



Service...Above and Beyond

## Mental Health-General Educators

Mental health is defined as a person’s overall emotional, psychological, and social well-being. In addition, it determines our responses to stress, relationships, choices, and school. Mental health affects every stage of life, from childhood through adulthood. School-based mental health focuses on healthy social and emotional development of all students and staff. Mental health professional development can create a positive learning environment for students and increase resiliency in staff members.

### Level 1 - Basic Service

- Youth Mental Health First Aid Workshop for 30 staff
- Promote healthy social and emotional development for all students and staff
- Recognize signs of risk when a person is experiencing mental health problems
- Discuss resiliency strategies for educators

#### 1A. On-site—One Full-Day Course

- Youth Mental Health First Aid Workshop for 30 staff
- 7.5 hours training requirement for certification
- All participants will receive “*Mental Health First Aid USA for Adults Assisting Young People*”

#### 1B. On-site—Two Half Days

- Youth Mental Health First Aid Workshop for 30 staff
- 7.5 hours training requirement for certification
- All participants will receive “*Mental Health First Aid USA for Adults Assisting Young People*”

### Level 2 - Customized Service

School districts can customize on-site mental health trainings with CESA #4. Instructor will consult with district staff to identify needs and plan specific training opportunities. Level 2 does not include Youth Mental Health First Aid Workshop.

- Promote healthy social and emotional development for all students and staff
- Recognize signs of risk for when a person is experiencing mental health problems
- Promote trauma informed care within the school
- Resiliency strategies for educators

1 – 10 days @ \$750 per day  
11 – 25 days @ \$700 per day  
Over 26 days @ \$650 per day

#### Fees:

**Level 1A: \$**  
**\$1,200 + \$25 per**  
**participant workbook fee**

**Level 1B: \$**  
**\$1,400 + \$25 per**  
**participant workbook fee**

**Level 2: \$**  
**Specify # of days \_\_\_\_\_**

#### For more information:

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**School District of:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_