



Town of Lexington
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**Lexington residents are encouraged to learn
more about Youth Mental Health First Aid (YMHFA).**

Two classes are to be conducted in March – Registration is now open and it is free of charge.

February 17, 2017. When a loved one has heart disease or cancer, families rally around — they cook, clean, drive their loved ones to doctor’s appointments, give pep talks, and much more. But when someone is struggling with depression, anxiety, trauma, or other mental conditions, family members are not sure what to do, which can be heartbreaking when what they want more than anything is to help their loved one.

Youth Mental Health First Aid (YMHFA) may help people recognize the symptoms described above in a child or teenager experiencing a mental health issue. *Youth Mental Health First Aid* is an 8-hour course delivered by a trained, certified instructor that teaches participants to help people experiencing a mental health problem or crisis. The training helps community residents identify, understand, and respond to signs of substance abuse and mental illnesses in their family, workplace or community. *Youth Mental Health First Aid* focuses on the strategies that can be used until professional help is obtained.

Mental Health First Aid USA is an evidence-based practice listed in the Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices. It has already been sponsored by multiple Massachusetts cities and towns, numerous non-profit organizations and the states of Arizona and Missouri. Across the nation, the rising rates of suicide and increasing awareness of the needs to treat schizophrenia and excessive alcohol and drug abuse early are driving the need to develop community-wide responses to these issues.

Here are some common questions and answers about Youth Mental Health First Aid:

What is Youth Mental Health First Aid Training?

An 8-hour training for residents on how to help someone experiencing a mental health problem or crisis until professional help is available. A public education program designed to:

- reduce stigma
- improve mental health literacy
- empower individuals

What are some of the most common topics discussed?

This training will educate participants about:

- Depression
- Suicide and Self-Injury
- Anxiety Disorders (including PTSD)
- Psychotic Disorders
- Substance Abuse, (drugs)

What will I learn from a Mental Health First Aid Training?

- Signs of drug addictions 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

When do the trainings take place?

Date	Location of Class	Hours	Notes
March 11, 2017 Saturday 1 Day class	Lexington Community Center 39 Marrett Road	Start: 9:00 AM End: 5:00 PM	One 8 hour class open to anyone who lives or works in Lexington that is 18 years of age or older
March 13, 2017 Monday Part 1 of 2	Cary Memorial Hall Estabrook Hall- (Lower Level) 1605 Massachusetts Ave	Start: 4:30 AM End: 8:30 PM	Part 1 of a 4 hour class that is open to anyone who lives or works in Lexington that is 18 years of age or older.
March 14, 2017 Tuesday Part 2 of 2	Cary Memorial Hall Estabrook Hall- (Lower Level) 1605 Massachusetts Ave	Start: 4:30 AM End: 8:30 PM	Part 2 of a 4 hour class that is open n to anyone who lives or works in Lexington that is 18 years of age or older.

Who is the trainer?

Maura Weir. Maura is currently working on her Psy D from Massachusetts School of Professional Psychology and has received a Master’s in Youth Health and Education Management from the University of Melbourne. She specializes in suicide prevention, intervention and post-intervention work with military, schools and communities.

Who is the sponsor?

This training is sponsored by the Town of Lexington Office of Public Health, Lexington Board of Health, Lexington Police, Lexington Fire and the Town of Lexington Human Services Department. These trainings are offered through financial assistance from the American Foundation for Suicide Prevention.

Do I need to register?

Yes, the training program is available to the first 20 participants to register. To register, email fdagle@lexingtonma.gov or call (781) 698-4533.

For more information, contact the Town of Lexington, Office of Public Health in the Town Office Building at 1625 Massachusetts Avenue. If you have any questions concerning this matter, you may contact Gerard F. Cody, REHS/RS, Public Health Director at (781) 698-4533 or by email at gcody@lexingtonma.gov