

Our Team



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Auditor of Public
Accounts



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Department of Social Services,
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Enforcement



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Department for the Blind and
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Brookie Crawford

Risk Communications Manager
Virginia Department of Health



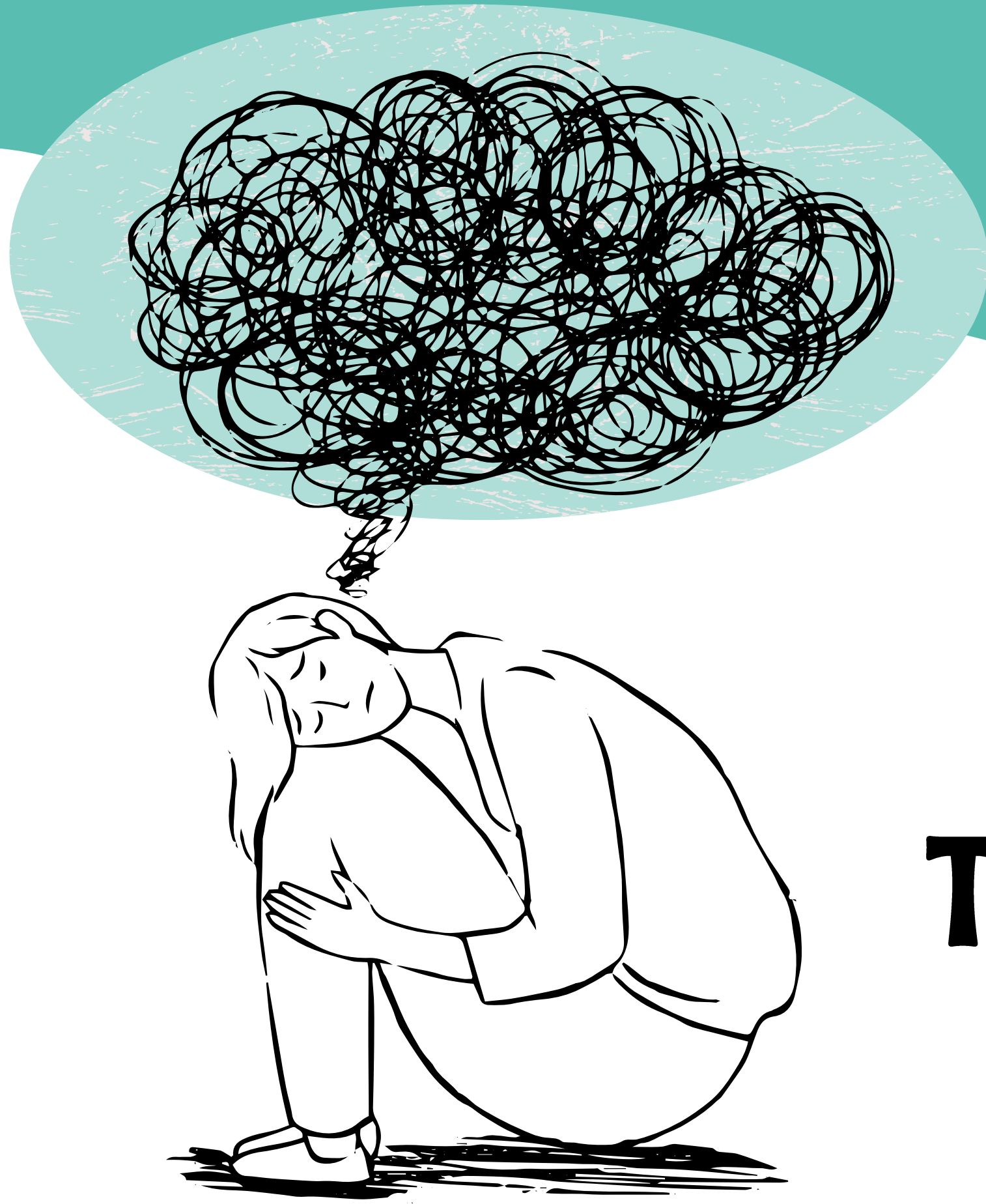
Richard Doucette

Regional Director,
Northern Office
Virginia Department of
Environmental Quality



Corie E. Tillman Wolf

Executive Director
Virginia Boards of Funeral
Directors and Embalmers, Long-
Term Care Administrators, and
Physical Therapy



Improving Student Wellbeing

**Through Mental Health
First Aid Training**

Which of these students is experiencing a mental health crisis?





