



CUSTOMIZE YOUR EXPERIENCE

For the first time ever, FSMA is also offering certifications and enrichment experiences for students and their families! Read about our additional offerings below:

College Prep & Research Mentorship: July 21 – August 21

Days: Tuesdays & Thursdays

Times: 1:00 – 2:30 pm

Tuition: \$300 for 5 weeks

Overview: During this additional session, the FACES Team will guide students through the process of identifying, researching and presenting a health-focused project of their choice. Each student will receive both group and individual mentorship as well as professional development around identifying research sources, crafting a well-written research paper, proper citation, and practicing strong presentation skills. This is a great add-on for students preparing for college!

Mental Health First Aid Certification for Students

Dates: August 18th AND August 20th (must attend both sessions)

Times: 4:30 – 6:30 pm

Tuition: \$180 includes 6-hour course and professional certification

Overview: Mental Health First Aid (MHFA) is a 3-year professional certification conferred by the National Council of Behavioral Health. There are two hours of self-directed study online and then 4 hours with a certified instructor in an online classroom. The curriculum builds skills in identifying an emerging mental health challenge, as well as practicing how to handle a mental health emergency. The training teaches how to support people we know who may be experiencing anxiety, depression, psychosis and substance use disorders, and how to connect them to the help they need. The curriculum is inclusive, and focuses on resilience and recovery.

The certification is an evidence-based training that is being adopted nationally, and it should be included on college applications, resumes and CV's.

Youth Mental Health First Aid Certification for Parents and Adults

Dates / Times: August 19th, 4:30 – 6:30 pm AND August 22nd, 9:30 – 11:30 am (must attend both sessions)

Tuition: \$180 includes 6-hour course and professional certification

Overview: Parents, guardians and other adults who support FSMA students are invited to join us for a Youth Mental Health First Aid certification course. Youth Mental Health First Aid (MHFA) is a 3-year professional certification conferred by the National Council of Behavioral Health. There are two hours of self-directed study online and then 4 hours with a certified instructor in an online classroom. The curriculum covers how to be a caring adult supporting a young person, and builds skills in identifying an emerging mental health challenge, as well as practicing how to handle a mental health emergency. The training teaches how to support young people we know who may be experiencing anxiety, depression,

psychosis and substance use disorders, and how to connect them to the help they need. The curriculum is inclusive, and focuses on resilience and recovery.