



**Certified Youth Mental Health Specialist (CYMHS) Certification Standards**  
Application Standards for Practicing Professionals in Australia and New Zealand

**1.0 Professional Standards**

1.1 Nationally registered, credentialed, or member of the association noted, who work with youth in an educational or clinical setting at least 20 hours per week:

- Registered Teacher
  - Hold a full registration with your local teacher regulatory authority AND meet the Australian Professional Standards for Teachers (APST) at the Proficient Level (or higher)
  - Hold a registration with the Education Council of Aotearoa New Zealand
- Registered Psychologist
  - Hold a general designation and/or with endorsement that aligns with the standards set by the Psychology Board of Australia
  - Hold a registration with New Zealand Psychologists Board AND hold a practising certification
- Registered Counsellor
  - Be a Level 2, 3 or 4 member of the Australian Counselling Association (ACA)
  - Be a full member of the New Zealand Association of Counsellors
  - Be a Clinical member of the Psychotherapy and Counselling Federation of Australia (PACFA)
- Social Worker
  - Be a member of the Australian Association of Social Workers
  - Hold a Practising Certificate with the Social Workers Registration Board
- Psychiatrist
  - Be accredited by the Royal Australian & New Zealand College of Psychiatrists
- Occupational Therapist
  - Hold a registration with the Occupational Therapy Board of Australia
  - Hold a registration with the Occupational Therapy Board of New Zealand
- Certified Practising Speech Pathologist
  - Hold full registration with Speech Pathology Australia
- Speech Language Therapist
  - Registered member of the New Zealand Speech-Language Therapists' Association (NZSTA)
- Credentialed mental health nurse
- Registered nurse practitioner

For all professions: Provisional or student registration does not meet the standards for Certification.

Other applicants: Registered or credentialed professionals whose professional scope of practice allows them to diagnose and provide clinical mental health treatment plans for mental health disorders AND have met the registration or credentialing requirements in Australia or New Zealand are welcome to apply. If you are unsure whether your professional background meets the standards for Certification, please email a copy of your educational background, professional scope of practice, membership or registration and CV to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)

1.2 By applying for Certification, the applicant agrees to adhere to Evergreen Certifications' Professional Code of Ethics, available at [www.evergreencertifications.com/codeofethics](http://www.evergreencertifications.com/codeofethics)

## **2.0 Educational Standards**

2.1 The applicant must meet the following education criteria (total minimum of 12 CPD hours):

Youth mental health

- Trauma and attachment
  - Neurological effects of trauma exposure
  - Observable signs and symptoms of trauma and traumatic stress in students
  - Behavioral manifestations of trauma and traumatic stress in students
  - Adverse Childhood Experiences (ACES) scores meaning and their impact
  - The impact trauma and attachment has on children's relationships with adults
  - Interventions for adults to build trust-based relationships with children
- Anxiety disorders
  - Sources of anxiety and DSM-5 classification of disorders
  - Self-management skills for stress and anxiety regulation
  - Medications
  - Coping skills for youth
- Managing challenging behaviors and extreme emotions
- Executive Function skills and strategies
- Suicide and self-harm
- Electronic addiction

Navigating youth mental health in today's educational setting

- Integrating student mental health into virtual and/or physical classrooms
  - Assessing for level of knowledge and catch up plans
  - The impact of routine disruption on mental health
  - Medication non-compliance while away from the classroom
  - Individual interventions for students struggling the most
  - Connecting students and parents/caregivers with outside resources for counselling and support
- Virtual classroom strategies
  - Student engagement strategies
  - Assessing symptoms of mental health challenges and providing support virtually

Provider self-care and support

2.2 Suitable education sources are approved continuing education or professional development training as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for Certification.

## **3.0 Required Documentation for Certification Eligibility**

1. A copy of the applicant's professional registration, credential, or membership
2. Copies of completion of training as outlined in the Educational Standards
3. Payment of certification application fee

Evergreen Certifications will certify candidates who meet the above requirements.

*Please note: Certification does not imply endorsement of clinical competency. As a professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

#### **4.0 Required Documentation for Renewal of Certification**

To maintain Certification, a reapplication is required. The steps to apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your registration, credential, or membership as well as a completion certificate for six (6) CPD hours of youth mental health-focused training to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
2. Payment of re-certification application fee

You can also apply for reapplication for 2 or 3 years. Follow the process above, submitting twelve (12) CPD hours of training for a 2-year reapplication, and eighteen (18) CPD hours of training for a 3-year application.

Re-certification training hours need to have been taken in the time since you were last certified or recertified. Renewals are calculated from the date that your Certification was issued.

*If you allow your Certification to lapse for more than 3 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.*