

Day to Liv: Youth Mental Health First Aid

First aid kits dwell in every school building, fully loaded with band-aids, sterile gauze, antibiotic ointment, antiseptic wipes, and adhesive tape. Educators use them to heal the outward wounds of students on a daily basis, but what about emotional wounds? The wounds that are powerfully revealed throughout the day, maybe during a lesson, alone in a bathroom stall, or walking through the hall. The emotional battles students encounter have a tremendous impact on success in the classroom and school environment. Something that Berea Schools' Transitional Care Coordinator, Scott Barber, knows both personally and professionally, after losing his 16-year-old daughter last year.

Berea City Schools and the Cleveland Clinic Foundation have created a Youth Mental Health First Aid program for districts to “train the trainer,” this coming June. The Youth Mental Health First Aid project will provide vital training to adults working with students on how to recognize and respond to the warning signs of mental health and substance use disorders as well as how to connect students to appropriate service resources. The YMHFA Instructor training program is also supported by the Ohio Mental Health Network for School Success (OMHNSS) and Sandy Hook Promise. This partnership includes the school districts of Bay Village, Bedford, Berea, Brooklyn, Cleveland Heights-University Heights, Garfield Heights, Lakewood, Maple Heights, East Cleveland, Cuyahoga Heights, Euclid, Fairview Park, Parma, Richmond Heights, Shaker Heights, South Euclid-Lyndhurst, Warrensville Heights and the Cleveland Metropolitan School District.

For more information, visit www.mentalhealthfirstaid.org

