

Bring teen Mental Health First Aid to NJ

Submission Instructions

The application will open on July 26, 2021, 9:00 a.m. ET. Applications must be submitted [online](#).

Completed applications must be submitted online by August 20, 2021, 11:59 p.m. ET.

Please be sure to complete each of the following application components before submitting your application:

- Part I: Contact and Organization Information
- Part II: Short-answer Questions
- Part III: teen Mental Health First Aid (tMHFA) Training Questions
- Part IV: Attachment and Key Dates

Note: Only applications that are complete and submitted will be reviewed.

This application should take approximately 20 minutes to complete. It should be completed by an employee familiar with your school or organization's workforce training and general mental health support. The application does not have to be completed in one sitting; your responses can be saved as needed.

Please contact NJTeenMHFA@TheNationalCouncil.org with any questions related to this application, or visit the [New Jersey tMHFA website](#) for more information.

Because of the large volume of applications we expect, preference will be given to schools and organizations that can meet the criteria of implementing tMHFA with fidelity, can follow all required safety protocols, and who are looking to implement a mental health or social-emotional learning program for students, along with schools and organizations serving communities in higher-need areas.

Overview

The National Council for Mental Wellbeing invites you to apply for a new learning opportunity for schools and youth-serving organizations across New Jersey. This is a two-year initiative that will run through September 2023. The 50 selected sites will be asked to commit to Year 1 of the project through the 2021-2021 school year. After Year 1, sites will be given the opportunity to apply to join a smaller cohort of 25 sites for Year 2.

About teen Mental Health First Aid: tMHFA is an evidence-based training program for teens in grades 10-12, or ages 15-18, that teaches teens how to identify, understand and respond to signs and symptoms of mental health and substance use challenges among friends and peers. [Learn more about tMHFA.](#)

Eligibility Requirements:

- Must be a school or youth-serving organization in New Jersey.
- Must be able to implement tMHFA for teens in grades 10-12, or ages 15-18. At this time, grade 9 and post-secondary students are not permitted to participate.
- Must be able to meet the criteria of implementing tMHFA with fidelity:
 - If teaching at a school, the course should be taught to an entire grade level of students (not individual classes) in the school. If teaching at a youth-serving organization or program, the course should be taught to an entire group of students at the youth-serving organization or program.
 - Schools and organizations should seek to have approximately 10% of staff at the site trained in Mental Health First Aid (MHFA) for Adults Assisting Youth (YMHFA). This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use challenge and help connect them to the appropriate care. The National Council will assist in meeting this goal by providing training for up to 20 adults per school or organization.
 - The school or organization offering the training must have a safety protocol in place to ensure student safety, including how to respond to a teen who's in distress and indicates a need for follow-up.
 - The course should be taught in classes of approximately five to 30 teens on non-consecutive days. The program should not be taught in large, assembly-style sessions.
- Participation in a virtual, professional learning community for the certified tMHFA Instructors and their implementing teams. This opportunity will provide Instructors and their teams with a space for peer-to-peer support. It will also support them in creating safe and supportive learning environments by exploring content such as trauma-informed classroom strategies, culturally responsive teaching and best practices for affirming the identities of diverse adolescents. The learning community will run from October 2021–June 2022.
- Commitment by your school or organization's leadership and any other key stakeholders to implement this training and for participation in the virtual, professional learning collaborative.

Part I. Contact and Organization Information

1. Name of Person Completing the Application, Role, Email and Phone
Name of Person who will be Site Point of Contact (if different from above), Role, Email and Phone (Optional). *Site point of contact is the individual who helps support scheduling of trainings and implementation if selected.*
2. Name, Address and Website of Applying Site
3. Which of the following best describes the organization?
 - a. High School
 - b. Certified Community Behavioral Health Clinic (CCBHC)
 - c. Mental Health and Substance Use Treatment Organization
 - d. Other Organization Serving Youth in Grades 10-12
4. County
5. If the organization is a school, is it:
 - a. Public
 - b. Private
 - c. Other (please describe)
6. If the organization is a school, which New Jersey school district is it located in?
7. If the organization is a CCBHC, mental health or substance use treatment organization or other youth-serving organization, which ZIP codes do you primarily serve within New Jersey?
8. Please provide the organization name and address where you will be teaching tMHFA (if different from above). (Optional)
9. County where you will be teaching tMHFA (if different from above). (Optional)
10. If you will be working with a partner organization to teach tMHFA, what type of organization are you partnering with? (For example, a certified community behavioral health clinic may partner with a school to teach tMHFA in the school.)
 - a. School
 - i. Which school district in New Jersey?
 - ii. Is the school: public, private or other?
 - b. Organization that serves or works with youth
 - i. What ZIP codes do they primarily serve within New Jersey?
 - c. We are not planning to partner with another organization to deliver tMHFA training.