Perceptions of Others

Family

Appearance

Future Career

Friends

Grades

Schoolwork

Getting into College

Job

News

Teachers

Romantic Relationships

Physical Safety

Bullying

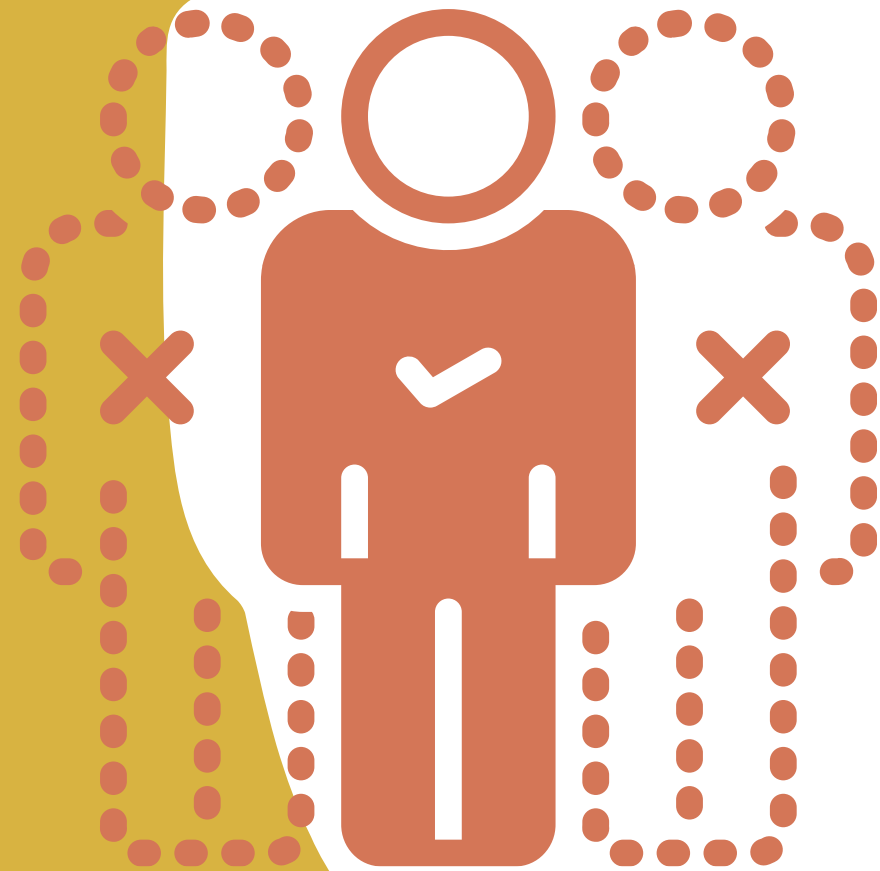
Seeing other students

Social Media

Substance Abuse

Criminal Justice System

The Cost of Youth Mental Illness



**Absent 25.8
Days**



**Poor Academic
Achievement
Less Connected**



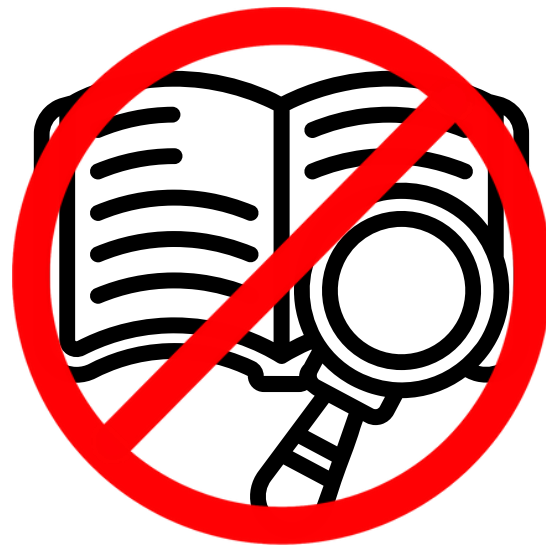
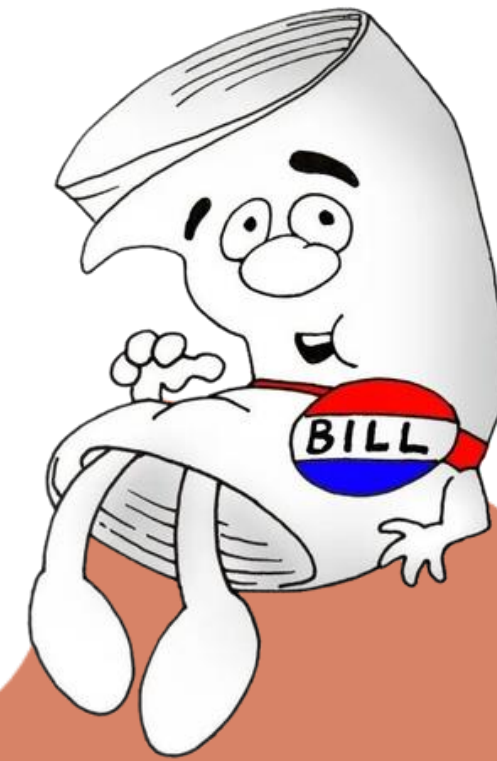
**Workforce Lost Time
Job Turnover
Increased Health Care
\$150K**

Currently in Virginia

JLARC
JOINT LEGISLATIVE AUDIT
AND REVIEW COMMISSION

2022

HB 2154 (2023)
HB 224 (2024)



