

Though not exhaustive, the following information is specific to Project AWARE and outlines some of the requirements and provisions for Mental Health First Aid and Youth Mental Health First Aid instructors.

### Project AWARE and Project AWARE-C: Requirements

Per grant regulations, the following statements apply to certified Mental Health First Aid and Youth Mental Health First Aid instructors who had their instructor certification training tuition funded through SAMHSA Project AWARE SEA, LEA or Community grant dollars:

- Instructors are not permitted to conduct trainings outside of the Project AWARE grant for the duration of the grant period.
- Instructors are not permitted to charge individuals or organizations for trainings conducted for the duration of the grant period.
- **AWARE-C only:** Instructors are not permitted to teach both the MHFA and YMHFA course through the Project AWARE grant. Grantees were required to select either MHFA or YMHFA, depending on their population of focus. If grantees elected to serve adolescents (youth between the ages of 12-18), Instructors are required to teach YMHFA. If grantees elected to serve transition-aged youth (youth between the ages of 16-24), Instructors are required to teach MHFA.

The following reporting requirements apply to both Project AWARE and Project AWARE-C grantees:

- Grantees must track number of referrals to services and supports and report them to SAMHSA on a quarterly basis.
- Grantees must report the number of individuals trained as Instructors and First Aiders to SAMHSA.
- Grantee MHFA/YMHFA Instructors are held to the same training requirement (3 per year) and reporting standards as other traditional MHFA/YMHFA Instructors with regard to National Council and the training and evaluation database.

### Instructor Training Application

Project AWARE Instructor Candidates should indicate whether they are involved with a SEA, LEA or Community grant on their training application, and provide the name of the grantee. Once certified as an instructor, each community course listed on the National Council database should have "Project AWARE" identified as a funding source.

### Quality Evaluation

Due to labor regulations limiting personnel to 7.5 hours of instructional time in many school settings, many Project AWARE training locations are unable to offer the training in a one-day format for 8 hours. The Mental Health First Aid and Youth Mental Health First Aid course is 8 hours of content with additional time needed for lunch and breaks. National Council has developed a number of administrative strategies that would assist in addressing this issue and does not impact the fidelity of the course. Project AWARE participants in school settings have the option to:

- Reduce the number of optional activities
- Make the ice breaker optional (if the group is already familiar with one another)
- Issue certificates after the class as opposed to on-site (electronically or via mail)
- Place materials at each individual seat prior to the start of the course rather than handing them out during the course

This is not a 7.5 hour "version," but will allow for streamlined delivery of the course and adhere to fidelity. Instructors are not permitted to reduce the training content or make further changes. All courses must be advertised as a standard 8 hour course as the course content remains the same. Quality Evaluators will take this into consideration as they observe instructors involved with Project AWARE.

***If you have questions about Mental Health First Aid trainings, email us at [ProjectAWARE@thenationalcouncil.org](mailto:ProjectAWARE@thenationalcouncil.org).***