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www.MentalHealthFirstAid.org

Project AWARE-SEA, MHAT and Mental Health First Aid: What's Next?

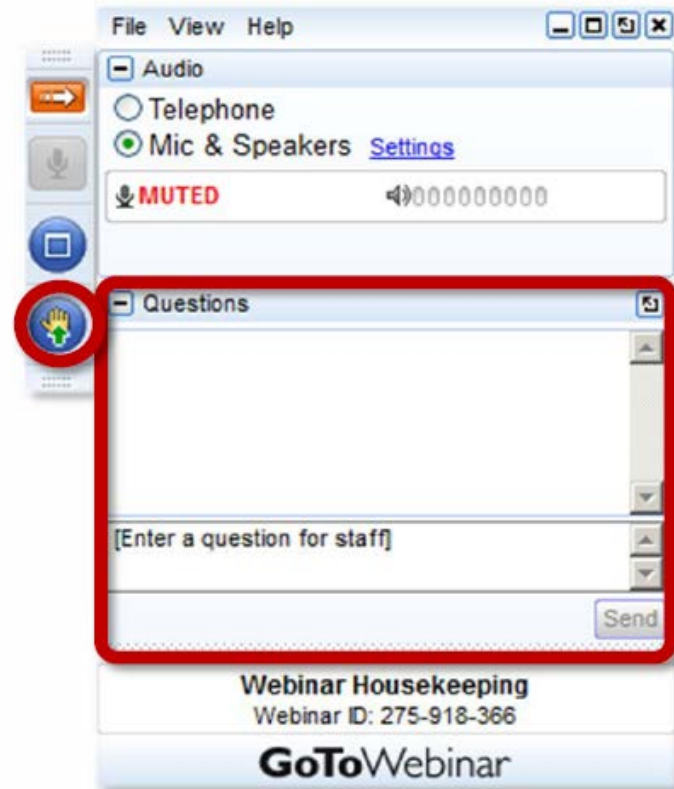
**An informational webinar for AWARE-SEA
and MHAT Grantees**

Tramaine EL-Amin, Assistant Vice President, Strategic Partnerships
National Council for Behavioral Health






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National Council for Behavioral Health

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






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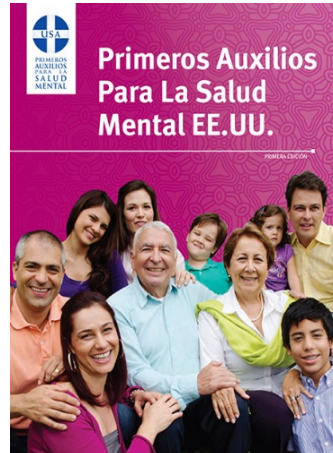
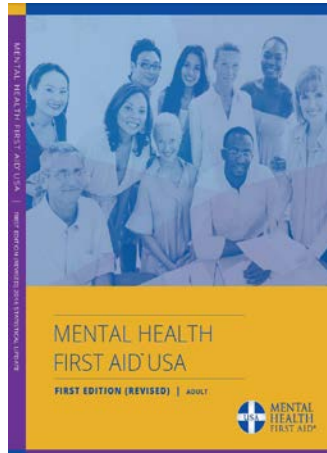
Overview of Mental Health First Aid (MHFA)

What is Mental Health First Aid?

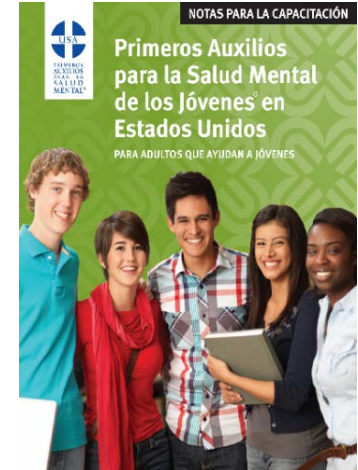
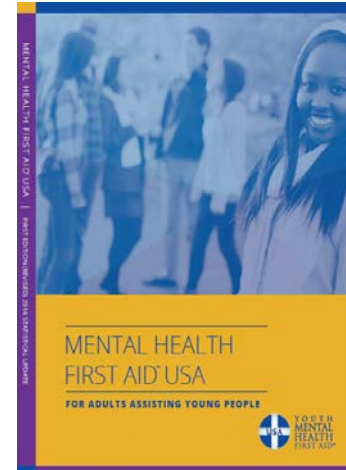
-  Help offered to a person developing a mental health problem or experiencing a mental health crisis
-  Given until appropriate treatment and support are received or until the crisis resolves
-  Not a substitute for counseling, medical care, peer support or treatment

