



TAKING ACTION

Taking Action for Student Mental Wellness Youth Mental Health First Aid



YOUTH
MENTAL
HEALTH
FIRST AID®

Blue Valley School District middle school and high school coaches and sponsors unite to take part in **the largest Mental Health First Aid training event conducted in the U.S.** at Hilltop Conference Center in Overland Park, KS. Mental Health First Aid is a National Council for Mental Wellbeing training program designed for adults who

regularly interact with young people. The coaches and sponsors participating in the training will take a deep dive into mental health and substance use challenges affecting those aged 12-18. The course is being led by Johnson County Mental Health Center’s qualified Mental Health First Aid instructors.

The national training course, sponsored locally by the [EveryDayMatters Foundation](#) and [Netsmart](#), introduces common mental health challenges for youth, reviews typical adolescent development and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. **By taking action in this initiative, Mental Health First Aiders will help create an environment that further supports the mental health of local middle school and high school students.**



Why Mental Health is Important for Teens



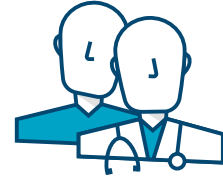
50% of all mental illnesses begin by age 14, and 75% begin by the mid-20s



1 in 5 teens and young adults lives with a mental health condition



10.2% of youth will be diagnosed with a substance use disorder in their lifetime



64.1% of youth with major depression do not receive any mental health treatment

How does Mental Health First Aid training teach the staff of Blue Valley School District to better support students?

Mental Health First Aid trainers will teach participants how to identify, understand and respond to signs of mental illnesses and substance use disorders. Upon completing the program, participants will recognize the common signs and symptoms of mental illness and substance use in this age group, know how to interact with an adolescent in crisis and further connect these students to the appropriate care needed. Having staff partake in Mental Health First Aid training drives the ongoing mental health movement beyond the school walls and helps staff support prevention and early intervention efforts that promote the overall mental wellness of students.

Mental Health First Aid impacts

Instructors are the face of MHFA in their communities with more than **27,000** located across the U.S.



More than 2.7 million people across the U.S. have been trained in Mental Health First Aid



The state of Kansas has surpassed more than 90,000 trained First Aiders



Blue Valley USD 229

Blue Valley USD 229 is a public unified school district headquartered in Overland Park, Kansas, United States. Located in east central and southeast Johnson County, Kansas, covering 91 square miles of Overland Park including parts of Leawood and Stilwell, all within the Kansas City Metropolitan Area.

Johnson County Mental Health Center

Johnson County Mental Health Center began operation in 1962 providing outpatient services in one location. Today, mental health services are provided in five separate facilities located throughout the county. The Mental Health Center is a department of County Government and is licensed by the State of Kansas as a Community Mental Health Center and is earned accreditation from Commission on Accreditation of Rehabilitation Facilities (CARF) International. Additionally, the mental health center was recently certified as a Certified Community Behavioral Health Clinic (CCBHC). We employ more than 360 staff who provide a wide range of mental health and substance abuse services to more than 10,000 county residents annually. Operations are overseen by the Board of County Commissioners and its day to day operations are managed by an Executive Leadership Team that reports to the Assistant County Manager as well as a 13-member Advisory Board appointed by the Board of County Commissioners.

EveryDayMatters

EveryDayMatters is a Netsmart official 501c3 non-profit organization. The EveryDayMatters foundation is for those who are connected to the cause of erasing the stigma surrounding mental health. We hope to provide a place for all of us to share our unique story, regardless of community or background. Our hope is to inspire, enlighten, spark curiosity, eliminate barriers and celebrate awareness.

Netsmart

Vision-driven, cause-connected, passionate about opportunity and obligation

Netsmart, a leading provider of Software as a Service (SaaS) technology and services solutions, designs, builds and delivers electronic health records (EHRs), health information exchanges (HIEs), analytics and telehealth solutions and services that are powerful, intuitive and easy-to-use. Our platform provides accurate, up-to-date information that is easily accessible to care team members in the human services and post-acute care (which is comprised of home care and hospice and senior living) markets. Our more than 2,500 associates work hand-in-hand with our 680,000+ users at our clients across the U.S. to develop and deploy technology that automates and coordinates everything from clinical to financial to administrative.

