Identifying Opportunities: Mental Health First Aid and Mental Health Awareness Training Grants

Friday, January 8, 2021 | 3-4 p.m. (ET)
Zoom Logistics

- Call in on your telephone, or use the computer audio option.
- If you are on the phone, remember to enter your Audio PIN.
Webinar Housekeeping

Questions? Type them in the Q&A

A recording of this webinar will be made available on the Mental Health First Aid website.
Presenters

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Agenda

I. Funding Announcement Overview
II. MHFA and Implementation Option Overview
III. Additional Application Resources
IV. Q&A
Attendee Poll

I am/represent an...

A) Organization with an existing Mental Health First Aid program and certified Instructors.

B) Organization with no Mental Health First Aid program or certified Instructors.

C) Independent certified Mental Health First Aid Instructor.

D) Unfamiliar with Mental Health First Aid and here to learn more.
We are the unifying voice of America’s health care organizations that deliver mental health and addictions treatment and services.

The National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery.

The National Council introduced Mental Health First Aid to the United States in 2008.
2.5 Million
Mental Health First Aiders
Trained!
Funding Announcement
Overview
Mental Health Awareness Grant (MHAT: SM-21-007)

*Please note:* If you are considering applying, be sure to complete the [registration process] as soon as possible.
Grant Highlights

- $17.7 million
- Up to 141 Awards
- Up to $125,000/year
- Up to 5 years

Audiences may include:
- School personnel
- Emergency first responders
- Law enforcement
- Veterans
- Armed services members and their families

DUE: February 5, 2021

SAMHSA MHAT FOA pp. 1, 10-11
Purpose

(1) Train individuals to **recognize the signs and symptoms** of mental disorders.

(2) Establish linkages with school- and/or community-based mental health agencies to **refer individuals** with the signs or symptoms of mental illness to appropriate services.

(3) Train emergency services personnel, law enforcement, fire department personnel, veterans and others to identify persons with a mental disorder and employ **crisis de-escalation** techniques.

(4) Educate individuals about **resources that are available in the community** for individuals with a mental disorder.
Eligibility

- Domestic public and private **nonprofit** entities.
- State **governments and territories**.
- **Governmental units** within political subdivisions of a state, such as a county, city or town (e.g., local education agencies, law enforcement agencies, fire department, emergency medical units).

**Not Eligible:*** Recipients of FY 2020 and 2019 SM-18-009 Mental Health Awareness Training funding

- **Federally recognized American Indian/Alaska Native (AI/AN) tribes**, tribal organizations, Urban Indian Organizations, and consortia of tribes or tribal organizations.
- **Community- and faith-based organizations**, including those that serve veterans, armed services personnel and their families.
- Public or private **universities and colleges**.

*SAMHSA MHAT FOA pp. 10-11*
SAMSHA Resources

- **SAMSHA FY 2021 MHA Grant Announcement**
  Mental Health Awareness Training grants announcement (SM-21-007)

- **Training Events, Videos, and Reference Materials for Applicants and Grantees**

- **FOA Applicant Webinar Presentation (PDF | 7.4 MB)**
  PDF:  [https://www.samhsa.gov/sites/default/files/applicant-webinar-generic.pdf](https://www.samhsa.gov/sites/default/files/applicant-webinar-generic.pdf)
  Recording:  [https://www.youtube.com/watch?v=cm2txIaYfQQ&feature=youtu.be](https://www.youtube.com/watch?v=cm2txIaYfQQ&feature=youtu.be)

  *MHAT FOA Program Questions:*
  Maryann.Robinson@samhsa.hhs.gov

  *MHAT FOA Budget Questions:*
  FOACMHS@samhsa.hhs.gov
Where Mental Health First Aid Fits: Mental Health Awareness Training (MHAT) Grants

- Target Population(s).
- Evidence-based training.
- Community resources, supports and materials.
- Referral and tracking process.

- Licensed mental health provider organization.*
- Mental health awareness training plan.
- Building collaborative partnerships.

