



# Youth Mental Health First Aid

## 8 hour Course **Please circle date preference**

Tuesday, June 7 & 14, 8 am – 12:15 pm (4 hrs. each day) Sturgis Regional Hospital  
Tuesday, June 21 & 28, 8 am – 12:15 pm (4 hrs. each day) Springhill Inn & Suites, Deadwood  
Tuesday, July 12 & 19, 8 am – 12:15 pm (4 hours each day) 350 Elk Street, Rapid City  
Monday, August 15, 8 am – 5:30 pm (8 hours one day) RC Regional Hospital, Rapid City  
Monday, August 19, 8 am -5:30 pm (8 hours one day) RC Regional Hospital, Rapid City

An email will be sent a few days prior to your class giving you directions to the classroom.

**REGISTRATION** class size limited, CEU's will be given for licensed CSW, LPC and LAC.

To register, please email the information below to [Debbie@BMSCares.org](mailto:Debbie@BMSCares.org). If you do not have access to email, call 605-721-5742 or mail this completed form to:

Behavior Management Systems, Inc.  
attn: Debbie Siemonsma  
350 Elk Street  
Rapid City, SD 57701

Questions? Call Debbie @ 605-721-5742.

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

We are grateful to our sponsor, Regional Health, for providing us locations for three of our classes!



### ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Questions? Contact Debbie at [Debbie@BMSCares.org](mailto:Debbie@BMSCares.org) or call 605-721-5742

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL  
HEALTH  
FIRST AID

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

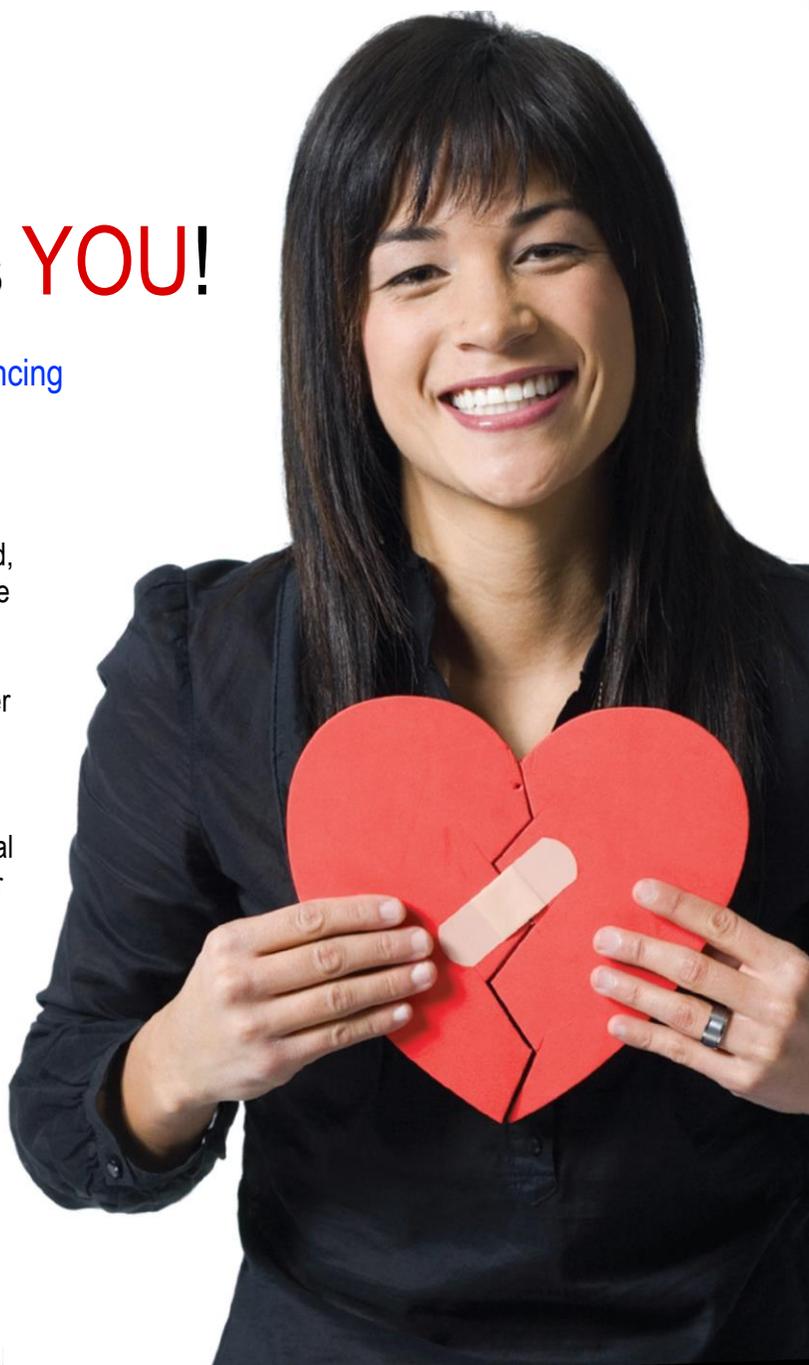
A young person you know could be experiencing  
a mental health challenge or crisis.

You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Sometimes, the best first aid is you.

Take the course, save a life, strengthen  
your community.



**Youth Mental Health First Aid Course – 8-hour public course.**

**We want to thank our sponsor Regional Health for providing us classroom space for three classes.**

This course is FREE!

See back for registration and contact information.

Sponsored by SD Department of Social Services – Prevention Program; and NE Prevention Resource Center – Human Service Agency