



DEPARTMENT OF HEALTH

ADAP Strategy/Activity Planning Tool

STRATEGY	DITEP/YOUTH MENTAL HEALTH FIRST AID TRAINING
Goal	Reduce underage and binge drinking among persons aged 12 to 20, Reduce cannabis use among persons aged 12 to 25
Evidence based?	No
IOM Category	
CSAP Strategy type	

Supporting local school staff and youth focused program staff to attend additional training related to drug impairment and student mental health helps build local and regional capacity. This strategy is designed to help promote these trainings and provide financial support if there are any funding gaps.

Drug Impairment Training for Educational Professionals (DITEP) does not qualify participants as drug recognition experts (DREs). The training is designed to increase competence and confidence among adults who regularly interact with youth in evaluating and documenting students suspected of abusing and/or being impaired by alcohol and other drugs.

The Youth Mental Health First Aid Training (YMHFAT) does not qualify participants to diagnose youth, provide therapy, or provide counseling. The training is designed for adults who regularly interact with youth. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including substance use disorder.

STEPS IN WORK PLAN COULD INCLUDE (BUT ARE NOT LIMITED TO):
<ul style="list-style-type: none"> • Meet with appropriate school stakeholders and local youth focused program stakeholders to discuss the current number of staff trained in DITEP or YMHFAT and determine if there is a need/desire for more staff to be trained. Also discuss what the current barriers are to staff attending these trainings (e.g. lack of awareness, lack of interest, staffing capacity, funding for covering work, etc.) • If there is interest in increasing the number of trained DITEP staff, contact the Governor’s Highway Safety Program: http://ghsp.vermont.gov/contact • If there is interest in increasing the number of trained YMHFAT staff, go to www.mentalhealthfirstaid.org or contact info@mentalhealthfirstaid.org • Determine if there is any financial or other support from RPP than can assist with identified barriers. If so, develop a memorandum of agreement (MOA) delineating what support will be provided.

Additional indicators to be reported to ADAP:



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- a. Did you meet with any schools or youth-focused agencies/programs during the past quarter to discuss DITEP/YMHFAT trainings?
- b. [if yes to a] Which schools, agencies, or programs did you meet with during the past quarter?
- c. Did any staff receive DITEP or YMHFAT training during the past quarter?
- d. [if yes to c] Please indicate the number of **new** staff who received training in DITEP during the past quarter.
- e. [if >0 to d] What are the occupations/job titles of the staff trained in DITEP during the past quarter?
- f. [if yes to c] Please indicate the number of **new** staff who received training in YMHFAT during the past quarter.
- g. [if >0 to f] What are the occupations/job titles of the staff trained YMHFAT during the past quarter?

Sources:

Governor's Highway Safety Program:

<https://ghsp.vermont.gov/sites/ghsp/files/documents/DITEP%20Flyer%20Info%202020.pdf>

Youth Mental Health First Aid: <https://www.mentalhealthfirstaid.org/cs/wp-content/uploads/2016/01/Youth-Mental-Health-First-Aid-Overview.pdf>