Mental Health First Aid: Curricula and Curriculum Supplements

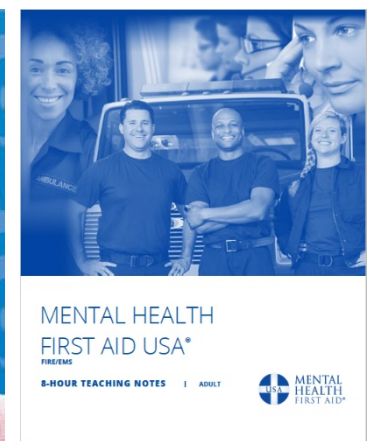
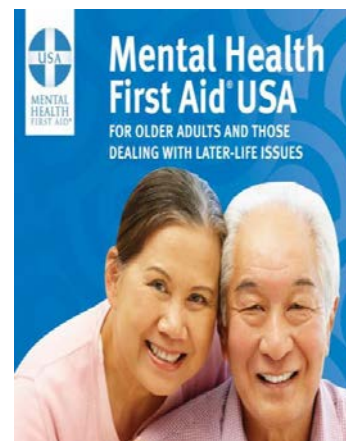
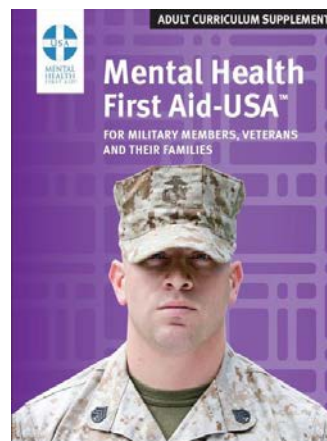
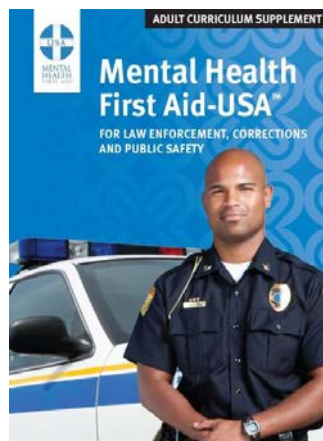
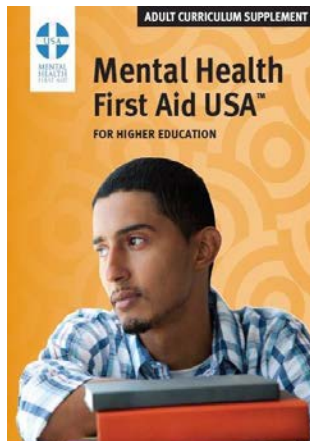
ADULT CURRICULA



