



## Promoting Youth Resilience

### What is the Youth Public Behavioral Health Training?

The New York City Department of Mental Hygiene (NYC Health Department) is providing a free, ninety-minute training for all New Yorkers who interact with young people to address the various mental health challenges brought on by the COVID-19 public health emergency and the return to pre-COVID-19 routines.

### Topics to be covered include:

- The impact of Covid-19 on young people and their families
- Mental health challenges associated with transition to pre-COVID-19 routines
- Support for parents and guardians: mental health awareness, communication strategies in relation to young people, self-care
- Emotional and behavioral issues that affect young people
- Identifying mental health warning signs and risk factors
- Addressing trauma, coping with grief and strategies for managing stress
- Mental health resources available in NYC

### When can we schedule the training?

This virtual training can be scheduled any day of the week, including weekends, between 9 a.m. and 5 p.m. and will be facilitated by two presenters.

### What is the minimum number of participants needed to schedule a training?

We ask each youth serving community organization to guarantee between 10 and 30 participants to schedule a private training.

### What virtual platform will be used?

The NYC Health Department will use Webex as the primary online meeting platform. The training can also be facilitated using the organization's Zoom business account. The use of other virtual platforms is possible but will be evaluated on a case-by-case basis before permission is granted.

### What is needed to participate in the training?

Computers or phones with internet access are needed to both join and view the virtual training. Webcams are also encouraged but not required. Please let us know at least two weeks in advance if you would like this service.

If you are interested in scheduling this free virtual training, please contact **Jessica Poveda** at [jpoveda@health.nyc.gov](mailto:jpoveda@health.nyc.gov).