



AT-A-GLANCE

Teen Mental Health First Aid Instructor Course

Teen Mental Health First Aid (tMHFA) is an evidence-based training that teaches high school students in the 10th, 11th, or 12th grades how to identify, understand and help their friends with mental health and substance use challenges and how to get the help of an adult quickly.

- Addresses common mental health concerns among teens
- Reduces stigma
- Teens learn a 5-step Action Plan to help their friends who may be facing a mental health challenge or crisis
- Teaches teens to involve a responsible and trusted adult as necessary

- What Organizations are Eligible?**
- Individual schools or districts
 - Organizations who partner with schools/districts to provide training
 - Youth-serving organizations
 - Community sites that serve teens

Before teaching this course, organizations must:

- 1) Contact OSAH (State Site Administrator) for implementation guidance and requirements
- 2) Complete all implementation requirements (OSAH is here to help!)
 - A) Apply as a tMHFA implementation site to the National Council for Mental Wellbeing
 - B) Design Implementation Plan
 - C) Assign a Site Coordinator and Instructors
 - D) Choose implementation grade (10,11, or 12)
 - E) Train at least 10% of staff at implementation site in Youth Mental Health First Aid
 - F) Ensure participant safety (i.e. protocol for responding to student in distress)
 - G) Communication plan for staff, families, students
 - H) Submit all of the above to OSAH Site Administrator for approval
 - I) Instructors receive an invitation to attend tMHFA Instructor training upon approval and completion

Quick Training Facts

- Size** 16
- Cost** \$2,200/participant (*many scholarships available*)
- Location** Virtual and in-person (*pending public health orders and trainer availability*)
- Length** **In Person:** 3-5 day
Virtual: 1-2 hrs of asynchronous prework/postwork + 3-5 hrs synchronous (*live webinar*) and 3-5 days of virtual instruction
- Benefits** 3 year certification
- Scholarship Requirements** Complete an evaluation for the course
Pass the certification test (*virtual only*)
Complete follow up evaluations and provide quarterly training data.
- Materials** Training materials will be provided through the National Council and shipped to each participant. They will provide codes for each participant.





AT-A-GLANCE

Teen Mental Health First Aid Instructor Course

PRE-TRAINING

- Registration links provided via email.
- Virtual participants must register through the LMS & complete prework online.
- Order materials via a coupon code provided via email from the National Council

TRAINING

- Virtual requires use of Zoom platform and video cameras on for entire training. Log into LMS to participate through Zoom.
- All materials will be ordered by participants (coupon code provided).
- Must attend entire training session(s) for certification.

POST-TRAINING

- Complete required training evaluation.
- Virtual participants complete two hours of post-work.
- Scholarships require participation in follow-up questionnaires and data collection.

For GROUPS (of 10 or more) interested in YMHFA:

Individuals and small groups (under 10) are welcome to apply for YMHFA Training. Visit TRAINMEOSAH.com to register; you will receive email announcements when new training dates are scheduled.

For INDIVIDUALS and SMALL GROUPS interested in YMHFA:

Groups can request training for their organization at TRAINMEOSAH.com. If your group is less than 25 people, OSAH will include others from outside your organization in your training session(s).



Ready to Schedule a YMHFA Training?
Visit TRAINMEOSAH.com.