

October 13, 2023

Office of Behavioral Health is sponsoring a free, virtual Youth Mental Health First Aid training to be hosted by Louisiana Mental Health Association (LAMHA). This course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents and how to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying core five-step plan. Training details are as follows:

1. The virtual training takes 6 hours including a lunch break. During the active training, you must keep your camera and audio on showing your face. You will also need a place with good consistent internet coverage that does not have background noise. Participants who are late to the class or drop-out for an extended period during the class will not be able to pass the class.
2. Prior to the virtual training, there are 2 hours of self-directed pre-work that must be completed 48 hours prior to the training. Pre-work is a requirement to attend the training. If you complete the pre-work and are not able to attend the class, you will lose that pre-work.
3. Individuals may only register for 1 training slot. Registration will close 2 weeks prior to the training date in order to get everyone registered with the National Wellness Council so they can complete their pre-work.
4. You may change time slots until the closing date 2 weeks prior to the event.
5. Following the training, there is post-work including an evaluation. In order to receive your Certificate of Course completion, you must complete the post-work prior to December 15, 2023.

To register: <https://www.signupgenius.com/go/70a0c4daca2fabf58-youth#/>

Questions and Support:

For questions, please contact [LAProvider@AETNA.com](mailto:LAProvider@AETNA.com) or call 1-855-242-0802 and follow the prompts.