**IST2054 Spiritual Care Praxis:** **Mental Health First Aid for Adolescents** **and Certification for Spiritual Caregivers**

**Winter, 2016: Fri, Feb 26, 01:00–04:30PM Sat, Feb 27, 09:00AM–04:30PM**

**SCHEDULE FRIDAY FEB 26, SATURDAY, FEB 27**

**Friday, February 26, 2016 1 pm – 4.30 pm (**Students sit in care team groups)

1:00 – 2:15 pm Introduction and Overview, Sue

 Spiritual Care and Integration for Caregivers: Self Care Carrie

We will be using our own spiritual practices to track our reactions, especially stress reactions in our bodies. Paying attention to our bodies will help us practice spiritual self-care by identifying emotional responses; using spiritual practices will center us and help us understand our reactions.

2:30 – 2:45 Break

2:45 – 4:30 Youth mental health problems in the United States

Prevalence of mental health disorders among adolescents

Resilience among adolescents

Youth mental health first aid: Spectrum of interventions

Q & A about our roles as spiritual caregivers and possible first responders

Ending with a brief meditation

**Saturday, February 27, 2016 9 am – 4.30 pm (**Students sit in care team groups)

9:00 – 10:00 am Beginning the day with a brief meditation

Signs and symptoms; non suicidal self-injury

10:00 – 10:30 Risk & protective factors for developing a mental health disorder

10:30 – 10:45 Break

10:45 – noon Youth mental health first aid: Action plan ALGEE

 Action A: Assess for risk of suicide or harm

 Action L: Listen nonjudgmentally

 Action G: Give reassurance and information

 Action E: Encourage appropriate professional help

Action E: Encourage self-help and other support strategies

12 – 1 Lunch

1 – 2.30 Case Studies (working in care teams)

2.30 – 2.45 Break

2.45 – 4:15 Case Studies (working in care teams)

4:15 – 4:30 Evaluation and closing meditation