



Upcoming First Aid Trainings and Parent Education Workshops

Description	Date	Time	Location
Youth Mental Health First Aid	Sat., Jan. 12 (FULL)	8:30am-5pm	Mental Wellness Center, Santa Barbara
Parent Workshop: Navigating the Digital Age	Sun., Jan. 27	3pm-5:15pm	Deckers, Goleta
Youth Mental Health First Aid for Faith-based community	Wed/Th., Feb. 13-14	9am-1pm	Santa Barbara Community Church
Youth Mental Health First Aid for school admin	Wed/Th., Feb. 25-26	8am-12pm	Red Cross Training Center, Santa Barbara
Youth Mental Health First Aid for school admin	Mon/Tu., Feb. 25-26	1pm-5pm	Red Cross Training Center, Santa Barbara
Youth Mental Health First Aid	Sat., March 2	8:30am-5pm	TBD, Santa Barbara
Youth Mental Health First Aid in Spanish	Sat., March 9	8:30am-5pm	Carpintera Children's Project at Main
Youth Mental Health First Aid	Sat., March 16	8:30am-5pm	TBD, Santa Barbara

Suicide is the third leading cause of death for youth 16-25 in Santa Barbara County.
(Santa Barbara County Dept. of Behavioral Wellness, 2018)

22% of students in grade 7, 28% in grade 9, and 33% in grade 11 have experienced chronic and debilitating feelings of sadness and hopelessness in the past year.
(California Healthy Kids Survey, 2017)

Students have a greater awareness of gun violence and rising fear for their safety.
(Bubash, K., Santa Maria Sun, 2018.)

Half of all chronic mental illness begins by age 14. It is critical that parents, educators, and others working with youth receive training to recognize and safely respond to the signs and symptoms of mental illness.
(National Alliance on Mental Illness (NAMI), "Mental Health Facts in America," 2018)