

Girls Inc. of Santa Fe

60 Families listed in application. 51 Workshop Participants + 32 families (with 66 children) served

Offer Youth Mental Health First Aid classes for staff, families of Girls Inc. participants and community members. Youth Mental Health First Aid is designed to teach adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations.

Plus \$10,000 in navigation funds

A mother of 3 foster children, who has since adopted two of them, one of whom is in our program used navigation funds to pay off a large utility bill so they could get caught up and provide a Christmas to the kids. She was incredibly grateful.

Successes

- Each participant who completed the 8-hour training went home and finished the process to receive their 3-year certification in YMHFA.
- Participants included staff, parents, volunteers, members of SFPS, and community members - as well as the Assistant District Attorney.
- Reached 32 families with a total of 66 children and youth served. Emergency funding provided for groceries, utilities, rent, clothing, gas, car repairs, medical expenses etc.

Challenges

- We had interest from a number of parents who wanted to attend YMHFA, but could not do so due to timing constraints and a need for childcare.
- If we are to continue this program in the most effective manner, we will need rent a larger venue and increase the budget to include the cost of certification as well as staff time for childcare as well as snacks/meals for the children and participants.