

**Report to FPSA on Completion of Youth Mental Health First Aid Instructor
Training by Emma Hemmings NCY Trust June 2014**

I am a project manager at New Choices for Youth and I have recently completed the Youth Mental Health First Aid – Instructor training. My attendance on this course was very kindly funded by Foundation for Professionals in Services to Adolescence.

Mental Health First Aid does what it says! It provides training for people to recognise some of the signs and symptoms of stress and poor mental health so they can act quickly to prevent mental illness from developing. It works towards dispelling some of the myths attached to mental health and mental illness and helps people to help and support those around them who may be struggling with their mental wellbeing. Youth Mental Health First Aid focusses on training anyone working or living with young people as many episodes of mental illness occur in younger people (16-25 year olds). The stresses and strains on young people in modern life are having severe consequences that can be avoidable especially with early intervention. This course provides people working with young people with information advice and guidance on how to recognise the possible signs and symptoms of emerging mental illness and how to take care of someone using simple but effective tools.

The training consisted of 3 initial days of training (including the YMHFA course as the first 2 days) followed by some very moving and informative plenary speakers who have experienced the effects poor mental can have and have made steps towards positive mental health. The following 2 days were assessment days where I was asked to deliver a 25 minute session on Psychosis and young people. This enabled the trainers to assess my ability to deliver training and provide feedback and improvement advice. The final 2 days were also assessment days where I delivered part of the actual programme to the rest of the group. I have to deliver the course twice in 1 year with a co trainer in order to deliver the training alone but I have made arrangements with other people on the course to do this. I will have a mentor from MHFA England for the first year after qualifying to ensure there is support if needed when delivering the first co delivered courses.

Having completed the training, I will be able to deliver the training to our own staff and volunteers but also to other organisations and individuals working with young people which will help generate an income for NCY.

Many thanks again for the funding as I would not have been able to complete the course without your support.

Emma Hemmings

June 2014.