

**YOUTH  
MENTAL  
HEALTH  
DEVELOPMENT  
ACADEMY**  
#EndtheStigma



# Youth Mental Health Development Academy

# YMHDA

A peer-leadership program that empowers our students to become allies and advocates of mental health and the impact it has on today's youth.

# Core Focuses

- Mental Health
- Suicide Prevention
- Human Trafficking
- Social Media
- School Violence
- Substance Abuse

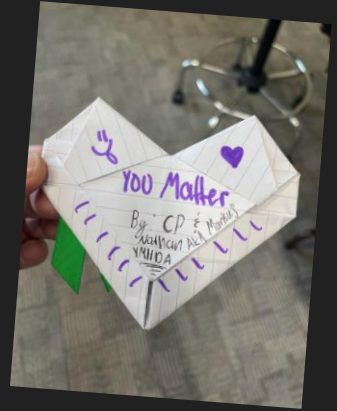
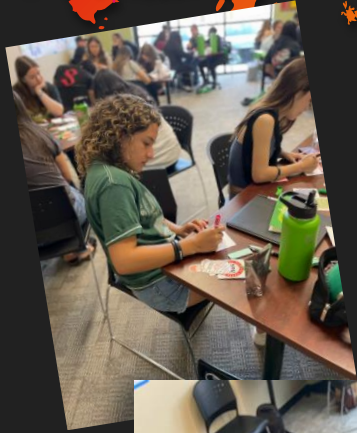


# Educating Peers

“Nothing for us, without us.”

YMHDA students are charged with the duty of educating their peers regarding youth mental health and intersecting subjects.

# Summer Training



# Week #1

- ★ June 3 - 7, 2024
- ★ 9am - 2pm
- ★ Teen Mental Health First Aid Certification
- ★ Expert Speakers: San Joaquin County District Attorney's Office-Family Justice Center, Child Abuse Prevention Council, Mind Body Awareness Project, CSU Stanislaus!
- ★ College Tours
- ★ On-Site Visits





# Week #2



**SKY MOUNTAIN**

SAN JOAQUIN COUNTY OFFICE OF EDUCATION

- ★ Overnight
- ★ June 10 - June 14
- ★ Team Bonding
- ★ Self-Care & Restorative Practices
- ★ Art Therapy



# Monthly Trainings



SLIDESMANIA.COM







Listen Up!

**YMHDA has their own Podcast!**