

New Jersey teen Mental Health First Aid Initiative FAQ

Mental Health First Aid

- **What is Mental Health First Aid?**
 - a. Mental Health First Aid is a skills-based training that teaches participants how to identify, understand and respond to signs and symptoms of mental health and substance use challenges.
- **What is teen Mental Health First Aid (tMHFA)?**
 - a. tMHFA is a training program developed by the [National Council for Mental Wellbeing](#) in partnership with [Born This Way Foundation](#). It teaches teens in grades 10-12, or ages 15-18, about common mental health and substance use challenges and crises, and how they can help their friends who are struggling, whether that means offering a shoulder to lean on or bringing in outside help. tMHFA empowers teens to speak up, take action and get help when it's needed from a trusted adult.
- **Is tMHFA for teens or adults?**
 - a. tMHFA is a training for young people in grades 10-12, or ages 15-18. It teaches them how to help themselves and their peers with mental health challenges. tMHFA Instructor Training allows adults to become certified tMHFA Instructors so they can deliver the tMHFA program to teens. *Teens are not trained to be Instructors.*
- **What is Youth Mental Health First Aid (YMHFA)?**
 - a. YMHFA is a training for adults who work with adolescents (ages 6-18). Adults learn how to identify, understand and respond to signs and symptoms of mental health and substance use challenges in youth. In order to teach tMHFA to teens, schools or organizations should seek to have approximately 10% of staff at the site trained in YMHFA. This will increase the capacity of staff members to adequately address any mental health and substance use challenges among teens.
- **Is training virtual or in person?**
 - a. It depends on the program. tMHFA Instructor training is delivered virtually. This certifies Instructors to deliver the in-person tMHFA delivery model to teens. Instructors will be prepared to teach tMHFA training in person. YMHFA training is taught virtually.
- **If I'm not selected through this opportunity, can I still bring tMHFA to my school or organization?**
 - a. Yes! Schools and organizations interested in bringing tMHFA to their young people beyond this opportunity can learn more by visiting www.MHFA.org/teens.

Program Logistics & Contract

- **Does this opportunity provide financial support to train staff and students?**

If selected through this opportunity, the National Council will provide the following at no cost:

 - a. tMHFA Instructor Training for two qualified adults.

- b. Materials for in-person training for teens.
 - c. Pre- and post-tests to distribute to teens before and after trainings.
 - d. YMHFA training for up to 20 adults per school or organization.
 - e. Consultation and technical assistance to help each school or organization implement tMHFA throughout the year with fidelity.
 - f. A professional learning community for certified tMHFA Instructors and their implementing teams with monthly virtual events during the 2021-2022 school year.
 - g. A stipend for participating in the learning community.
 - h. Access to mental health resources.
 - i. Peer-to-peer sharing and collaboration.
- **How much is the stipend?**
 - a. Each of the 50 sites selected for this opportunity will receive a stipend of \$1,000 for participation in the virtual, professional learning community. Sites can use this to support participation in the professional learning community or other time implementing tMHFA.
 - **When will the Instructor Training take place?**
 - a. tMHFA Instructor Trainings will be held October – December 2021 for selected sites.
 - **Why do I have to sign a Contract/Memorandum of Understanding (MOU)?**
 - a. In order to teach tMHFA to your young people, schools and organizations must sign a contract/MOU with the National Council for Mental Wellbeing to commit to teaching the program with fidelity and agree to specific safety requirements.
 - **Are you doing any research through this opportunity that requires parental permission?**
 - a. The National Council will conduct surveys before and after tMHFA training, as well as six months post training. We do not anticipate that any of our research will require parental permission.
 - **Is this a one-time opportunity or can I be a host site every year moving forward?**
 - a. For this opportunity, there will be 50 selected sites for Year 1 (2021-2022 school year). After Year 1, those sites will have the opportunity to apply to join a smaller cohort of 25 sites for Year 2 (2022-2023).
 - **Is there a minimum number of students we have to train?**
 - a. There is no minimum number of students that must be trained through this opportunity. It is recommended to train 5-30 teens at a time within a classroom setting. If you are a school, you must train an entire grade level.
 - **Is there a limit to the number of students we can train?**
 - a. There is not a limit on the number of students who can be trained, though the training should be done with 5-30 teens at a time and no in assembly-style gatherings. Through this opportunity, selected sites will receive materials for training approximately 250 teens per site during the 2021-2022 school year. The National Council will work with selected sites that anticipate training more than 250 teens to plan for additional materials with the site. Sites of any size are eligible to apply. Sites of any size are eligible to apply.
 - **Can we train more than one grade level?**

- a. You may train multiple grade levels provided that the entire cohort of students is trained. If at a youth-serving organization, you must train the entire group of students.

