WHO SHOULD TAKE IT?

- First- and second-generation Latinx immigrant youth are more likely to develop depression and anxiety.
- Immigrant youth are more likely to be exposed to violence and experience PTSD.
- 48.57% and 45.71% of undocumented immigrants report worsened anxiety and depression due to the Covid-19 pandemic.
- 64.1% of youth with major depression do not receive any mental health treatment.
- 1 in 5 teens and young adults live with a mental health condition.
- 5.13% of youth report having a substance use or alcohol problem.

Youth Mental Health First Aid (YMHFA) teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

This 7-hour training gives adults who work with immigrant-origin youth the skills they need to reach out and provide initial support to youth (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group.
- Common signs and symptoms of substance use.
- How to interact with youth in crisis and non-crisis situations.
- How to connect youth with help.
- The ALGEE Action Plan.

WHAT DOES PARTICIPATION INVOLVE?

Participants complete:
- one 2-hour self-paced online course,
- one 2.5-hour instructor-led session, and
- one 2-hour instructor-led session at no cost.

You will be asked to complete:
- 3 online surveys at pre-training, post-training, and 3-months follow-up.

You will also be asked to participate in an optional 30-minute focus group.

You will receive a $15 gift card as compensation for your participation.

For more information, please contact Olivia Khoo at okk2108@tc.columbia.edu

All study procedures have been approved by the Teachers College IRB (#12-090) and NYC DOE IRB (#3728-NYC)