TEEN MENTAL HEALTH FIRST AID:

We are excited to be providing Teen Mental Health First Aid Training to all of our 10th-12th graders, which is a program through the National Council For Behavioral Health developed in Australia and now being piloted in the United States.

In partnership with the Mental Wellness Center, we have been selected along with approximately 50 other schools across the country to participate in a pilot study being conducted by John Hopkins University. The program is designed to develop students’ knowledge and skills in:

• Recognizing warning signs that a friend is developing a mental health problem
• Understanding how to talk to a friend about mental health and seeking help
• When and how to tell a responsible adult
• Where to find appropriate and helpful resources about mental illness and professional help
• How to respond in a crisis situation.

Please note that we advocated freshmen be included, but the pilot program does not allow for this.

Typically this course does not require parents to opt-in for their students but because of the pilot study, we do need parent consent forms from our 10th-12th grade parents. We need your support in helping us complete the following steps before the holiday break.

TASKS TO COMPLETE...

1. Parents provide consent through online form by Dec 10th... [Link]

*NOTE: Students over 18 need to provide their own consent: [Link]
2. After parents provide consent, email will go to students so they can provide their assent & fill out the pre-survey (email address parents list for students on consent will be used to send surveys). Pre-Surveys need to be completed prior to Jan 6th and ideally by Dec 19th.

3. On January 11, 8AM-4:30PM, ALL Bishop parents and teachers have the option to participate in Youth Mental Health First Aid certification at Bishop. Join the movement in Santa Barbara County to strengthen our community because we can all be more aware and more informed. Over 700 parents, educators, and providers have been trained in SB this past year. By increasing awareness and understanding, we can change the focus to prevention and early intervention so that we are not always responding in crisis mode. This training will give parents tools to be able to engage in meaningful conversations with their youth. REGISTER: https://www.eventbrite.com/e/youth-mental-health-first-aid-training-registration-79743696543

Rya Carpenter
Director of Counseling and Student Services
College Counselor
(805) 967-1266, ext. 104
rcarpenter@bishopdiego.org