YOUTH CURRICULA







ADULT 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

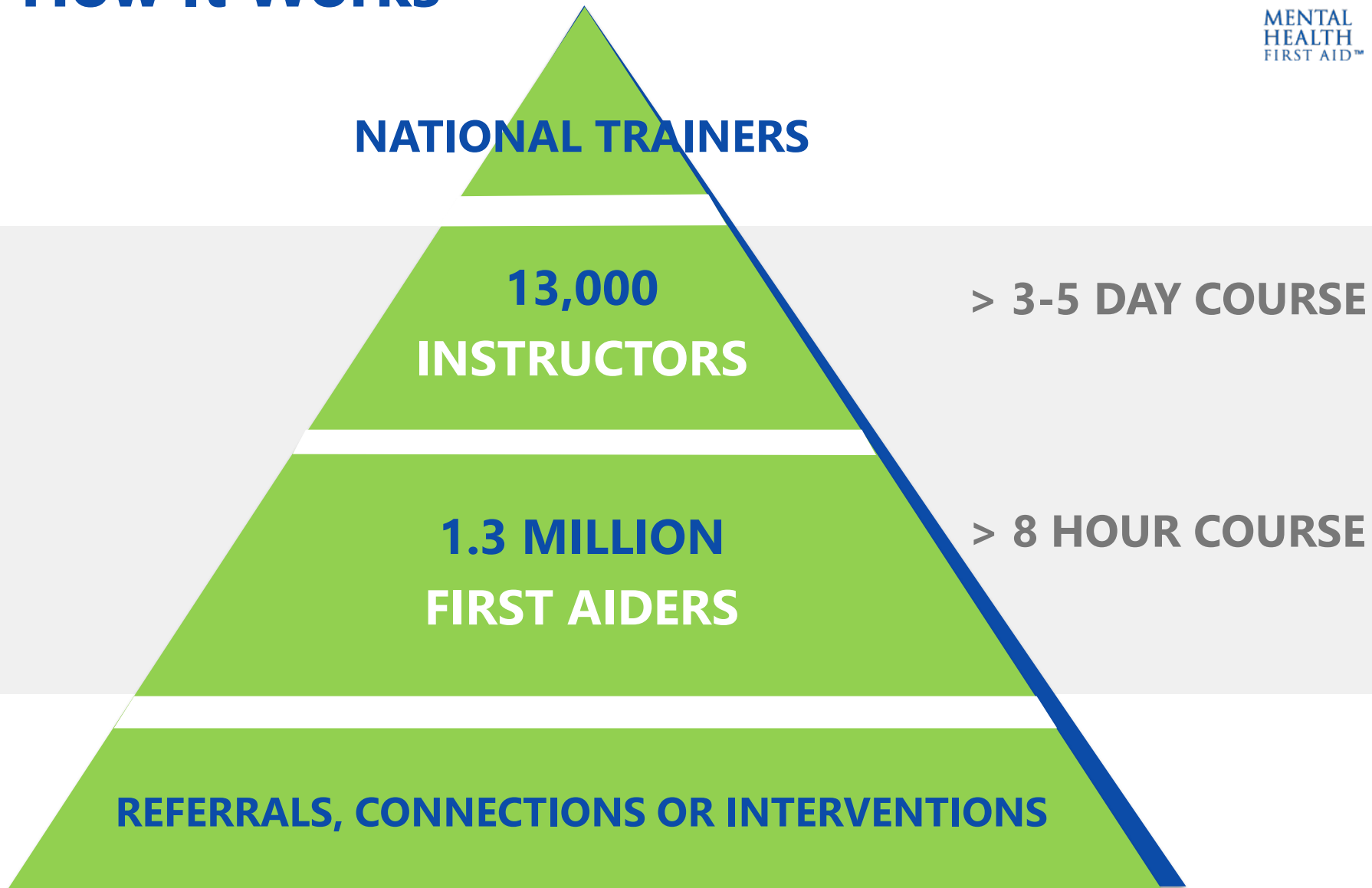
Youth Mental Health First Aid

-  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?

