

Youth Aware of Mental Health (YAM)

–Tier 1–

Overview: Youth Aware of Mental Health is an interactive school-based program that educates students about mental health, promotes peer support, and aims to reduce depression and suicidal behavior.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Five one-hour sessions conducted in a group format over the course of three weeks	High school students aged 13 to 17	Two adults conduct every YAM group: <ol style="list-style-type: none"> 1. One certified YAM Instructor - The Instructor must complete the 5-day training as described below 2. One YAM Helper - The Helpers assist the instructor through conducting the role-plays; preparing the room and materials; supporting the instructor with maintaining a safe space; and takes notes on memorable moments at the end of each session 	Access to a projector and computer when holding the YAM group, space large enough to put chairs in a large circle & hang posters on the wall. <i>*The National Center for School Mental Health will provide training manuals to all trainees.</i>

- Target Outcomes
- Enhance understanding of mental health issues
 - Help adolescents identify and understand mental health issues, their signs, and symptoms
 - Reduce stigma around mental health
 - Build emotional resilience and coping strategies
 - Reduce depression and suicidal behavior

Training Requirements and Important Considerations

Pre-Training: Complete a detailed implementation plan identifying your local resources, your organization’s safeguarding procedures, and identifying the schools where you will implement YAM. You will meet with a Training Specialist from NCSMH to discuss plans 3 times before the training.

Type of Training: Five-day, in-person training (M – Th: 8 hours per day; 9am-5pm; F: 5th day will be 4 hours; 9am-1pm)

Continuing Education Units: Maryland CEUs are not offered for this training; however, a Certificate of Attendance is available

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., participation in role-plays, practice sessions, on-time arrival). **If you miss key components of the training, you may not receive a certificate of attendance and need to re-register and complete the full training if spots are available.**

Important Considerations: Each adult needs to have prior experience working with groups of youth. While formal licensure might not always be required, YAM instructors need to complete the 5-day, in person YAM training, have relevant experience with youth, and ideally have a background in mental health or education to effectively facilitate the program.

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend Kick-off Meeting:** Meet with the EBP team to discuss the training and implementation plan at the beginning of the grant period. We recommend inviting trainees to this meeting.
- **Attend M&D Meeting:** Meet with the Evaluation and EBP team to discuss metrics and deliverables for the grant including reach and target demographics, service offerings, and outcome expectations. Please see the Outcome Measure Menu included in the RFA documents for sample tools/measures to be used with each EBP.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly newsletter containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected EBPs for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff completion of all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation** survey for each selected EBP
- **Attend quarterly implementation support** meetings offered over the year for each EBP you are implementing

*For more information on this evidence-based practice, please visit the [Youth Aware of Mental Health](#) website. For questions pertaining to the RFA or to expectations and requirements, please contact: Lorianne Moss, the CHRC Program Manager at Lorianne.moss@maryland.gov.