



teen

MENTAL HEALTH FIRST AID® USA

Frequently Asked Questions

What is teen Mental Health First Aid (tMHFA)?

tMHFA is an evidence-based training that teaches teenagers the skills they need to recognize and help their friends with mental health and substance use problems and crises and how to get the help of an adult quickly. The course is designed to be delivered in high schools or other community sites by a trained teen Mental Health First Aid Instructor in three interactive classroom sessions of 75 minutes each or five sessions of 45 minutes each on non-consecutive days.

What are the requirements for implementing tMHFA?

Sites must agree to train one or more entire grade level of students (10, 11 or 12) or the entire group of young people in the setting. tMHFA training focuses on helping students connect with a trusted adult. Therefore, schools and organization sites offering the tMHFA are required to train at least 10 percent of their adult staff in Youth Mental Health First Aid. Sites are also encouraged to offer Youth Mental Health First Aid to parents and caregivers.

Who created tMHFA?

tMHFA was developed by Mental Health First Aid Australia. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals. The National Council adapted the training to make it relevant for American high school students with input from experts in adolescent mental health and young people across the country. The course was developed with support from Born This Way Foundation and Well Being Trust.

Is tMHFA being evaluated?

Yes, researchers from Johns Hopkins University Bloomberg School of Public Health are currently doing an initial evaluation of the tMHFA pilot.

Who is eligible to apply for the tMHFA Pilot Project?

High schools, youth serving organizations/ programs or organizations in partnership with a local high school are eligible to apply.

Can individuals apply to become tMHFA Instructors?

MHFA does not have opportunities for individual Instructors to become certified without a partnering school or organization at this time.



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What are the requirements for sites to apply to the tMHFA pilot?

To be considered sites must meet the following requirements:

- Commit to train an entire grade level during the 2019-2020 school year (10, 11 or 12).
- Demonstrate that a minimum of 10 percent of site staff are trained in Youth MHFA.
- Offer a Youth MHFA course to parents and caregivers in the school before tMHFA training begins.
- Provide pre-course information about tMHFA to parents, students and school staff.
- Provide follow-up support to students after each tMHFA session.
- Demonstrate that the site has protocols for staff to respond to a student in distress and has mental health professionals available to be onsite during the tMHFA training.
- Demonstrate capacity to implement the tMHFA program with fidelity.
- Participate in all evaluation components of the tMHFA Pilot Project.
- Identify qualified Instructor candidates to participate in a tMHFA Instructor training. MHFA USA recommends one Instructor per 100-150 students to be trained. The following is a list of tMHFA Instructor candidate qualifications:
 - Instructor candidates are required to have completed a Youth MHFA Course.
 - Should have direct experience working with high school students as school employees or as an employee of a partnering organization.
 - Must provide verification of a background check.
 - Must be available to attend a 3-day tMHFA Instructor training between July 15, 2019 - September 1, 2019.
- Sites must confirm the ability to pay tuition for tMHFA Instructor Certification. (See cost estimates.)



How much will it cost to implement tMHFA?

Initial Site Investment to Implement tMHFA	Cost
<p>Teen MHFA Instructor Certification and Implementation Support</p> <ul style="list-style-type: none"> tMHFA Instructor Orientation Webinar. 3-day in-person tMHFA Instructor training. tMHFA Training Materials (<i>PPT slides, videos, teaching notes</i>). tMHFA Implementation Toolkit (<i>includes resources to engage parents, students, and school staff before and after the training</i>). Access to tMHFA Instructor Portal including MHFA professional development opportunities. Access to tMHFA Learning Community. Team-based consultation sessions (via phone or virtual platform) with teen MHFA Consultant for 12 months to support successful implementation. Instructors will receive ongoing technical assistance from MHFA USA. 	<p>\$3,000 per Instructor for National Council members</p> <p>\$3,200 per Instructor for non-members</p>
<p>Instructor Travel to Training tMHFA Instructor trainings will be held in cities across the country between July 15, 2019 and September 1, 2019. MHFA USA will try to place Instructor candidates in training locations of their choice, but it may not always be possible.</p>	TBD
<p>teen MHFA Student Participant Manual</p>	<p>MHFA USA will provide all sites participating in the expanded pilot with a manual for each student they intend to train at no additional cost.</p>
<p>Optional Costs tMHFA student swag</p>	

****After the pilot, all sites will have to purchase student manuals.***

Where can I find the application to apply for the expanded pilot?

To apply please complete the [online application](#).

When is the application for the expanded pilot due?

Complete the application by May 24, 2019.



I have a question about the tMHFA expanded pilot application process. Where can I get more information?

Four webinars are scheduled to provide more information about the application process and respond to your questions. Join us on these dates:

- Wednesday, May 1 from 2 – 3 p.m. ET – [Register Here](#)
- Monday, May 6 from 12 – 1 p.m. ET – [Register Here](#)
- Tuesday, May 7 from 3:30 – 4:30 p.m. ET – [Register Here](#)
- Wednesday, May 8 from 11:30 – 12:30 p.m. ET – [Register Here](#)

How will pilot sites be selected?

MHFA USA has a committee that will review all applications and evaluate them based on the sites ability to meet the criteria detailed in the application.

If we are not selected for the pilot, will there be future opportunities to participate?

Sites not selected for the expanded pilot will be notified and waitlisted. There may be opportunities during the school year for additional sites to have Instructors complete the certification process and begin teaching.

I am not ready to apply for the tMHFA pilot now. When will the program be available nationally?

MHFA USA anticipates national availability by the 2020-2021 school year.

What can I do to prepare my community for supporting the program in the future?

Sites are encouraged to train at least 10 percent of staff in Youth MHFA to prepare for tMHFA.