



**DON'T JUST TAKE  
OUR WORD  
FOR IT...**

**YMHFA  
Testimonials from  
Nonprofit Staff &  
Program Directors**

"Powerful and applicable to everyday life."

"You walk away being aware of how to handle situations."

"I learned how to put myself in another person's shoes and how to best support people in crisis."

"Without YMHFA, a person may be focused on diagnosing an issue rather than providing empathy, reassurance, and a nonjudgmental listening, or they may act as a mental health professional when they are not licensed to do so."

"It was difficult at times, but so necessary. I wish these types of courses were more common."

"I want YMHFA to be mandatory for all volunteers and nonprofit staff."

*I-Ra A.  
Critical Exposure, Staff Member*

"I have noticed myself drawing on the knowledge I learned in my training in various conversations with my peers...Before our trip leaders set off, we put them through various scenarios replicating what might come up on their trip. That includes mental health issues, so I actually did get to talk a lot about how to approach and aid someone who is experiencing a mental health crisis."

*Mary Moore  
GW Alternative Breaks Trip Leader*

"I learned how to assist young people in an effective, safe manner when it came to mental health. This skillset is useful in my prospective career as a religious leader and currently as resident advisor, camp counselor, a student organization leader."

*Adam Graubart  
Civic Activist*

"I have use YMHFA skills while volunteering and in work positions. I also use these skills with those close to me in everyday life! YMHFA is especially useful in my job, working with at-risk teens with disabilities. It allows me to de-escalate situations properly."

*Maggie Laughlin  
Nonprofit Intern*

"Very sensitive, and well thought-out, helpful, and interactive."

"I can better recognize signs and symptoms and respond to them."

*\*All quotes are anonymous if not otherwise attributed.*

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