



Capacity Builders, Inc.

Youth Mental Health First Aid

Training Date and Time

8:30am – 4:00pm
August 1, 2017

Must attend full day.
No Cost to Attend training.

Location

Newcomb Elem. School
Indian Service Rte 19B,
Newcomb, NM 87455

To sign up contact

Alisa Ellison
Phone: (505) 608-7101

Brought to you by the generous support of SAMHSA.



IINA BAA HOZHO COMMUNITY PROJECT

Purpose & Goals

With a focus on establishing opportunities for sustainable growth where learning can take place at all Newcomb and surrounding schools, the Iina Baa Hozho Project will offer participants opportunities to develop skills, awareness, and abilities necessary for the strengthening of identity and culture already inherent in our children through their families. The guiding principles underpinning the project will address the need for a long-term vision that will promote strengthening our community through communication, collaboration and learning. The Project will allow us to grow collectively, which will hopefully connect community and school leadership; as well as, providing families opportunities to develop a "Wellness Toolkit" through on-going classes, trainings, and conferences in partnership with Restoring and Celebrating Family Wellness program, Gathering of Native Americans Along the Chuska Mountains, and our local chapters.

Learn how you can help someone in emotional and mental health distress

Someone you know could be experiencing a mental illness or crisis. YOU can help them. Take this 8-hour course and become certified as a Youth Mental Health First Aider.

Youth Mental Health First Aid teaches you:



Signs of addiction and mental illnesses



5-step action plan to assess a situation and help



Impact of mental and substance use disorders



Local resources and where to turn for help

"Now Is The Time" – Project AWARE is supported by: Central Consolidated School Districts.