

Support Youth Who Have Experienced Trauma

NATIONAL
COUNCIL
for Mental
Wellbeing

Whether you work with children and youth, or you're a parent or a caring neighbor, you can play a critical role in helping children and youth thrive. Build skills for identifying and responding to signs of trauma in children and youth by getting certified in Strong Resilient Youth: Supporting Children and Youth Experiencing Trauma.

Access via MHFA Connect upon completion of your Youth or teen Mental Health First Aid Instructor Certification.

Build Trauma-informed Skills

This training consists of five interactive, self-paced sessions focused on skills educators and supportive adults can apply in the moment to help children and youth who have experienced trauma.



This Free Training Will Help You:

- Explain trauma and what it looks like in children and youth.
- Recognize when and how adverse childhood experiences (ACEs) and other potentially traumatic events affect a young person's ability to learn and engage.
- Learn how trauma manifests in communities and why it disproportionately affects communities of color.
- Practice an effective approach to building stronger relationships with children and youth, helping them to build resiliency and positive coping strategies.

The Mayerson Center for Safe and Healthy Children at Cincinnati Children's Hospital Medical Center and McKinsey Health Institute jointly developed Strong Resilient Youth: Supporting Children and Youth Experiencing Trauma. While the National Council for Mental Wellbeing endorses this course, the Strong Resilient Youth: Supporting Children and Youth Experiencing Trauma training does not contribute to Mental Health First Aid Certification or Instructor Certification requirements.

**STRONG
RESILIENT
YOUTH**



**McKinsey
Health Institute**