

## Mental Health, Substance Abuse and Youth Suicide Prevention Training

The State Board for Educator Certification, Texas Education Agency and the State of Texas mandate all Educator Preparation Programs (EPPs) to require their certification candidates to complete youth mental health training on the following topics:

- Youth Mental Health (MH) (identifying MH issues and using classroom strategies),
- Substance Abuse, and
- Suicide Prevention.

Texas Education Code (TEC), §21.044(c-1) requires Educator Preparation Programs to select training from the below list of best practice-based programs and research-based practices.

1. Kognito’s “At-Risk for Elementary School Educators”, “At-Risk for Middle School Educators” and “At-Risk for High School Educators” Training - 60-120 minutes

See: <https://texas.kognito.com/>

- ✓ Covers all three topics
- ✓ Online
- ✓ Provides a Certificate of Completion at end
- ✓ Cost: \$32 per person.

2. “Youth Mental Health First Aid” by Mental Health First Aid.org – 8 hours, Face-to-Face

- ✓ Covers all three topics
- ✓ Face-to-face only; limited dates and locations
- ✓ Provides a Certificate of Completion at end
- ✓ Cost: Free to \$1000 or more per session; fees vary by instructor and location.

At a school district - <https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/>  
(some school districts offer it free to those working for the district)

At Region IV ESC - Workshop is currently free for area educators (materials may cost), 8-hours, face-to-face training; at Region IV ESC:  
[https://www.escweb.net/tx\\_esc\\_04/catalog/session.aspx?session\\_id=1315455](https://www.escweb.net/tx_esc_04/catalog/session.aspx?session_id=1315455)

At MHA of Greater Houston – Register at: <https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/> or see: <https://mhahouston.org/trainings/> Cost unknown. Must be a Houston area educator.

At UHCL – UHCL may begin offering Youth Mental Health First Aid classes for certification students.