Project AWARE-SEA, MHAT and Mental Health First Aid: What’s Next?
An informational webinar for AWARE-SEA and MHAT Grantees

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Housekeeping

- Listen only mode
- Type questions in box in lower right
- Technical Issues?
  
  *Call Citrix Tech Support at 888-259-8414*
What we’ll cover today

- Overview of Mental Health First Aid
- AWARE-SEA and MHAT Mental Health First Aid Activities and Resources
- Getting Instructors Trained
- Frequently Asked Questions
  - Who should be trained as an instructor
  - How should the course be delivered
  - What materials are needed
  - What is the application process
- Open Q&A
Overview of Mental Health First Aid (MHFA)
What is Mental Health First Aid?

- Help offered to a person developing a mental health problem or experiencing a mental health crisis
- Given until appropriate treatment and support are received or until the crisis resolves
- Not a substitute for counseling, medical care, peer support or treatment
Mental Health First Aid:
Curricula and Curriculum Supplements
What MHFA Participants Learn

**Mental Health First Aid**
- Overview of mental health problems
  - Depressive/Mood disorders
  - Anxiety disorders
  - Disorders in which psychosis occurs
  - Substance use disorders
  - Eating disorders
- Signs and Symptoms
- Mental Health First Aid for crisis situations
- Mental Health First Aid for non-crisis situations

**Youth Mental Health First Aid**
- What is Youth Mental Health First Aid®?
- Adolescent Development & Mental Health Problems in Youth
- Signs and Symptoms
- Risk Factors and Protective Factors
- Mental Health First Aid® for crisis and non-crisis situations
Why Mental Health First Aid?

- Mental health problems are common
- Stigma is associated with mental health problems
- Professional help is not always on hand
- Individuals with mental health problems often do not seek help
- Many people...
  > are not well informed about mental health problems
  > do not know how to respond
How It Works

- 13,000 Instructors
- 1.3 Million First Aiders
- Referrals, Connections or Interventions

> 3-5 Day Course
> 8 Hour Course
ALGEE-OMETER

More than 1.3 Million First Aiders in the US
Trained by more than 13,000 Instructors

Reported through September 4, 2018
Maryland and Missouri Grantees

Grantees in **Maryland** should visit the [Course Calendar](mailto:mhfatraining@mhamd.org) or contact mhfatraining@mhamd.org or 443-901-1550 x233 for further assistance. *These trainings are open only to in-state residents.*

Grantees in **Missouri** should visit our state partner’s website to apply for in-state Instructor trainings. *These trainings are open only to in-state residents.*
Grantee Resources

Webpage for Grantees
> A webpage with information on upcoming activities, access to select training dates, and additional resources has been developed for grantees and is now available.

Grantee Training Needs Survey
> Complete a brief survey by **Friday, October 19th**
> Take the survey

Interested in hosting your own training?
> **Tuesday, October 9th** at 3:00 p.m.
> Register Here

*Note: A recording will be posted to this page within 48 hours following the webinar.*
We can help you with

- National Instructor Trainings
- Hosting On-Site Instructor Trainings
- Technical Assistance
## Getting Instructors Trained -
### National Council Instructor Trainings

### October 2018
- **10/1 – 10/5**: Dallas, TX  - Adult
- **10/15 – 10/19**: Chicago, IL  - Adult
- **10/22 – 10/26**: Sacramento, CA  - Youth
- **10/29 – 10/31**: Minneapolis, MN  - Youth
- **10/29 – 10/31**: Minneapolis, MN  - Youth

### November 2018
- **11/5 – 11/9**: Nashville, TN  - Adult
- **11/5 – 11/7**: Chicago, IL  - Youth
- **11/26 – 11/30**: Boston, MA  - Youth
- **11/12 – 11/16**: Las Vegas, NV  - Youth

### December 2018
- **12/3 – 12/5**: Salt Lake City, UT  - Adult
- **12/3 – 12/5**: Salt Lake City, UT  - Adult
- **12/10 – 12/12**: Atlanta, GA  - Youth
- **12/10 – 12/12**: Atlanta, GA  - Youth
- **12/3 – 12/7**: Washington, DC  - Adult

### January 2019
- **1/14 – 1/16**: Los Angeles, CA  - Youth
- **1/14 – 1/18**: Houston, TX  - Adult
- **1/28 – 2/1**: Orlando, FL  - Adult
- **1/28 – 1/30**: New Orleans, LA  - Youth

### February 2019
- **2/4 – 2/8**: Sacramento, CA  - Adult
- **2/4 – 2/8**: Atlanta, GA  - Adult/PS*
- **2/11 – 2/15**: Seattle, WA  - Youth
- **2/25 – 3/1**: Dallas, TX  - Youth
- **2/25 – 3/1**: Las Vegas, NV  - Adult

