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FOR IMMEDIATE RELEASE
**COMMUNITIES IN SCHOOLS OF PENNSYLVANIA OFFERS YOUTH MENTAL
HEALTH FIRST AID TRAINING**

HARRISBURG, Pa. (March 15, 2023) – Communities in Schools of Pennsylvania (CISPA) is excited to announce the launch of its Youth Mental Health First Aid Training program. This program is designed to equip adults who work with youth with the skills and knowledge needed to provide initial support to young people experiencing mental health challenges.

Mental health issues can affect anyone regardless of age, gender or socio-economic background. According to the National Institute of Mental Health, one in five young people in the United States experience a mental health challenge, yet less than half receive the care they need. By providing Mental Health First Aid Training to adults who work with youth, we can help ensure that young people receive the support they need when they need it.

The training is designed to teach parents, teachers, caregivers and other adults who work with youth how to recognize the signs and symptoms of mental health problems and provide initial help and support to young people in crisis. The program will cover the following topics:

- Common signs and symptoms of mental health challenges in adolescents
- Common signs and symptoms of substance use challenges
- How to interact with a child or adolescent in crisis
- How to connect the youth with help
- Trauma, substance use, self-care and the impact of social media and bullying

The training will be led by CISPA's Director of Learning and Innovation, Leyna Rozon, who was trained by the National Council for Mental Wellbeing and has extensive experience working with young people.

"We are thrilled to offer this training to adults who work with youth in our community," said Rozon. "Our goal is to provide the skills and knowledge needed to support young people's mental health and wellbeing, and to create a community where mental health is prioritized and destigmatized."

The training program is offered both in person and virtually, and participants will receive a certificate of completion at the end of the program.

CISPA is committed to promoting mental health awareness and providing resources to support mental health, and the Youth Mental Health First Aid Training program is an important step towards achieving this goal.

To learn more and register for the Youth Mental Health First Aid Training, please visit www.cisofpa.org/training-opportunities or contact Leyna Rozon at leyna@cisofpa.org.

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About Communities in Schools of Pennsylvania

Communities in Schools of Pennsylvania (CISPA) is an affiliate of the national Communities in Schools network, which operates in 27 states and the District of Columbia and serves more than 1.2 million youth annually. Communities in Schools' holistic approach addresses both the academic and nonacademic needs of students. Communities in Schools recognizes that if basic needs such as food, clothing and shelter are not met, children are unable to learn.