No Definition



§ 22.1 – 298.6

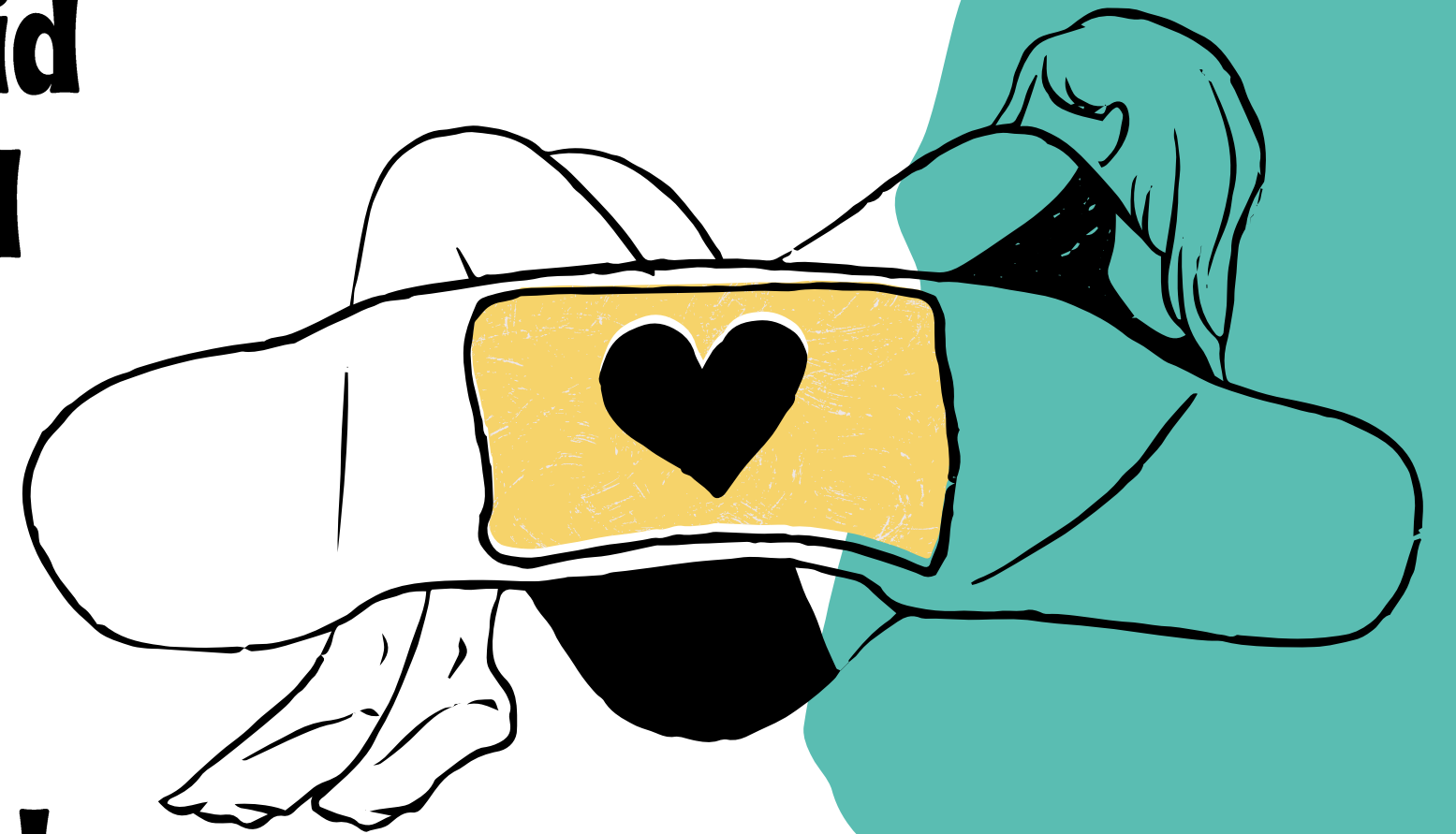
**Local Funding
Varies**



Our Recommendation

The Youth Mental Health First Aid training be **the required mental health awareness course for teachers.**

Teachers should be required to take this course as part of their mandated license renewal **every 10-year.**

