

SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

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**BHRS Office of Diversity and Equity**



# OVERVIEW

- Youth Mental Health First Aid (YMHF) Update
- teen Mental Health First Aid (tMHFA) Introduction
- Questions, Answers and Discussion



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# YMHFA Update



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# YMHFA Annual Update

Since October 2013,

**2,432**

individuals completed  
the training

**1,775**

school and school-  
related staff

Of school staff who  
participated in 6-month  
follow up,

**92.2%**

more confident to  
*recognize the signs* that a  
young person may be  
dealing with a mental  
health/substance use  
challenge or crisis.

Of school staff who  
participated in 6-month  
follow up,

**92.5%**

more confident to assist a  
young person who may  
be dealing with a mental  
health/substance use  
challenge or crisis in  
*seeking professional help*

Source: Youth Mental Health First Aid Annual Update, July 2021



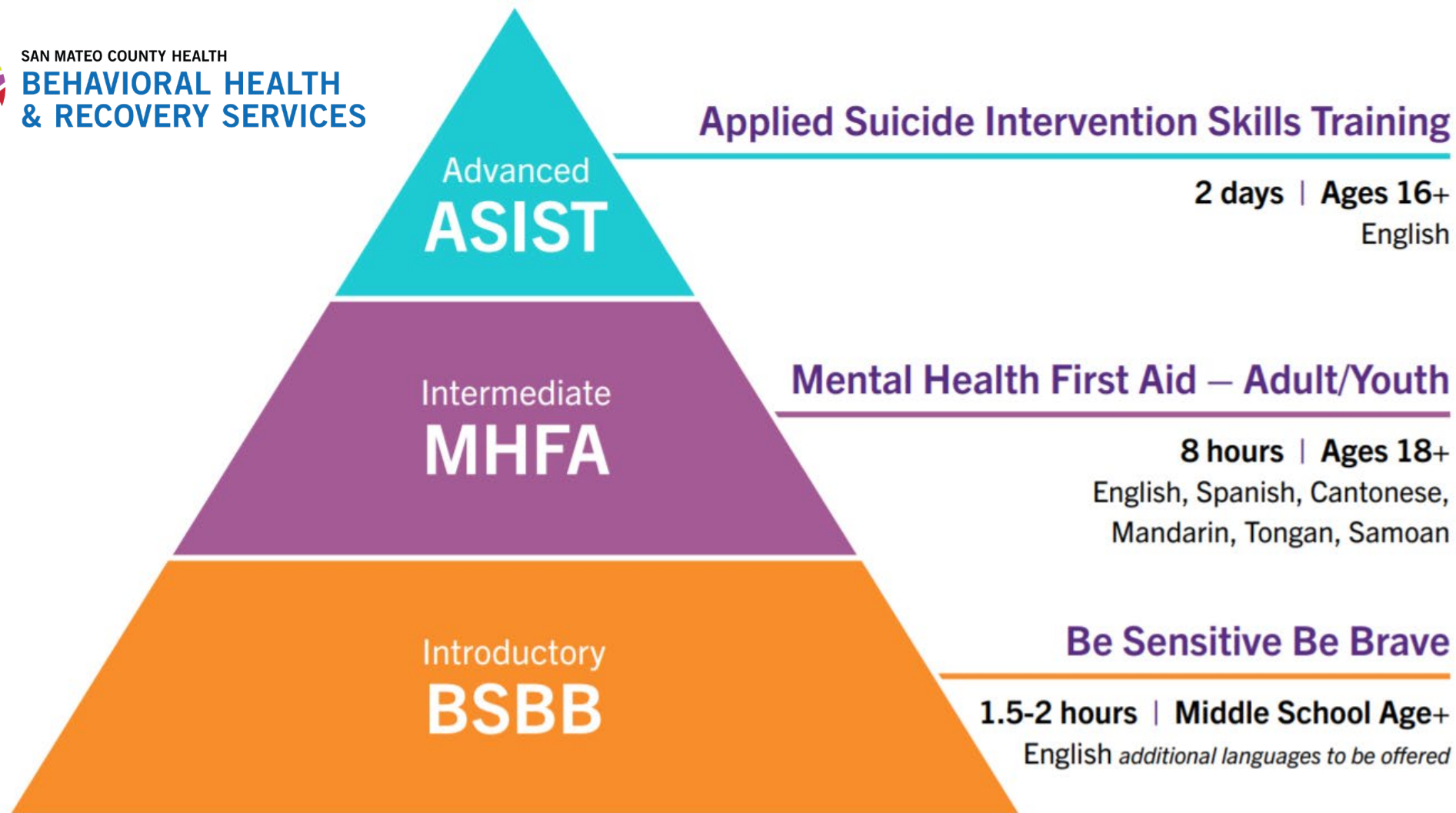
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# Suicide Prevention Gatekeeper Trainings

San Mateo County

# tMHFA Introduction



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# tMHFA Overview

## WHO LEARNS/TEACHES

Participants: Teens in **grades 10-12** or **ages 15-18**.

Hosts: **High schools, organizations partnering with a high school and youth-serving organizations**

## WHAT IT COVERS

Signs of **mental health and substance use challenges and crisis**

Impact of **school violence and bullying** on mental health

How **to talk to friends** about mental health and substance use challenges.

How to **seek the help of a responsible and trusted adult**

## HOW DELIVERED

In-Person: Six 45-minute sessions or three 90-minute sessions

Blended: Teens complete a self-paced online lesson, then participate in six live, instructor-led sessions (video conference or in-person)

Source: Youth Mental Health First Aid Annual Update, July 2021



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# tMHFA Benefits



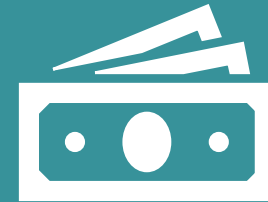
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TEENS LEARN TO  
SUPPORT TEENS



EVIDENCE-BASED



FUNDED BY SAN  
MATEO COUNTY



FIRST TMHFA IN SAN  
MATEO COUNTY



# tMHFA Requirements

- ☐ Safety protocol in place, including responding to teens at risk of suicide and exit ticket process
- ☐ 10% of staff at the site trained in YMhFA
- ☐ Teach entire grade level (at school) and entire group of students (at youth-serving organization/program)
- ☐ 5-30 teens classroom taught on non-consecutive days
- ☐ Mental health professionals in the classroom
- ☐ Inform parents/guardians, staff and teens, including info sessions and letters to families



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## MORE INFO

- [tMHFA overview](#)
- [tMHFA brochure](#)
- [tMHFA FAQ](#)
- [tMHFA web page](#)

# QUESTIONS, ANSWERS & DISCUSSION



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# CONTACT US



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