

## IE20-18 Mental Health First Aid For Adults Who Interact With Youth



**PRESENTED BY**  
**Ariel Haubrich**



### SERIES SESSIONS

Date	Time
November 28, 2019	8:30 AM – 4:00 PM
November 29, 2019	8:30 AM – 4:00 PM



**LOCATION**  
**J.R. Robson School BTPS Training Center -**  
**5102 - 46 Street**

### FEE

**\$890.00**

### QUESTIONS?

**Contact Us:**  
**780-623-2248**

### REGISTER ONLINE

**Visit our website to register:**  
**Ines.ca**

### Program

Mental Health problems begin sooner than you think. Mental Health First Aid for Adults who Interact with Youth focuses on the basics, and more specifically on Mental Health problems and first aid for young persons ages 12 – 24. During this 14 hours certification course you will discuss: 1) How to recognize the symptoms of mental health problems or crises as they develop in youth, including eating disorders and non-suicidal self-injury, 2) Provide initial help when facing a mental health problem or crisis, 3) Guide youth and/or adults who support them toward appropriate professional help, 4) Learn how to accommodate young people who are in distress or are recovering from a crisis. Topics covered include: Substance related disorders, Anxiety and trauma-related disorders, Eating disorders, Mood related disorders, Psychotic disorders, Deliberate self-injury. As well, you will discuss Crisis First Aid Interventions for: Suicidal behaviour, Self-harm, Acute stress reaction, Overdose, Psychosis, Panic attacks.

This learning opportunity is being offered through a grant from Alberta Education.

---

### Presenters

## Ariel Haubrich

**Ariel Haubrich** works in school & community mental health as a counsellor and program manager, and as a consultant, presenter and private practitioner with government, businesses, teams, and individuals working toward personal and organizational development. She is a Certified Professional Counsellor and a registered member of the Association of Counselling Therapy of Alberta with a master's degree in Educational Psychology. Ariel has almost 20 years of experience as a counsellor and programming coordinator in school & community systems and has been involved in developing and leading school division projects, crisis response teams, and program initiatives. She has written several journal and interest articles on various school mental health topics, and enjoys providing training, presentations, and workshops provincially, nationally, and internationally. Ariel loves yoga and reading to "mind her mind," and the rewards that collaboration and connection can bring to our

lives and our teams. For more information on Ariel and her sessions, please visit [www.knowledge-power.ca](http://www.knowledge-power.ca)

---

## Registration Notes

Registration includes a continental breakfast and lunch.