

# MENTAL HEALTH AWARENESS TRAINING (MHAT GRANT)



## WHAT IS MHAT?

Mental Health Awareness Training is a federal grant to conduct Crittenton Center's Trauma MHAT for Youth Project. The purpose of this project is to enhance partnerships and train individuals from child-family serving systems in western Iowa to recognize signs and symptoms of possible mental health crisis, how to safely de-escalate crisis situations involving children and adolescents, and to provide education on resources available in the community for youth facing possible mental health crisis.

## WHY YOUTH MENTAL HEALTH FIRST AID?

**Youth Mental Health First Aid** teaches individuals how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

**QPR- (Question, Persuade, and Refer)-** is an additional training offered to teach individuals how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer an individual for help.

## OUR GOALS AND OBJECTIVES

### 1. Implementation and Sustainability

To create the organizational capacity to successfully implement and sustain the grant's activities and intentions by reinforcing community partnerships.

### 2. Expand Access

To offer expanded access to two evidence-based mental health awareness training programs targeting youth mental health by promoting and offering these trainings with community youth-serving agencies, including law enforcement, education, child welfare, juvenile justice and health care.

### 3. Collaboration

To improve collaboration and linkages among community agencies to promote understanding, create sensitivity, and enhance referral processes for accessing mental health services and resources for youth at-risk of or experiencing mental health disorders.

## TARGET POPULATION

### AGENCIES

- Child Welfare
- Juvenile Court
- School Personnel
- Law Enforcement
- Medical Staff
- Serving Military Families
- Behavioral Health Staff
- First Responders
- Others

### INDIVIDUALS

- Military families
- LGBTQI+
- Children and young adults and their families

## TRAININGS WILL BE OFFERED TO SIOUXLAND COMMUNITIES

To learn more about these trainings, or to join in on a training, please contact us:

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