

Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid Training

What is YMHFA?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

Monday, February 23, 2026
Wednesday, May 6, 2026
Wednesday, July 1, 2026
Wednesday, October 7, 2026

Time: 7:00am-3:30pm

Register by searching "Youth Mental Health" at Children's National Continuing Education site. Access this site via: <https://ce.childrensnational.org>, or by scanning QR code



Children's National.

Target Audience: Registered Nurses in all areas.

Narrative/Learning Objectives:

- Describe the purpose of Youth Mental Health First Aid and the role of the Youth Mental Health First Aider.
- Recognize the signs and symptoms of mental health or substance use problems that may impact youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development.
- Apply the appropriate steps of the Mental Health First Aid Action Plan (ALGEE) in a crisis and non-crisis scenario.
- Practice appropriate methods for self-care following the application of YMHFA in a crisis or non-crisis situation.

To **claim credit**, text SMS code provided during your session to 301-273-7643 or enter the code at ce.childrensnational.org/code

Joint Accreditation: In support of improving patient care, this activity has been planned and implemented by Children's National Hospital. Children's National Hospital is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Children's National Hospital Accreditation Provider# 4008362

ANCC Credit Designation Statement: Children's National Hospital designates this activity for a maximum of 6.5 Live ANCC contact hours.



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