



**Riverhead Central School District
presents**

**Riverhead CAP and
Youth Mental Health First Aid**

**Wednesday, February 2, 2022
6 p.m. via Zoom**

Please join us to learn about the
valuable support and resources that
Riverhead Community Awareness Programs (CAP)
provides our Riverhead students and their families.

Riverhead CAP has received funding for a 5-year project to train community members in Adult and Youth Mental Health First Aid (MHFA). Youth Mental Health First Aid teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth. This training is important because one in five teens and young adults live with a mental health condition and half of all mental illnesses begin by age 14. This training is geared towards anyone who works with or interacts with youth including parents, grandparents, school staff, coaches, clergy, and youth group leaders. MHFA is like physical first aid where aid is given until professional help is received or until the crisis is resolved.

This Parent University session will consist of a short presentation by Felicia Scocozza and Sandra Hopkins-Ouedraogo of Riverhead CAP, questions and discussion, and information about how to register for this free training.

Zoom Login

Please register in advance for this meeting:

<https://riverheadcsd.zoom.us/j/83474044430?pwd=bGYrL044UkxlaTNwUElHQldOOVl1UT09>

