

# Mental Health First Aid for Adults: Supporting Youth



## AGENDA

**Wednesday February 21, 2024**  
**9 AM to 12.30 PM EST**

### **MODULE 2** **MHFA for Declining Mental Well-Being**

- Welcoming Remarks and Introductions  
Kathe Rogers, Knowledge Exchange Director, YouthREX
- Review of Module 1
- Key skills: Assessing the situation
- Key skills: Communicating respectfully
- Case studies
- Review activity

#### **ZOOM DETAILS**

<https://us06web.zoom.us/j/87191037831>

Meeting ID: 871 9103 7831

**Wednesday February 28, 2024**  
**9 AM to 12.30 PM EST**

### **MODULE 3** **MHFA for Mental Health and Substance Use Crisis Situations**

- Responding to possible challenges
- Recognizing possible signs of a crisis
- MHFA actions in a crisis
- Case studies
- Using MHFA actions for your own self-care



**Don't forget to give  
us your feedback!**



## **SARAH SIMPSON**

### **Course Facilitator**

With over a decade of experience in non-profit and community engagement, including a strong background working with youth, Sarah Simpson is a dedicated advocate for social justice and equity. She passionately champions the rights of those facing systemic barriers, particularly in the fight against anti-Black racism. Throughout her career, Sarah consistently supports individuals affected by systemic oppression, mental health challenges, violence, and the criminal justice system. Her approach centers on addressing root causes, emphasizing culturally responsive interventions and trauma-informed practices. With a Bachelor's in Child and Youth Care and a current pursuit of a Master's in Social Work at York University, Sarah's research, influenced by critical race theory and critical race feminism, underscores her commitment to fostering positive change. She is dedicated to uplifting Black Canadians and actively pursuing her vision of a society where justice and equity are tangible realities. Her dedication and impact have garnered prestigious recognition, including her selection as a CivicAction DiverseCity Fellow.