



**FOR IMMEDIATE RELEASE**  
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## **KidsPeace to Offer Youth Mental Health First Aid Training November 21-22**

**OREFIELD, PA (November 11, 2016)** - Most of us know what first aid is for a physical injury or ailment. But what about a mental health condition or crisis? KidsPeace is offering a special training program for “Youth Mental Health First Aid” on November 21 and 22, 2016 at its Orchard Hills Campus in Orefield, PA.

The Mental Health First Aid program was brought to the United States from Australia in 2008 by the National Council for Behavioral Health. The training teaches participants how to assess a situation with a person who may be experiencing a mental health crisis, determine appropriate interventions for the immediate situation, and secure care for the individual going forward. It’s also intended to help reduce the stigma often associated with mental health conditions or substance abuse disorders, by providing guidance on risk factors, warning signs and insights into the impact of mental illness on individuals, their families and communities. *(For more information, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org))*

Rob Harvey, KidsPeace Community Programs Training Supervisor at the Broadway Campus in Bethlehem, will lead the training, which he said has helped him become a better therapist - and a better person.

“Too often we think that it’s an invasion of privacy to ask a person if they are OK and recommend help, but wouldn’t we do that if someone was physically sick? We rely on ‘professionals’ to take care of these things, but the sad reality is that less than 50% of people suffering from mental health problems are actually receiving professional help. This training gave me the skills and the knowledge to approach these situations with confidence – to know that I can actually be the person that makes a difference and maybe even save the life of someone I care about,” he added.

Providing this training is one of the recommended action items KidsPeace is taking as a result of the 2016 Lehigh Valley Community Health Needs Assessment (required by the federal Affordable Care Act). The training is recommended for those who regularly have contact with young people (ages 12-18) - including teachers, coaches, social workers, faith leaders and caring citizens.

The training is scheduled for Monday and Tuesday, November 21 and 22, at the Donley TEC Center on KidsPeace’s Orchard Hills Campus in Orefield, and will run from 9:00 a.m. to 2:30 p.m. each day. The training is free but registration by email is required at [pacourseregistration@Kidspeace.org](mailto:pacourseregistration@Kidspeace.org).

*For 134 years, KidsPeace has been building on its expertise to give hope, help and healing to children, families and communities throughout the United States. Through its comprehensive range of residential treatment programs; accredited educational services; unique psychiatric hospital and foster care and community-based programs, KidsPeace is dedicated to helping people connect, transform and overcome their challenges to ensure a stable future, transition to adulthood and gain independence. Since its doors opened in 1882, more than 200,000 children have participated in one of the multitude of programs KidsPeace offers. For additional resources or more information on how to get involved, become a foster parent or make a donation, please visit [www.kidspeace.org](http://www.kidspeace.org). Follow us at [www.facebook.com/kidspeace.org](http://www.facebook.com/kidspeace.org) or on Twitter @KidsPeace.*

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