

FOR IMMEDIATE RELEASE:

Madison County Rural Health Council and Brookfield Central School District offer Teen Mental Health First Aid Training to their 10th thru 12th grade Teens

Madison County Part of a National Initiative to Increase Mental Health Literacy

Brookfield Central School and Madison County Rural Health Council (MCRHC) partnered to provide teens within Madison County with a valuable training. Brookfield is the second school in the county to offer this impactful training to the teens within their district.

Brookfield was excited to be the first district in Madison County to offer the training to all their 10th thru 12th grade teens, over the course of 6 sessions the teens participated in a training to become nationally certified as Teen Mental Health First Aiders!

Teen Mental Health First Aid, or tMHFA, is an evidence-based training program for students in grades 10-12 that teaches the skills to recognize and aid their peers experiencing mental health and substance abuse challenges and crises, including how to quickly get the help of an adult. The tMHFA program is designed to help teens help each other navigate the difficult waters of adolescence.

Madison County Rural Health Council believes the teen Mental Health First Aid training is an invaluable resource for teens, especially during these difficult times. The program is offered by Madison County Rural Health Council's trainers certified by the National Council for Mental Well Being. MCRHC is offering this training in the schools, youth organizations and community setting after school hours.

Brookfield had about 50% of their employees make the investment into their students' safety and well-being by attending a Youth Mental Health First Aid training (YMHFA) earlier in the summer. The administration, teachers and numerous other staff members who attended the training left with the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge — and connect them with appropriate support and resources when necessary.

YMHFA is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and health and human services workers and any other adult who have youth in their lives.

In our tMHFA training students learned how to connect with a trusted adult to ask for help, how to respond to peers and what to look for to help identify the symptoms when someone might need a friend to talk to. We are grateful for their commitment to themselves, their friends, and community. They were

engaged and insightful throughout their training! We also want to thank their families for supporting them in making the decision to attend this training. We are each stronger when we work together!

For more information about how you can host a MHFA training please contact Jamie Hagenbuch at jamie@mcruralhealthcouncil.org.