

CAPA-MC 首次举办青少年心理健康急救培训(Teen Mental Health First Aid)

15名高中生获得认证证书,助力青少年心理健康支持

CAPA-MC THRIVE club 供稿 Angie Shen 撰稿

在亚裔美国人健康促进组织(Asian American Health Initiative, AAHI)的资助支持下,蒙郡华人家长会(CAPA-MC)近日成功举办了首次青少年心理健康急救(Teen Mental Health First Aid, tMHFA)培训。共有20位高中生参加培训,其中15位获得认证证书,成为具备基础心理健康支持能力的青年志愿者。

本次培训由王慈欣教授(Professor Wang)与CAPA-MC会长许鹏担任认证讲师,通过互动学习、案例分析和情景模拟等方式,帮助学生如何识别心理健康问题的早期信号、以同理心进行沟通、在适当情况下鼓励同伴寻求可信任成年人或专业人士的帮助,并减少心理健康话题中的社会污名化。



参与培训的学生反馈非常积极。许多学生表示,此次培训不仅帮助他们更好地理解心理健康的重要性,也让他们在面对朋友可能遇到的心理困扰时更加有信心提供支持与帮助。



本次活动是CAPA-MC“THRIVE Together”青少年健康项目的重要组成部分,致力于提升社区青少年的心理健康意识、增强心理韧性,并培养青少年在健康与公益领域的领导力。



CAPA-MC表示,未来将继续开展更多心理健康教育活动,帮助更多学生和家庭了解心理健康知识,共同营造更加关爱、支持与包容的社区环境。

“THRIVE Together”项目及相关活动由亚裔美国人健康促进组织(Asian American Health Initiative, AAHI)资助。AAHI隶属于蒙哥马利郡卫生与公共服务部(Montgomery County Department of Health and Human Services)。

CAPA-MC Hosts First Teen Mental Health First Aid Training
15 High School Students Receive Certification

With support from the Asian American Health Initiative (AAHI), the Chinese American Parents Association of Montgomery County (CAPA-MC) successfully hosted its first Teen Mental Health First Aid (tMHFA) training, where 15 high school students completed the program and received their certification.

The training was led by Professor Wang and CAPA-MC President Vivian Xu, both certified tMHFA instructors. Through interactive discussions, scenario-based learning, and practical exercises, students learned how to recognize early warning signs of mental health challenges, respond with empathy, encourage peers to seek help from trusted adults or professionals, and reduce stigma surrounding

mental health conversations.

Participants shared very positive feedback, noting that the program helped them better understand mental health issues and gave them the confidence to support friends who may be experiencing emotional or psychological difficulties.

Others mentioned that "I feel like it was very refreshing to see a classroom that had a lot of Asian people trying to learn more about mental health because my parents did not grow up learning as much about mental health" "there's a stigma about mental health in Asian American communities. Mental health is often overlooked. So seeing Asian Americans participating in mental health training makes me



really happy."

When asked how to reduce mental health stigma in the community, one student suggested that we should make more Asian clubs or groups for Asian American students to coming together, support each other.

This training is part of CAPA-MC's "THRIVE Together" youth wellness initiative, which promotes youth mental health awareness, resilience, and community leadership among students in Montgomery County.

This "THRIVE Together" program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services.

CAPA-MC looks forward to expanding mental health education programs to reach more students and families in the community and to continue building a supportive and healthy environment for youth.