



Adult Education Trainings & Enrichment Opportunities

Keep an eye on our event calendar at gshom.org for new trainings, enrichment opportunities, and amazing programs that will be added throughout the year!

Youth Mental Health First Aid Training

Virtual



Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to identify, understand, and respond to an adolescent (ages 12-18) who is experiencing a mental health or substance use challenge or crisis.

Just as physical First Aid and CPR help you assist an individual injured or having a heart attack while waiting for professional responders, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In this Mental Health First Aid course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. **IMPORTANT NOTE:** This blended learning class will require 2 hours of necessary prework before class.

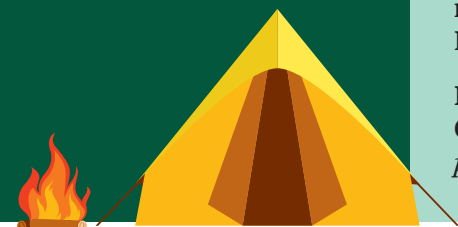
First Aid / CPR / AED Training



This course will teach you how to recognize and respond appropriately to cardiac, breathing, and first-aid emergencies. You'll learn the skills necessary to provide immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Those who complete this course will receive certificates for Standard First Aid and AED with CPR - Adult and Child, valid for two years.

Did you know that any registered adult in the troop can be the designated Outdoor Skills certified person or First Aider for your troop? *The Outdoor Skills person and the First Aider must be different people (in case of emergency).*

Outdoor Skills



Want to take your troop camping at some point? Sign up for a training now- they fill up quickly!

This class will prepare you to take your troop on a camping trip. There will be pre-work assigned on gsLearn that must be completed before the class. You will be mostly outdoors, so come prepared for the weather- appropriate clothing and shoes! Bring a mess kit, as you will cook and eat lunch during class.

Did you know that any registered adult in the troop can be the designated Outdoor Skills certified person or First Aider for your troop? *The Outdoor Skills person and the First Aider must be different people (in case of emergency).*