



Certified Youth Mental Health Specialist (CYMHS) Certification Standards

1.0 Professional Standards

1.1 State or nationally licensed professionals who work with youth in an educational or clinical setting at least 20 hours per week are eligible for certification. Professionals included are as listed below (or equivalent if practicing outside of the United States):

- Educator
- Special Educator
- Principal
- Assistant Principal
- Superintendent
- Occupational Therapist
- Speech Language Pathologist
- School Nurse
- School Psychologist
- School Counselor
- School Social Worker
- Psychologist
- Counselor
- Social Worker
- Marriage and Family Therapist
- Psychoanalyst
- Board Certified Behavioral Analyst
- An associate level or provisionally licensed mental health professional
- A graduate student in a clinical mental health program who is practicing under clinical supervision

Canadian Applicants: Licensed professionals who have met the requirements of provincial and territorial regulatory bodies are welcome to apply. If you are unsure whether your professional background meets the standards for certification, please email us a copy of your educational background and CV to info@evergreencertifications.com

International Applicants: Please check for a link to standards specific to your country of practice. If no link is available, please email us a copy of your educational background and CV to info@evergreencertifications.com

1.2 By applying for certification, the applicant agrees to adhere to [Evergreen Certifications' Professional Code of Ethics](#)

2.0 Educational Standards

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

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
 - 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 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 Certification Application Process

1. Submit the following documents:
 - a. A copy of the applicant's professional license
 - b. Copies of completion of training as outlined in the Educational Standards
2. Payment of certification application fee

Evergreen Certifications will certify applicants for an initial period of 1 year who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a licensed 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 Renewal of Certification

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

1. Submit a copy of your professional license and/or employment status as well as a completion certificate for six (6) clock hours of youth mental health-focused continuing education.
2. Payment of renewal application fee

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

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

If you allow your certification to lapse for more than 2 years, you are no longer eligible to renew your certification and instead can reapply for certification.