Find A Provider feature on TheNationalCouncil.org
MHFA Resources

NATIONAL COUNCIL EMAIL: MHFA_SAMHSA@TheNationalCouncil.org

Mental Health First Aid Funding Opportunities Page

SAMHSA MHFA 2021 FOA Summary
Overview - January 2022

<table>
<thead>
<tr>
<th>TITLE</th>
<th>Mental Health Awareness Training Grants (MHFA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DUE DATE</td>
<td>March 8, 2022</td>
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<tr>
<td>TOTAL FUNDING</td>
<td>$1,000,000</td>
</tr>
<tr>
<td>NUMBER OF AWARDS</td>
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</tbody>
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PURPOSE

1. Train individuals (e.g., school personnel, emergency first responders, law enforcement, veterans, armed services members and their families) to recognize the signs and symptoms of mental disorders, particularly serious mental illness (SMI) and/or serious emotional disturbance (SED).

2. Establish linkages with school- and/or community-based mental health agencies to refer individuals with the signs or symptoms of mental illness to appropriate services.

3. Train emergency services personnel, law enforcement, the department personnel, veterans and others to identify persons with a mental disorder and employ crisis de-escalation techniques.

4. Educate individuals about resources that are available in the community for individuals with a mental disorder. It is expected that this program will prepare them and/or others to appropriately and safely respond to individuals with mental disorders, particularly individuals with SMI and/or SED.

Eligible applicants are domestic public and private non-profit entities. For example:

- States, governments and territories (the District of Columbia, Guam, the Commonwealth of the Northern Mariana Islands, the Virgin Islands, the District of Columbia, the Commonwealth of the Northern Mariana Islands, Guam, the District of Columbia, the Northern Mariana), the Republic of the Marshall Islands, and the Republic of Palau).
MHFA Program Overview and Implementation
Mental Health First Aid® is the help offered to a person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

*Mental Health First Aid® does not teach people to diagnose or to provide treatment.*
Why Mental Health First Aid?

**Identify** individuals experiencing signs and symptoms sooner.

**Inform** individuals and their families of local supports available in their community.

**Improve** coordination with existing mental health supports and resources.
Curricula Overview

- **Risk factors and warning signs** of mental health and substance use problems.

- **Information** on anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.

- **A 5-step Action Plan** to help someone who is developing a mental health problem or is in crisis.

- Available evidence-based professional, peer and self-help resources.
Learning Techniques and Tools

Instructional strategies are the techniques that instructors use to facilitate learning and knowledge transfer. The following instructional strategies are used within the course:

- Lecture
- Guided Discussion
- Small Group Discussion
- Gallery Walk
- Roleplaying
- Action Planning
- Debriefing
- Guided Self-care Exercise
- Modeling Best Practices
- PowerPoint Presentation
- Video
- Imagery
- Manuals
- Multiple Delivery Methods (Blended Learning)
- Standard Icons
- Participant Processing Guides
Curricula Options

**CURRICULA**
- **Adult** Mental Health First Aid  
  18+  
  ENGLISH and SPANISH
- **Youth** Mental Health First Aid  
  Adults → K-12  
  ENGLISH and SPANISH
- **Teen** Mental Health First Aid  
  Teens → Grades 10-12

**MHFA DELIVERY PATHWAYS**
- **In-Person**  
  6.5-8 hours  
  ADULT/ YOUTH/ TEEN
- **Virtual**  
  2 hours self-paced + 6 hours video conference  
  ADULT/ YOUTH/ TEEN
- **Blended**  
  2 hours self-paced + 4 hours in person  
  ADULT/ YOUTH
Adult Curriculum Supplements

- Customized outreach to specific audiences
- Tailored content including scenarios
- Population-specific resources and statistics
- Cultural Considerations Guides
teen Mental Health First Aid Course Outline

Mental Health and Mental Health Challenges
Impact of Mental Health Challenges
Professionals who can Help and Types of Help
Your Role as a teen Mental Health First Aider
Learning the tMHFA Action Plan

Using the Action Plan to Help a Friend Experiencing a Crisis
Using the Action Plan to Help a Friend Experiencing a Mental Health Challenge

