

Hawai'i Health Professionals Training

Mental Health 101: Youth

Date: Friday, September 20 2024

Time: 12:00 PM - 1:30 PM (HST)

Registration Link: [Zoom/YouthMentalHealth](https://zoom.us/join/9611111111)



Amanda Martinez, MPH
Training Program Manager
Mental Health of America -
Hawai'i

**1.5 credit hours for CNE, CME, SW,
CSAC, CPS, CHES, RD and Pharmacy
pending approval**

Mental Health 101 courses cover current statistics of mental health, in Hawai'i, for specific groups including but not limited to youth, adult, and military.

Learning Objectives:

1. Review the impact on youth mental health.
2. Identify warning signs and risk factors specific to youth.
3. Learn protective factors and coping skills to help address stress.
4. Identify available crisis resources in the community.
5. Discuss a call to action and options for advocacy.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under UB6HP27880 and Affordable Care Act (ACA) Public Health Training Centers. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