### March 2019
- **3/4 – 3/8**: Salt Lake City, UT  - Youth
- **3/11 – 3/15**: Los Angeles, CA  - Adult
- **3/11 – 3/15**: Orlando, FL  - Youth
- **3/19 – 3/23**: Nashville, TN (NatCon)  - Adult
- **3/19 – 3/23**: Nashville, TN (NatCon)  - Youth
- **3/25 – 3/29**: Chicago, IL  - Adult

### NOTE:
We may add additional trainings should these trainings be insufficient to meet the needs expressed through the survey results.
## Getting Instructors Trained-
### National Council Instructor Trainings

#### April 2019
- **4/1 – 4/5**: Seattle, WA, Adult
- **4/8 – 4/12**: Pittsburgh, PA, Youth
- **4/15 – 4/19**: Dallas, TX, Adult
- **4/29 – 5/3**: Atlanta, GA, Youth
- **4/29 – 5/3**: Boston, MA, Adult
- **4/29 – 5/3**: San Diego, Youth

#### May 2019
- **May 6 – 10**: Minneapolis, MN, Adult
- **May 6 – 10**: Las Vegas, NV, Youth
- **May 13 – 17**: Chicago, IL, Youth
- **May 13 – 17**: Orlando, FL, Adult
- **May 20 – 24**: Washington DC, Youth
- **May 20 – 22**: Michigan, Adult

#### June 2019
- **6/3 – 6/7**: Los Angeles, CA, Adult
- **6/3 – 6/7**: Houston, TX, Youth
- **6/10 – 14**: Salt Lake City, UT, Adult
- **6/17 – 21**: Sacramento, CA, Youth
- **6/17 – 21**: Nashville, TN, Adult
- **6/24 – 28**: Boston, MA, Youth

#### July 2019
- **July 8 – 10**: Seattle, WA, Youth
- **July 15 – 19**: Dallas, TX, Youth
- **July 15 – 19**: Washington DC, Adult
- **July 22 – 26**: Minneapolis, MN, Youth
- **July 29 – Aug 2**: Pittsburgh, PA, Adult
- **July 29 – Aug 2**: Atlanta, GA, Youth

#### August 2019
- **Aug 5 – 9**: Las Vegas, NV, Adult
- **Aug 12 – 16**: Orlando, FL, Youth
- **Aug 12 – 16**: Boston, MA, Adult
- **Aug 19 – 23**: Chicago, IL, Adult
- **Aug 26 – 28**: Los Angeles, CA, Youth
- **Aug 26 – 28**: Nashville, TN, Youth

#### September 2019
- **9/9 – 9/13**: Pittsburgh, PA, Youth
- **9/9 – 9/13**: Seattle, WA, Adult
- **9/16 – 9/20**: Minneapolis, MN, Adult
- **9/16 – 9/20**: Houston, TX, Adult
- **9/23 – 9/27**: Washington DC, Youth
Instructor Certification Process

- Candidates go through the five-day or three-day training
- Course times vary but they do run for a full 8 hours
- Each instructor candidate will present and teach an assigned portion of the 8-hour course to the group
- National Trainers will conduct an individual evaluation of each candidate, and each candidate will provide a peer review for their colleagues
### Instructor Certification Process

Sample of a 5-Day Adult Instructor Training Agenda: 30 Participants Maximum

<table>
<thead>
<tr>
<th>Session Times</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 8:30</td>
<td>Registration / Breakfast</td>
<td>Arrival / Breakfast</td>
<td>Arrival / Breakfast</td>
<td>Arrival / Breakfast</td>
<td>Arrival / Breakfast</td>
</tr>
</tbody>
</table>
| 8:30 – 9:00   | - Introductions  
- Organization  
- MHFA Course Session 1 (Part 1) | - MHFA Course Session 2 (Part 1) | - Structured Group Practice / Coaching  
- 1 Instructor Candidate Presentation (per room) | - 2 Instructor Candidate Presentations (per room) | - Additional Coaching Time  
- 1 Instructor Candidate Presentation (per room) |
| 9:00 – 10:15  | - MHFA Course Session 2 (Part 1) | - Structured Group Practice / Coaching  
- 1 Instructor Candidate Presentation (per room) | - 2 Instructor Candidate Presentations (per room) | - 1 Instructor Candidate Presentation (per room) | - Marketing Presentation  
- Graduation |
| 10:15 – 10:30 | Morning Break | Morning Break | Morning Break | Morning Break | Morning Break |
| 10:30 – 12:00 | - MHFA Course Session 1 (Part 1, cont.)  
- MHFA Course Session 2 (Part 1)  
- MHFA Course Session 2 (Part 2) | - MHFA Course Session 2 (Part 1) | - 1 Instructor Candidate Presentation (per room) | - 2 Instructor Candidate Presentations (per room) | - 1 Instructor Candidate Presentation (per room) |
| 12:00 – 1:00  | Lunch Break | Lunch Break | Lunch Break | Lunch Break | End |
| 1:00 – 2:30   | - MHFA Course Session 1 (Part 2) | - MHFA Course Session 2 (Part 2, cont.)  
- Presentation structure and organization | - Structured Group Practice / Coaching  
- 3 Instructor Candidate Presentations | - 2 Instructor Candidate Presentations (per room) | - 2 Instructor Candidate Presentations (per room) |
| 2:30 – 2:45   | Afternoon Break | Afternoon Break | Afternoon Break | Afternoon Break | Afternoon Break |
| 2:45 – 4:30   | - MHFA Course Session 1 (Part 2, cont.)  
- Structured Group Practice / Coaching | - Structured Group Practice / Coaching | - | - | - 2 Instructor Candidate Presentations (per room) |
# Instructor Certification Process