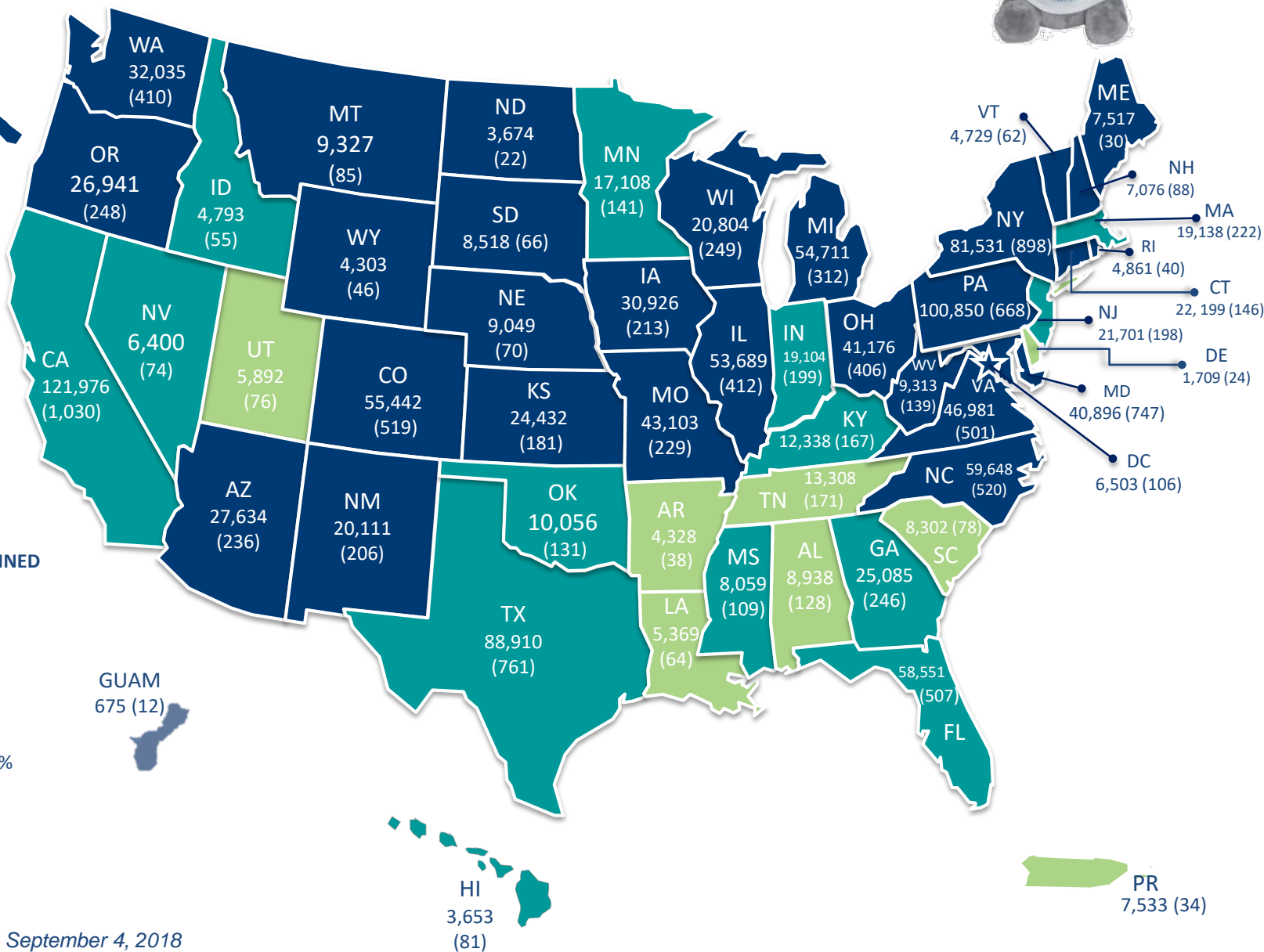
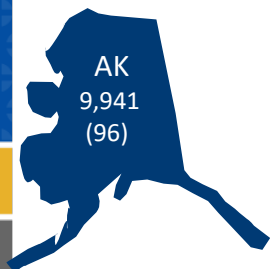
-  Mental health problems are common
-  Stigma is associated with mental health problems
-  Professional help is not always on hand
-  Individuals with mental health problems often do not seek help
-  Many people...
 - > are not well informed about mental health problems
 - > do not know how to respond

How It Works



ALGEE-OMETER

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



PERCENTAGE OF POPULATION TRAINED

- 0.3% or more
- 0.2%-0.29%
- 0.1%-0.19%
- 0.05%-0.09%
- Less than 0.05%





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Project AWARE-SEA and MHAT Mental Health First Aid Activities and Resources

Maryland and Missouri Grantees

-  Grantees in **Maryland** should visit the [Course Calendar](#) 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.
- > <https://www.mentalhealthfirstaid.org/aware-sea-mhat-grantees/>

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 Youth	Washington DC	
✚	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

