

## A 5.5-DAY COURSE DEVELOPED TO ACCREDIT INSTRUCTORS TO DELIVER THE 14-HOUR YOUTH MENTAL HEALTH FIRST AID COURSE

### What is Mental Health First Aid?

Mental health first aid is the help provided to a person developing a mental illness or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. A 12-hour Standard Mental Health First Aid (MHFA) course was developed by Betty Kitchener and Professor Tony Jorm in 2001 to improve the mental health knowledge, skills and attitudes of the Australian community. In 2007, a 14-hour Youth MHFA course was developed, which is specifically for adults working or living with adolescents.

### What is the Youth MHFA Instructor Training Course?

This intensive 5.5-day course, conducted by two trainers, accredits successful applicants to conduct the 14-hour Youth MHFA course. There is also a 3-day Youth Instructor Training course for instructors already accredited to deliver the Standard MHFA course (more information about the Standard MHFA course is at: [www.mhfa.com.au/training.shtml](http://www.mhfa.com.au/training.shtml)).

### Who can become an accredited Youth MHFA Instructor?

The essential selection criteria are:

- Good knowledge of adolescent mental health problems and their treatment
- Personal or professional experience with adolescents experiencing mental health problems
- Favourable attitudes towards adolescents with mental health problems
- Enthusiasm to deliver MHFA courses
- Good teaching and communication skills
- Good background knowledge of adolescent mental health and youth services
- Good interpersonal skills
- Good business plan or organisational support to ensure YMhFA sustainability

### How can I become an accredited Youth MHFA Instructor?

1. Submit a successful application to attend a YMhFA Instructor Training course.
2. Pay the course fee.
3. Your communication and group skills and attitudes are assessed as suitable during the course.
4. Your (approx 45-minute) presentation on a topic given to you on day 2 is assessed as successful on day 4 or 5.
5. You pass an open book exam due on day 5.

To remain accredited, instructors need to conduct a minimum of three courses every 12 months from the date they became accredited.

### Ongoing support from the MHFA team

The friendly MHFA Australia team provide ongoing support with:

- Selling, at a discounted rate, Youth MHFA manuals and other course materials which are needed for each course taught
- Timely dispatch of your orders of MHFA materials
- Assistance with navigating the instructor web database, for advertising courses and ordering course materials
- Providing supportive feedback and comments when necessary, for the courses you are conducting
- Holding an annual MHFA Instructor Conference, which instructors are expected to attend once every 3 years
- Providing updates on relevant mental health statistics and research
- Circulating a regular instructors' newsletter
- Administration staff are available Monday – Friday, 9am-5pm
- Free advertising of the courses you are conducting on the MHFA website at:  
[www.mhfa.com.au/current\\_courses.php](http://www.mhfa.com.au/current_courses.php)

### Instructor autonomy

MHFA Instructors are not employed by MHFA Australia. All accredited MHFA Instructors sign an agreement to honour the copyright of all materials and to teach the 14-hour curriculum as written, without amendments.

MHFA Instructors are responsible for organising and conducting their own MHFA courses and setting their own fees. They are encouraged to co-conduct with another MHFA Instructor. Instructors need to pay for participant manuals and certificates and may also need to pay advertising and venue hire expenses.

It is recommended that all self-funded MHFA Instructors obtain an ABN and consult an insurance broker to obtain business insurance.

### Cost and what is included

This 5.5-day course commences on a Sunday at 1pm and runs 9am-5pm, Monday to Friday. The cost is \$3,900. This covers tuition, catering, the Youth Instructor's Kit and ongoing support from the MHFA team. The kit contains the MHFA teaching materials such as PowerPoint slides, film clips on DVDs, teaching notes and resources folders. Informative pamphlets, books and fact-sheets are also included.

### More Information

More selection criteria and details of how to apply for a 5.5-day Youth MHFA Instructor Training Course, go to 'Be an Instructor' at:

[www.mhfa.com.au](http://www.mhfa.com.au)