



Letter to Parents and Guardians of Youth Under 18 to Participate in Teen Mental Health First Aid Training on July 24 – August 7, 2023

Dear Parent or Guardian:

Project Safety Net will partner with [allcove Palo Alto](#) to train youth in the community on teen Mental Health First Aid.

Dates:

Monday, July 24, 5:00 PM – 6:30 PM
Monday, July 31, 5:00 PM – 6:30 PM
Monday, August 7, 5:00 PM – 6:30 PM

Location:

allcove Palo Alto
2741 Middlefield Rd,
Ste. 102, Palo Alto, CA 94306

[teen Mental Health First Aid](#) (tMHFA) is an evidence-based training course brought to the United States by the [National Council for Mental Wellbeing](#) in partnership with [Born This Way Foundation](#). tMHFA teaches teens ages 15-18 how to identify, understand, and respond to signs of mental health and substance use challenges among their friends.

There are no known risks of physical or psychological harm to your child. In rare instances, some discomfort might be experienced based on these topics. PSN and allcove Palo Alto staff will be available to young people if they want additional support.

Email Addresses & MHFA Connect: Project Safety Net will use email addresses for training instructions, updates, and the certification process. To be officially certified as a teen Mental Health First Aider, teens will be required to register with an online platform entitled MHFA Connect. Teens will use the online platform to complete online course work before and after in-person training. MHFA Connect does not collect or use any identifiable information.

Find more information in our tMHFA packet (can be accessed on PSN's website)

tMHFA One-Pager

What Parents Need to Know

Presentation for Parents and Guardians

Our Partners: Many partners are helping bring this important training to youth in our community this summer. This includes sponsorship by allcove Palo Alto, the City of Palo Alto, and Santa Clara County's Office of Supervisor Joe Simitian. We also partner with Momentum for Health to provide Youth Mental Health First Aid (YMHA) training to caring adults in the lives of the teens participating in tMHFA. The YMHA course can be done in-person or virtually, with 1 hour of pre-work, and 4-5 hours of training time.

Thank you for supporting your child to participate in this 3-part teen Mental Health First Aid training this summer. If you have any questions, comments, or are interested in participating in the YMHA training, please do not hesitate to contact me at mary@psnyouth.org.

Sincerely,

Mary Cheryl B. Gloner, MPH, MBA – she/siya
PSN CEO