Session Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:30	Registration / Breakfast	Arrival / Breakfast	Arrival / Breakfast	Arrival / Breakfast	Arrival / Breakfast
8:30 – 9:00	<ul style="list-style-type: none"> - Introductions - Organization - MHFA Course Session 1 (Part 1) 	<ul style="list-style-type: none"> - MHFA Course Session 2 (Part 1) 	<ul style="list-style-type: none"> - Structured Group Practice/ Coaching - 1 Instructor Candidate Presentation (per room) 	<ul style="list-style-type: none"> - 2 Instructor Candidate Presentations (per room) 	<ul style="list-style-type: none"> - Additional Coaching Time - 1 Instructor Candidate Presentation (per room)
9:00 – 10:15					
10:15 – 10:30	Morning Break	Morning Break	Morning Break		
10:30 – 12:00	<ul style="list-style-type: none"> - MHFA Course Session 1 (Part 1, cont.) 	<ul style="list-style-type: none"> - MHFA Course Session 2 (Part 1) - MHFA Course Session 2 (Part 2) 	<ul style="list-style-type: none"> - 1 Instructor Candidate Presentation (per room) 	<ul style="list-style-type: none"> - 2 Instructor Candidate Presentations (per room) 	<ul style="list-style-type: none"> - 1 Instructor Candidate Presentation (per room) - Marketing Presentation - Graduation
12:00 – 1:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	End
1:00 – 2:30	<ul style="list-style-type: none"> - MHFA Course Session 1 (Part 2) 	<ul style="list-style-type: none"> - MHFA Course Session 2 (Part 2, cont.) - Presentation structure and organization 	<ul style="list-style-type: none"> - Structured Group Practice/ Coaching - 3 Instructor Candidate Presentations 	<ul style="list-style-type: none"> - 2 Instructor Candidate Presentations (per room) 	
2:30 – 2:45	Afternoon Break	Afternoon Break			
2:45 – 4:30	<ul style="list-style-type: none"> - MHFA Course Session 1 (Part 2, cont.) 	<ul style="list-style-type: none"> - Structured Group Practice / Coaching 		<ul style="list-style-type: none"> - 2 Instructor Candidate Presentations (per room) 	

Instructor Certification Process

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

Session Times	MONDAY <Day 1>	TUESDAY <Day 2>	WEDNESDAY <Day 3>
8:00 – 8:30	Registration / Breakfast	Arrival / Breakfast	Arrival / Breakfast
8:30 – 10:45	<ul style="list-style-type: none"> • Introductions • Organization • MHFA course Session 1 (Part 1) 	<ul style="list-style-type: none"> • Unpack Curriculum 	<ul style="list-style-type: none"> • 2 Trainee Instructor Presentation
10:45 – 11:00	Morning Break	Morning Break	
11:00 – 12:30	<ul style="list-style-type: none"> • MHFA course Session 1 (Part 1 continued) • MHFA course Session 1 (Part 2) 	<ul style="list-style-type: none"> • Presentation structure and organization 	<ul style="list-style-type: none"> • 2 Trainee Instructor Presentation
12:30 – 1:00	Lunch Break	Lunch Break	Lunch Break
1:00 – 2:30	<ul style="list-style-type: none"> • MHFA Course Session 1 (Part 2 cont.) • MHFA course Session 2 (Part 1) 	<ul style="list-style-type: none"> • Structured Group Practice / Coaching 	<ul style="list-style-type: none"> • 3 or 4 Trainee Instructor Presentations
2:30 – 3:15	Afternoon Break	Afternoon Break	
2:30 – 5:30	<ul style="list-style-type: none"> • MHFA course Session 2 (Part 2) • MHFA course Session 2 (Part 2) cont. 	<ul style="list-style-type: none"> • 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

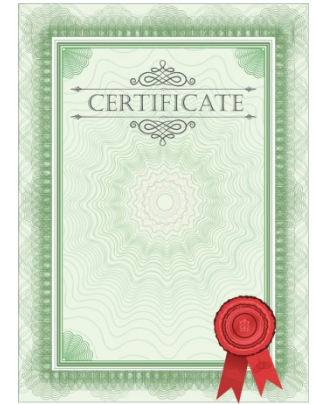
-  Who can become an instructor?
-  Who *should* become an instructor?
-  What is the instructor's role in teaching the course?
-  What responsibilities do instructors have?

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








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



Webpage for Grantees

> <https://www.mentalhealthfirstaid.org/aware-sea-mhat-grantees/>.



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.