

How to Become an Adult or Youth Mental Health First Aid

INSTRUCTOR

This document illustrates the path for Mental Health First Aid (MHFA) Instructor candidates.

1. Become a certified Mental HealthFirst Aider in the curriculum you hope to teach.

2. Complete your application.

3. Activate your MHFA Connect Storefront account.

4. Complete your MHFA Instructor training.

Pre-work (2 hours)

- MHFA Action Plan Review (ALGEE).
- MHFA Instructional Guiding Principles.
- Fidelity Standards.
- Instructor Preparation and Planning.
- Instructor Program Facilitation.
- Technology Tools and Skills.
- Preparation for Instructor-led training (ILT).

Review Modeling Videos (Additional 6-7 hours)

If it has been six months or longer since you completed the MHFA training course, we recommend that you watch the MHFA Facilitation Modeling Videos.

Instructor Training Day 1

- Review information from the pre-work.
- Review and discuss expectations for the Instructor candidate training.
- Review and discuss certification process.
- Discuss the resources and materials that an Instructor will use in their MHFA courses.
- Discuss the impact of MHFA.
- Complete the MHFA Action Plan (ALGEE) activity.
- Review MHFA's guiding principles.
- Discuss the importance of teaching to fidelity.
- Identify the vital facilitation skills needed for a MHFA Instructor.
- Review the teach-back process and receive your teach-back assignment.

Instructor Training Day 2

- Review the homework from Day 1.
- Review MHFA technology skills.
- Prepare and practice for the teach-back.

Instructor Training Day 3

- Deliver your teach-back.
- Discuss MHFA policies and procedures.
- Review roles and responsibilities for accessibility and accommodations.
- Review how to prepare and facilitate a MHFA course.
- Explore MHFA Connect and Submit-a-Course.
- Review post-work assignments.
- CELEBRATE!

Post-work (2 hours)

- Review fidelity standards.
- Review annual facilitation requirements.
- Review accessibility and accommodation.
- Review MHFA Connect troubleshooting/help Instructor resources.
- Review new course/new training creation process.
- Review appropriate MHFA course reporting tools and functions.
- Complete post-work Assessment.
- Complete post-work Evaluation.

ACCESS YOUR CERTIFICATE!

You are now certified to teach In-person and Blended Adult or Youth MHFA courses!

5. Prepare to teach!

- Expect to spend up to 40 hours over 90 days in self-paced, independent study.
- Learn the content.
- Learn the systems (MHFA Connect, Submit-a-Course, MHFA Connect Storefront). Practice!
- Take advantage of support tools (webinars, reminder emails).