

PRESS RELEASE



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Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



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FOR IMMEDIATE RELEASE

CHCC Community Guidance Center hosts Youth Mental Health First Aid curriculum on Tinian

The Commonwealth Healthcare Corporation (CHCC) Community Guidance Center (CGC) certified 15 individuals representing various agencies during its Youth Mental Health First Aid (YMHFA) certification course on June 29, 2021 in Tinian.

YMHFA is an evidence-based public education program that teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders in youth, and help connect them to the appropriate care.

To date, CGC has certified 1,094 individuals in the CNMI, Palau, and Guam, in either the YMHFA, Mental Health First Aid for adults curriculum, or both: 749 in Saipan, 65 in Tinian, 261 in Rota, 8 in Guam, and 11 in Palau.

YMHFA introduces common mental health challenges for youth, reviews typical adolescent development, teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations, and highlights the importance of self-care for the mental health first aider. The training includes topics on anxiety, depression, substance use, eating disorders, and attention deficit hyperactive disorder.

Agencies represented were Tinian Health Center, Division of Youth Services, CHCC Population Health Programs, Tinian Youth Center, Tinian Public Library, Tinian Junior Senior High School, Public School System Behavioral Health Team, Pacific Island Health Officers Association, and CGC Tinian. The in-person training was led by CGC's Guadalupe Camacho and Becky Dania Mettao. The training was funded through support from the Substance Abuse and Mental Health Services Administration's Healthy Transitions and the System of Care grants.

For more information on YMHFA, visit www.mentalhealthfirstaid.org. For contact information and to request for the CGC's YMHFA training, visit chcc.gov.mp/communitysupporttraining.php.

For more information about CHCC programs, follow us on Facebook, Instagram, and Twitter at @cnmichcc; visit www.chcc.gov.mp; or call (670) 234-8950.

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