

Courses Available

YOUTH MENTAL HEALTH FIRST AID

NURSE AIDE

RESTORATIVE CARE-SPECIALTY

COMMUNITY HEALTH WORKER

BEHAVIORAL HEALTH FUNDAMENTALS



Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development,

and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Registration information:

Facility/group YMHFA training is offered through the North Central MT and South Central MT AHECs; please contact the AHECs directly for pricing options and to register.

Contact information:

Natascha Robinson: natascha.robinson@mtha.org;

406-457-8048

Shani Rich: shani.rich@mtha.org; 406-457-8018

Nurse Aide

North Central MT AHEC offers an online state approved didactic nurse aide curriculum, which established CNA programs can use in place of a staff member/instructor teaching the didactic portion out of a textbook. The online classes are 97 hours and take 8 weeks to complete. Students are assigned weekly self-paced modules. The facility/school is responsible for completing the clinical skills training checklist and testing.

NC MT AHEC provides technical assistance to the

students as well as progress reports to the facility/school. The cost per student is \$350.

Registration information:

[Register online](#)

Contact information:

Shani Rich: shani.rich@mtha.org; 406-457-8018

Restorative Care-Specialty

Coming soon

Community Health Worker

This course provides the knowledge and skills to become a Community Health Worker (CHW). A CHW can serve as a link between health and social services and the community, as well as, support access to those services. CHWs can be engaged in various activities including outreach, community education, informal counseling, social support and advocacy depending on the needs of the employing facility/organization. The course consists of 4 online learning modules and a 25 hour supervised experience.

The North Central/South Central MT AHECs provide online course instruction and technical assistance to the students as well as technical assistance to the host facility. The host facility is responsible for providing a 25 hour supervised experience. Scholarships may be available for facilities/students.

Registration information:

[Register online](#)

Contact information:

Natascha Robinson: natascha.robinson@mtha.org;
406-457-8048

Shani Rich: shani.rich@mtha.org; 406-457-8018

Behavioral Health Fundamentals

Coming April 2018