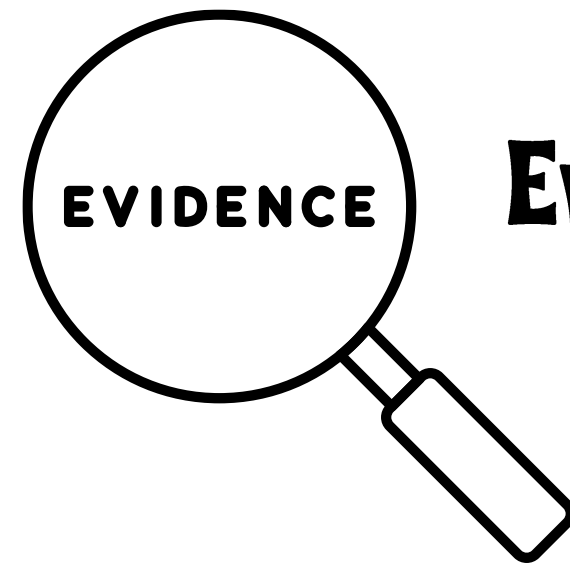


Why Youth Mental Health First Aid Class?



- Increase mental health literacy
 - Recognize the signs
 - Identify resources
- Increase confidence/likelihood of helping a student in distress
- Increase empathy
- Reduce stigma