11. Total number of youth in grades 10-12 (or ages 15-18) served at the organization where tMHFA will be taught
12. Number of staff employed
13. Is the organization where tMHFA will be taught located in a rural, suburban or urban environment?

Part II: Short Answer Questions

14. Please describe the youth population, including racial or ethnic makeup, socioeconomic status, students with disabilities and primary languages spoken at the organization/school where tMHFA will be taught. (200 word maximum)
15. Please provide a description of the existing mental health support infrastructure at the organization/school where tMHFA will be taught. Include a brief description of any mental health professionals on-site and policies or protocols in place for responding to youth in crisis. (200 word maximum)
16. Does your organization/school offer any mental health education or social-emotional learning programs? If so, please list the programs and/or resources.
17. Please describe the need for tMHFA training for the young people in your organization/school, including the impact of the COVID-19 pandemic on access to mental health services. (200 word maximum)
18. Overall, what do you hope to gain from being involved in this initiative? (200 word maximum)
19. Describe the level of commitment to implement this training by your school or organization's leadership and any other key stakeholders, including the partner organization, if applicable. (200 word maximum)

You have the option submit an audio or video response here for the short-answer questions on this tab instead of written responses. Your audio or video response should answer all of the questions above.
(Optional)

Section III: tMHFA Training Questions

20. Please describe your motivation for applying to this initiative for your organization/school to implement tMHFA training for youth. (Check all that apply)
- a. We have no financial resources to provide mental health training at our organization.
 - b. We have some financial resources for mental health training, but they are insufficient.
 - c. We do not offer any mental health trainings at our organization.
 - d. We offer some mental health trainings at our organization, but they are insufficient/more are needed.
 - e. Many of the young people we serve are living with mental health issues.
 - f. We want to access to resources and tools to support our youth.
 - g. We want to engage in the peer-to-peer learning opportunity during the 2021-2022 school year to create safe and supporting learning environments for our youth.
 - h. Staff are eager to be trained and engaged in the initiative to support the youth we serve.
 - i. Other (open text box)
21. Are any staff at the organization/school where tMHFA will be taught trained in Mental Health First Aid (MHFA) for Adults Assisting Youth (YMHFA) or certified tMHFA instructors? (Check all that apply)
- a. Yes, trained in YMHFA
 - i. If yes, what percent of total staff or how many staff members are trained?
 - b. Yes, certified tMHFA instructors
 - i. If yes, how many staff members are trained?
 - c. No
22. If implementing at a school, sites must agree to train at least one entire grade level (grade 10, 11 or 12). If implementing at a youth-serving organization or program, sites must agree to teach an entire group of teens ages 15-18 in that setting. Please note at this time, grade 9 and post-secondary students are not permitted. Do you agree to meet these requirements?
- a. Yes – We will train at a school and train at least one grade level.
 - b. Yes – We will train at a youth-serving organization or program and train an entire group of teens in that setting.
 - c. We have a different circumstance that we would like to propose to the reviewers.
 - i. Please describe. (200 word maximum)
 - d. No
23. Which group(s) do you intend to train? Check all that apply.
- a. Grade 10/age 15-16
 - b. Grade 11/age 16-17
 - c. Grade 12/age 17-18

24. How many teens are included in the group(s) you identified in the previous question? (Groups of any size will be considered.)
25. Will your site be able to meet the following criteria if selected? (Check all that apply.):
- Identify two adult staff to be trained as tMHFA instructors. (Training to take place between October 2021 and December 2021.)
 - Identify up to 20 staff to be trained in YMHFA over the next year. (Training will be provided by the National Council.)
 - At least two adults will be always present while the training is taking place with youth in the classroom.
 - Identified instructors and implementation teams will attend professional learning community sessions over the 2021-2022 school year.
26. Please describe any challenges or barriers to meeting anything in the previous question.

Part IV. Attachment and Key Dates

27. Please attach a signed letter from leadership (e.g., principal, executive director) from your organization/school and your partner organization/school (if applicable) indicating their support for participation in this initiative. Please include in the letter your site's commitment to teaching the course with fidelity and abiding by the requirements found on the webpage, and identify two Instructors and their current roles at the site. (200 word max)

Application Deadline: August 20, 2021, 11:59 p.m. ET

Notification of Selection Status: September 20, 2021

Orientation: Selected sites attend one of the orientation sessions

September 29, 2021, 10:00 a.m. – 11:00 a.m. ET

October 4, 2021, 4:00 p.m. – 5:00 p.m. ET

☐ The point of contact for my school and identified instructors have saved the orientation date on their calendar and plan to attend if our school or organization is selected to participate.