School, Community and National Resources
Two evaluations, including one randomized controlled trial, of the Australia teen Mental Health First Aid program showed that students:

1. Demonstrated increased mental health literacy.
2. Were more confident helping a peer with a mental health problem.
3. Viewed seeking help from mental health professionals (school counselors, therapists, etc.) more positively.
4. Reported less psychological distress after receiving the tMHFA training.
Curricula Enhancements

- Manual Updates
- Participant Processing Guides
- Centralized Crisis Sections
- Cultural Considerations
- Impact of Trauma
- Recovery
- Self-Care
Course Timing*

Adult
- In-person*: 8 hours
- Blended: 2 hours + 4.5 hours
- Virtual: 2 hours + 5.5 hours

Youth
- In-person*: 6.5 hours
- Blended: 2 hours + 4.5 hours
- Virtual: 2 hours + 4.5-5 hours

* All timing includes 30 minutes of break time. We recommend adding cushion time.
Course Timing

**tMHFA**
- In-person*: 8 hours
- Blended: 2 hours + 4.5 hours
- Virtual: 2 hours + 5.5 hours

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**Why teen Mental Health First Aid?**

Teen Mental Health First Aid teaches high school students how to identify, understand and respond to signs of mental illness and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary. It is designed to be delivered in schools or community sites in three interactive two-hour sessions of 66 minutes each or six sessions of 45 minutes each.

Schools and organizations offering the training are required to train at least 19 percent of adult staff in Youth Mental Health First Aid and to train the entire grade level. A critical step in the teen Mental Health First Aid action plan is connecting with a trusted adult. Youth Mental Health First Aid trains adults to be prepared to help young people facing a crisis.

**WHAT IT COVERS**
- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- How to prevent conversation about mental illness and addiction with friends.
- The impact of school violence and bullying on mental health.
- How to be the kind of a responsible and trusted adult.

**WHO SHOULD TAKE IT**
- High school students in grades 9, 10, 11 and 12.
- High school, organizations (including with a high school and youth-serving organizations) eligible to teach teen UMHFA to students.

**TO LEARN MORE ABOUT TEEN MHFA, VISIT MHFA.org/teen**

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*Schools offering this training can save lives, families and communities. Regardless of how fragile, silent or popcorn-mince serious on the outside, everyone is fighting battles we have no idea about. UMHFA taught me that sometimes we need a reminder of what is important and the tools to make that a priority." - Katie Sandoval, teen Mental Health First Aid
MHFA Longitudinal Research and Evidence

- Increases in **confidence** and **likelihood** to perform the Mental Health First Aid Action Plan.
- People with minimal or no past mental health training gained the most knowledge.
- Increases in **referrals** and **assessing suicidality** and **safety**.
- Positive change in their attitudes and beliefs towards mental illness, demonstrating a **reduction in stigma**.

3 and 6 months post-training
Youth MHFA: Research and Evidence

Independent research in 2018 from the University of Central Florida shows Youth MHFA works for educators. Teachers who took the training showed:

▲ Increased mental health **literacy**.

▼ A **reduction in negative attitudes** toward youth with mental health concerns.

▲ Increased **confidence** in their ability to identify and respond to students with mental health problems.

▲ Increased **intentions to engage** in help-seeking behavior with high-risk students.
National Strategic Growth

Federal Grant Programs

- 2014-2019: NITT Project AWARE (SEAs), Local Education Agencies (LEAs)
- 2019: Mental Health Awareness Training Grants (MHAT)

Regional, Statewide and Municipal

- Philadelphia: 20,000+ Trained
- New York City: 250,000 Pledge
Case Studies: Local Implementation Models

Filter by Industry

Key Word Search
Implementation Options

There are several methods for organizations and individuals wishing to expand or initiate Mental Health First Aid training in their community:

- Engage the existing Instructor network.
- Compensate existing local Instructors to complete teen Mental Health First Aid and Youth Mental Health First Aid training through the proposed initiative.
- Support selected staff in obtaining Instructor certification.
How to Find Area Courses or Instructors