The Advantages of This Class

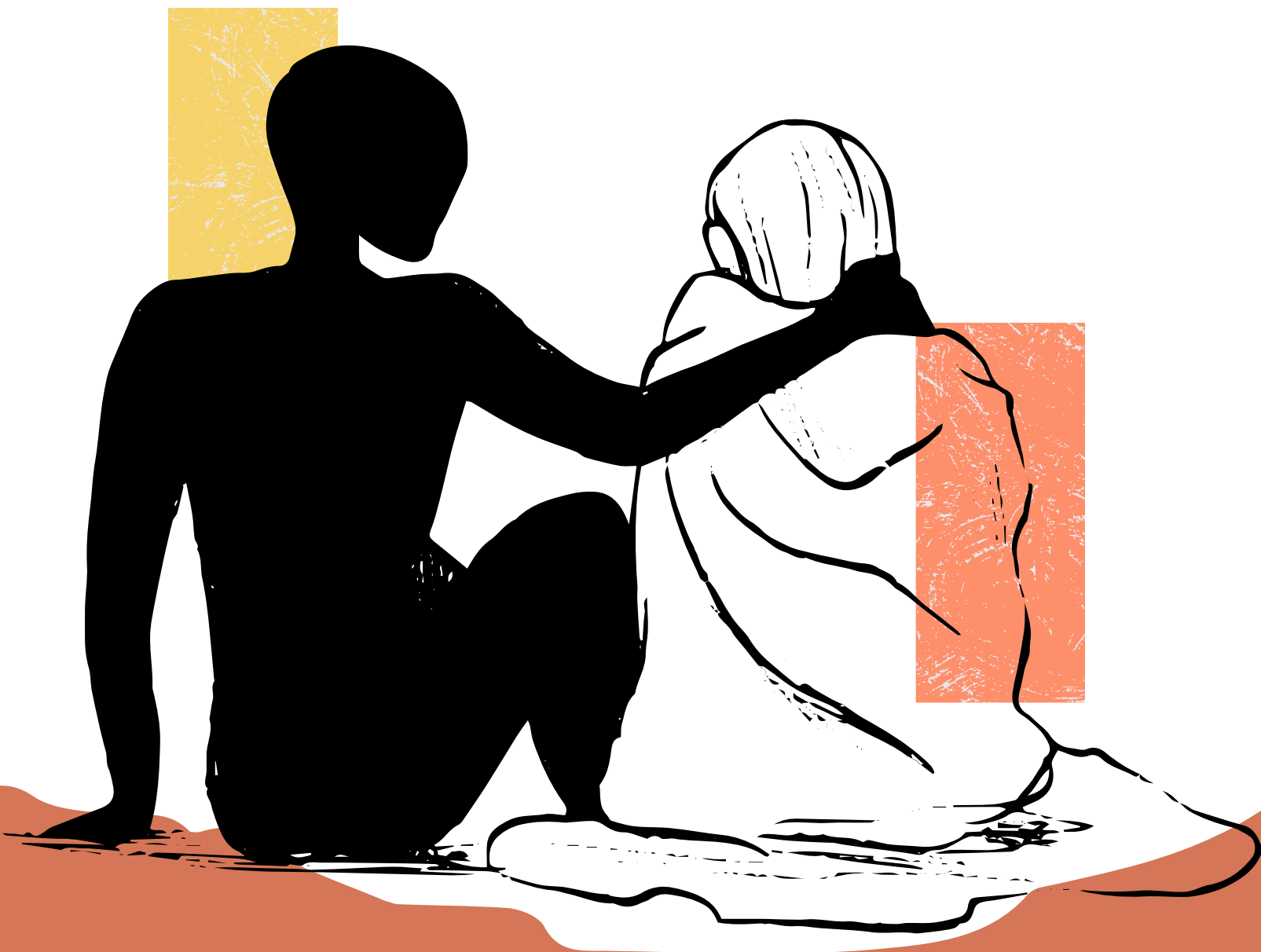


**Evidence
Based**



Virginia Association Of
Community Services Boards, Inc.
Making a Difference Together

**Readily Available
in Virginia**



**Students
Expect it**



**Teachers
Want It**

Other States





93.7% more confident in assisting a teen with possible mental health challenges

“The conversation [around mental health] is happening much more than it was before.”

“I never thought I would really need to use the training at all, let alone this soon “



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

Case Studies



What Teachers Are Saying



- ❖ Don't currently have the knowledge and training.
- ❖ Don't know what questions to ask without crossing the line.
- ❖ Would appreciate the opportunity to get training.