Sample of a 3-Day Adult Instructor Training Agenda: 15 Participants Maximum

<table>
<thead>
<tr>
<th>Session Times</th>
<th>MONDAY &lt;Day 1&gt;,</th>
<th>TUESDAY &lt;Day 2&gt;</th>
<th>WEDNESDAY &lt;Day 3&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 8:30</td>
<td>Registration / Breakfast</td>
<td>Arrival / Breakfast</td>
<td>Arrival / Breakfast</td>
</tr>
</tbody>
</table>
| 8:30 – 10:45  | • Introductions  
• Organization  
• MHFA course Session 1 (Part 1) | • Unpack Curriculum | • 2 Trainee Instructor Presentation |
| 10:45 – 11:00 | Morning Break | Morning Break | Morning Break |
| 11:00 – 12:30| MHFA course Session 1 (Part 1 continued)  
• MHFA course Session 1 (Part 2) | • Presentation structure and organization | • 2 Trainee Instructor Presentation |
| 12:30 – 1:00 | Lunch Break | Lunch Break | Lunch Break |
| 1:00 – 2:30  | • MHFA Course Session 1(Part 2 cont.)  
• MHFA course Session 2 (Part 1) | • Structured Group Practice / Coaching | • 3 or 4 Trainee Instructor Presentations |
| 2:30 – 3:15  | Afternoon Break | Afternoon Break | Afternoon Break |
| 2:30 – 5:30  | • MHFA course Session 2 (Part 2)  
• MHFA course Session 2 (Part 2) cont. | • Structured Group Practice / Coaching |
Hosting Your Own Training

Host Site Instructor Certification Training Fees

- **Flat fee:** $36,200 for an on-site 5-day Instructor Training for up to 30 people maximum
- **Flat fee:** $21,500 for an on-site 3-day Instructor Training for up to 15 individuals

What’s Included:

- Trainer fees for two nationally certified trainers
- Trainer travel and per diem costs
- Trainer lodging
- Program materials for each participant (teaching kit which includes participant manual, teaching notes, flash drive with program PowerPoint, handouts, and other related program materials; stuffed koala mascot)
- Training materials (handouts, exercises, giveaways, etc.)
- Printing, shipping, and processing of training materials to training site
- Supplies for training (art supplies, markers, tape, etc.)
Hosting Your Own Training

WEBINAR: How to Host Your Own Instructor Training: For Project AWARE-SEA and MHAT grantees

Oct 9th at 3:00 PM EDT

Register Here: https://attendee.gotowebinar.com/register/5278920645285166849.
FAQs: Becoming an Instructor

- Who can become an instructor?
- Who *should* become an instructor?
- What is the instructor’s role in teaching the course?
- What responsibilities do instructors have?
FAQs: Submitting an Application

- Does everyone need to submit an application to become an instructor?
- How does someone submit an application?
- When will the candidate hear back about their application?
- I found a list of future training dates but no venue locations, how do obtain venue location to make travel arrangements?
FAQs: Instructor Certification

- How are instructors certified?
- How do instructors maintain certification?
- If I am an instructor, may I certify other instructors?
- Can a certification be transferred to another personnel?
- Is the Spanish version of the Adult or Youth training available?
- Is the curriculum offered in other languages?
- What if the individual is seeking to become dual certified?
- Can I become certified in a curriculum module?
FAQs: Course Delivery

- Can instructors break the curriculum up into sections?
- Once someone is an instructor, how many people can they train at a time?
- How much time can elapse between these sections?
- Can an instructor teach the course alone, or does they need a training partner?
FAQs: Course Materials and Evaluation

How big a room is needed and how should it be set up?
Do I need to include resource lists?
Does every First Aider need a manual?
  > NOTE: once an individual becomes a certified instructor, they may purchase manuals
Does every participant need to complete an evaluation?
Can I cut slides or other exercises to fit into the 8 hours?
Additional Resources for Grantees

ียว Webpage for Grantees

ียว An email address has been specifically created for grantees: ProjectAWARE@thenationalcouncil.org.
QUESTIONS?

Please type your question in the designated box to your right. Thank you.
Contact Us

For More Information on Mental Health First Aid:

www.mentalhealthfirstaid.org

or

ProjectAware@TheNationalCouncil.org

We will respond to your inquiries within 48 hours.