crisis or experiencing a mental health challenge. YMHFA can be provided to staff or older high school students (16 years+).
- **Progression** is a 6-session course recommended by the National Alliance for Mental Illness for adolescents with a mental health diagnosis. It is taught by young adults 21 and over who have experience being an adolescent with mental illness. Youth learn about different illnesses, coping skills, advocacy, and local resources. Facilitators and group hosts needed.
- **Sources of Strength (SOS)** trains Peer Leaders to enhance protective factors associated with reducing suicide at the school population level. Peer Leaders who had been trained in SOS are four times more likely to refer a suicidal friend to an adult, and the general student population has increased positive perceptions of adult support and acceptability of seeking help.
- **Mindfulness-Based Stress Reduction (MBSR)-T**, is an 8-session course designed to reduce stress and anxiety symptoms, negative mood-related feelings, and depression symptoms; increase self-esteem; and improve general mental health and functioning. MBSR training increases the coping skills of youth to better manage daily stress, and can be implemented in a school or community setting.
- **Ending the Silence** is a 60-minute awareness building presentation from NAMI Maine for youth, families or staff on warning signs and steps to take if you or a loved one are showing signs of a mental illness. Many schools find this is a good way to introduce the other support programs you/we may be launching, such as Progression, family support groups, or Youth Mental Health First Aid.
- Other awareness building support: crisis line posters, peer to peer & family rack cards, "mood magnets" reminding students to reach out if they need help, or conversation guides for teacher led discussions (perhaps during health or advisory/flex time).

### **Key Staff Contact Information**

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