Challenges



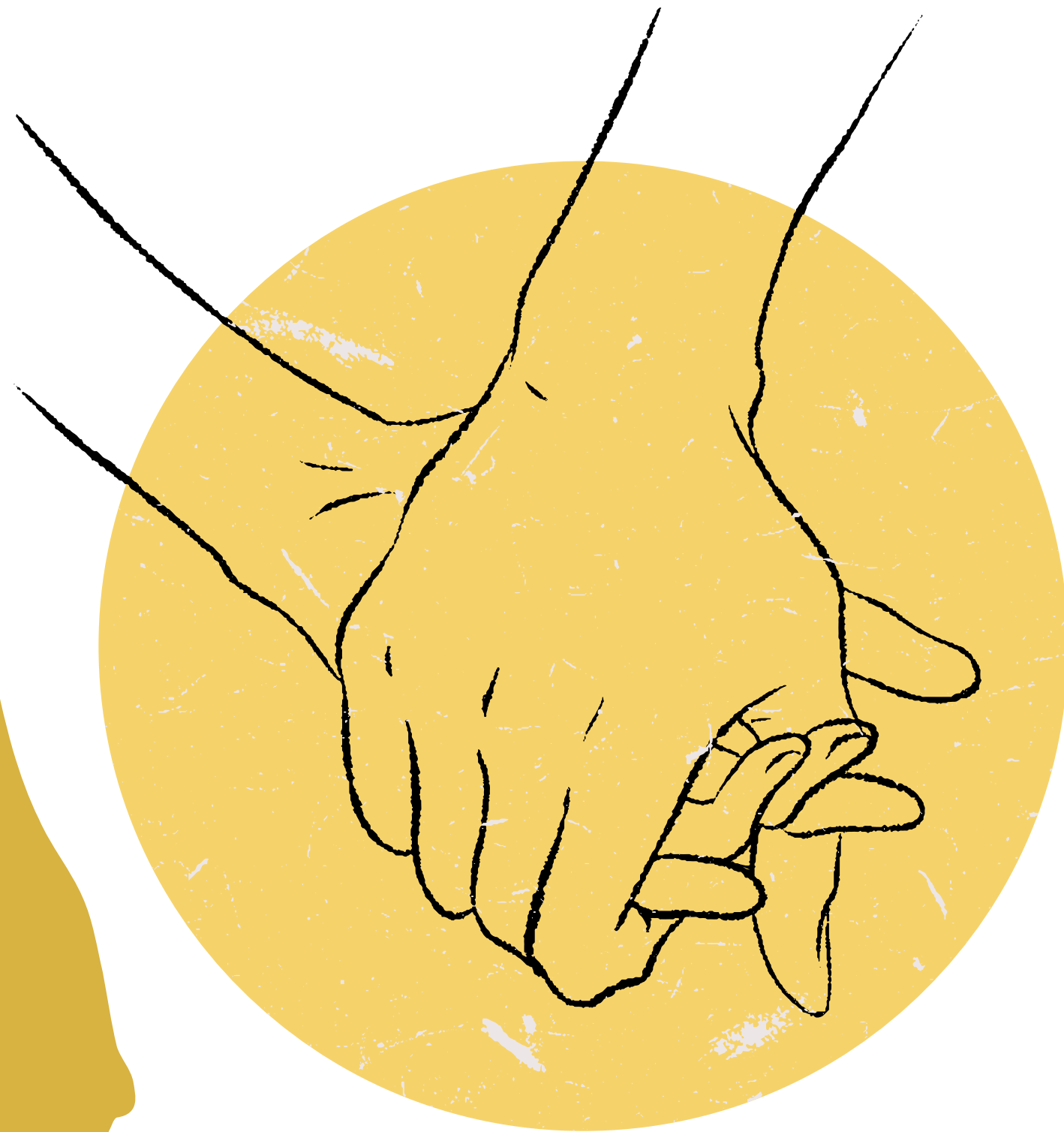
**Teachers aren't
counselors**



**Another
Mandate**



**Is it worth the
time/money?**



With Youth Mental Health First Aid training, we can empower the teachers with the tools to make an impact on high school students' well being!