Eligibility

- **Do you have to be a school district or nonprofit that primarily serves youth to be eligible for this program?**
 - a. teen Mental Health First Aid is a program for teens in grades 10-12, or ages 15-18, only. Please email NJteenMHFA@TheNationalCouncil.org to discuss your situation and determine eligibility.
- **Is this opportunity only for sites in New Jersey?**
 - a. Yes, this opportunity is made possible by funding from the New Jersey Pandemic Relief Fund through the Community Foundation of New Jersey and is open only to sites in New Jersey. Schools and organizations in other states interested in bringing tMHFA to their young people can learn more by visiting www.MHFA.org/teens.
- **Can I apply if I'm from an out-of-school youth alternative high school?**
 - a. Yes. This opportunity and tMHFA is not limited to traditional high schools. tMHFA can be taught at any site with young people in grades 10-12, or ages 15-18. We encourage and hope for diverse applicants. Please email NJteenMHFA@TheNationalCouncil.org if you have questions about your specific site's eligibility.
- **Can community providers who already do MHFA training partner with schools to bring the program to a school together?**
 - a. Yes.

Application

- **Where can we apply?**
 - a. Apply [online](#) until August 20, 2021, at 11:59 p.m. ET.
- **What does the application look like?**
 - a. You can review the [application questions](#) in advance. The application has four parts and should take approximately 20 minutes to complete. It can be saved as you go, so it doesn't need to be completed at one time.
- **Who should complete the application?**
 - a. The application should be completed by an employee familiar with the school or organization's workforce training and general mental health support.
- **What should I do if my school district requires board of education approval prior to applying for grants?**
 - a. Please email NJteenMHFA@TheNationalCouncil.org to discuss any barriers to program application and implementation. We will work with you to create solutions!

Site Selection

- **Is the application first come, first served?**
 - a. No. All applications will be reviewed after August 20, 2021, at 11:59 p. m. ET and sites will be notified the week of September 20, 2021.
- **What criteria will be used to select the 50 sites?**
 - a. All sites must complete the full application to be reviewed. Preference will be given to schools and organizations that can implement the program with fidelity. Preference will also be given to schools and organizations serving young adult communities in higher-need areas.
- **If we are not selected in Year 1, the site can reapply for Year 2?**
 - a. Not for this program. For this opportunity, there will be 50 selected sites for Year 1 (2021-2022 school year). After Year 1, only those sites will have the opportunity to apply to join a smaller cohort of 25 sites for Year 2 (2022-2023 school year).
- **How many applicants are you going to select? Would it be for the school year 2021-2022?**
 - a. For this opportunity, there will be 50 selected sites for Year 1 (2021-2022 school year). After Year 1, those sites will have the opportunity to apply to join a smaller cohort of 25 sites for Year 2 (2022-2023 school year).
- **Can sites that apply but are not selected still request to have an Instructor host a tMHFA training?**
 - a. Yes. To learn more about how to bring tMHFA to your school or organization beyond this opportunity, visit www.MHFA.org/teens. If you are not selected as a site through this opportunity and do not have the funds to send your own Instructors to a tMHFA Instructor training, please email NJteenMHFA@TheNationalCouncil.org. The National Council can provide you with a list of certified tMHFA Instructors in your area who may be able to train the teens at your school or organization.

tMHFA Site Experiences

- **How have schools or organizations implemented tMHFA? Did they teach during classes?**
 - a. Sites that choose to implement tMHFA in a school setting have typically chosen classes where teens are in the same grade level (Ex: 10th grade English, 12th grade Social Studies, etc.). Some sites have assigned teens into groups and staggered class periods they missed so it wasn't the same class being missed each week of the training. If selected through this opportunity, the National Council will support you as you determine the best way to implement tMHFA at your site.
- **Do other tMHFA sites add tMHFA training to the regular school day, or is the course infused into regular curriculum?**
 - a. Typically, schools will add tMHFA training to the school day, often during a class and not as part of the regular curriculum.

More Information

- **How do I learn more?**
 - a. Visit www.MHFA.org/tMHFA-NJ for more information, including [slides](#) and a [recording](#) of the July 20 information session.
- **Will there be another information session?**
 - a. Yes, you can [register](#) for the information session on Thursday, August 12, 9:30-11:00 a.m. ET.
- **What if I have a question that can't wait?**
 - a. Please email NJteenMHFA@TheNationalCouncil.org if you have any questions.