1. Go to MHFA.org and click “Find a Course.”

2. Search by City, State or by ZIP code and select the search area (“Distance from Me”).

3. A list of courses will appear. Click “Download to Excel” to download search results.

4. To see a list of Instructors, click the Instructors tab. If desired, filter Instructors by Certification. Click “Download to Excel” to download search results.
Implementation Models
County- and Population-based Initiatives

MHFA is embedded as one of the 6 Primary Initiatives of the Montgomery County, Ohio, Alcohol Drug Addiction and Mental Health Services in Dayton with thousands trained in a 9-county region since 2014.

Jacksonville (Florida) Nonprofit Hospital Partnership including Baptist Health, Brooks Rehabilitation, Mayo Clinic, St. Vincent’s HealthCare and UF Health Jacksonville partnered with local government and have trained 6,000+ first responders and residents in MHFA with a goal of training 10,000 in the 5-county area.

King County, Washington, funds 53 initiatives through a Mental Illness and Drug Dependency 1/10 of 1% tax and has a goal of reaching at least 10,000 residents with Mental Health First Aid.
Implementation Models
Department-wide Training

“This year we’ve made MHFA a mandatory class for all of our county public health employees. We’ve received positive feedback about how course strategies might positively impact interactions with the public and/or with colleagues/family/friends.”

--Mental Health First Aid Instructor, Jefferson County (Colorado) Public Health
New Films

Substance Use Crisis:
Frida’s Story

Recognizing Risk and Promoting Protective Factors
Fidelity Requirements: Virtual and Blended

**Content (V, B)** Participants must complete the self-paced course prior to participating in the Instructor-led training. Online manual included. Print manual optional.

**Delivery (V)** Two certified Instructors for a maximum audience of 20 participants. One certified Instructor for a maximum audience of 10 participants.

*Having a certified First Aider or a mental health professional helping to monitor participants can increase to maximums to 30 and 20, respectively.

**Safety (V)** Instructors required to set-up a “Virtual Hallway” breakout room.
Instructor Trainings

- Identify qualified staff members with experience training or teaching adult learners within the organization and send a pair or small group to an Instructor certification training.

- Host an onsite/virtual Instructor training.

- Assemble a large cohort of up to 30 (in person) or 16 (virtual) qualified participants and contract with National Council to bring the Instructor certification training to your organization.
Maryland and Missouri Instructor Training

- Applicants in **Maryland**: Contact MHFATraining@mhamd.org or 443-901-1550 for further assistance. *These trainings are open only to in-state residents.*

- Applicants in **Missouri**: Visit our state partner’s website (MHFAMissouri.org) to apply for in-state Instructor trainings. *These trainings are open only to in-state residents.*
MHFA Instructor Training Pricing

3-Day or 5-Day Training*

- **Per Instructor:** $2,200

- **Host Site Instructor Training Fees:**
  - **Flat fee:** $38,000 for an on-site 5-day Instructor training for up to 30 people maximum.*
  - **Flat fee:** $26,000 for an on-site/virtual 3-day Instructor training for up to 16 individuals.*

- **Existing Instructors Transitioning to Virtual Delivery**
  - $150 per person for Instructor LMS access + integrated Zoom license.

- **Curricula Modules (Self-Paced Virtual Delivery)**
  - $150 per Adult-certified instructor for Instructor LMS access + integrated Zoom license

*Please note that all Instructor trainings are currently conducted in a virtual format.
First Aider Materials Pricing

Virtual

Virtual or Blended Learning
(2-hour, self-paced course and 5.5-hour instructor-led course)
• $28.95–$23.95* includes LMS access and digital participant manual

In-Person* (Adult/Youth)
• $18.95 per participant includes participant manual and Processing Guide
Questions?

Type in your questions in the Q&A/Chat feature.
Thank You

Please take a moment to share your feedback in the post-webinar survey.

All registrants will receive a copy of today’s slides and a link to the recording.

Contact Us: MHFA_SAMHSA@TheNationalCouncil.org