



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

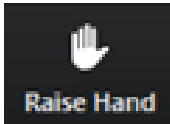
2023 Mental Health First Aid Funding Opportunities

An informational webinar for SAMHSA AWARE-SEA, MHAT and TISS Grant Applicants

Wednesday, April 5, 2023 | 12-1 p.m. ET

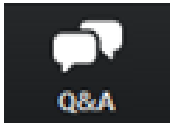
Anne Chapman, Director, Strategic Partnerships | National Council for Mental Wellbeing

Housekeeping



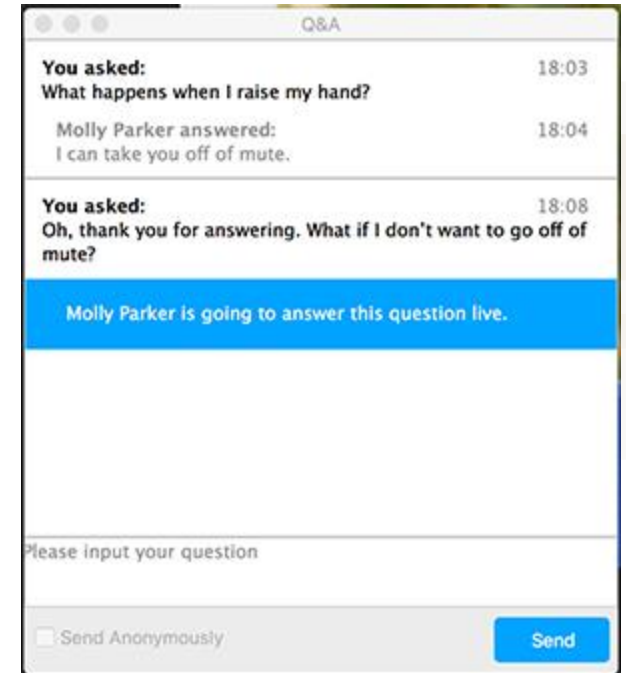
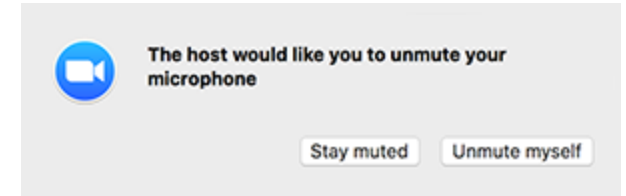
Audio Settings are only visible if the host grants you permission to talk.

- To ask a question, raise your hand.
- If the host gives you permission, you can unmute.

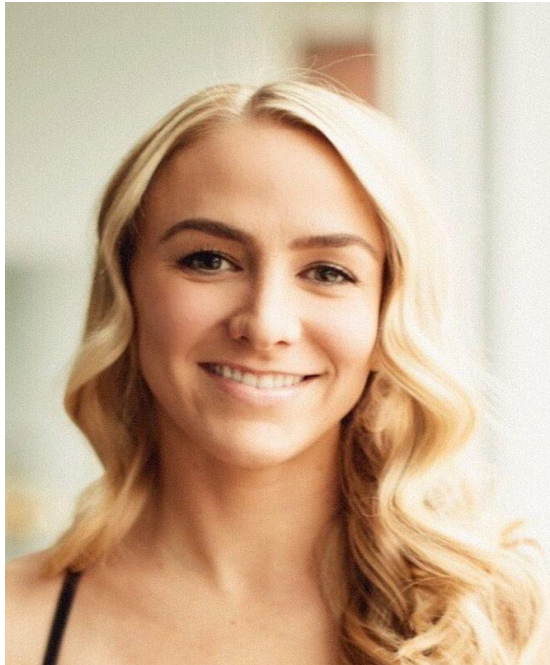


Open the Q&A window to ask questions to the host and panelists.

- Type your question into the Q&A box.
- If the host replies via the Q&A, you will see a reply in the Q&A window. The host may also answer your question live.



Presenter



Anne Chapman, MPH
Director, Strategic Partnerships
National Council for Mental Wellbeing

What we'll cover today

- I. Funding Announcement Overview
- II. Mental Health First Aid Overview
- III. Application Resources
- IV. Open Discussion and Q&A

Attendee Poll

I am/represent an...

- A) Organization with existing Mental Health First Aid program and certified Instructors.
- B) Organization with no current Mental Health First Aid program or certified Instructors.
- C) Independent certified Mental Health First Aid Instructor.
- D) Unfamiliar with Mental Health First Aid and here to learn more.





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Funding Announcements Overview

2023 SAMHSA Funding Opportunities

1. Project AWARE (Advancing Wellness and Resiliency in Education): Due April 28, 2023
2. Mental Health Awareness Training Grant (MHAT): Due May 1, 2023
3. Cooperative Agreement Grants (TISS): Due May 8, 2023

**Note: If you are considering applying, be sure to complete the [registration process](#) as soon as possible.*



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Project AWARE (Advancing Wellness and Resiliency in Education)

Project AWARE

SM-23-001

Grant Highlights

- Total of **\$38.1 million**.
- Up to **21** awards.
- Up to **\$1,800,000/year**.
- Up to **5** years.

DUE: April 28, 2023

Audiences

States and Territories, including the District of Columbia, political subdivisions of States (e.g., county, LEA), Indian tribes, or tribal organizations, health facilities, or programs operated by or in accordance with a contract or award with the Indian Health Service, or other public or private non-profit entities.

Project AWARE: Goal

1. To develop a sustainable infrastructure for school-based mental health programs and services
2. Establish collaborative partnerships with the State Education Agency, Local Education Agency, Tribal Education Agency, the State Mental Health Agency, community-based providers of behavioral health care services, school personnel, community organizations, families, and school-aged youth.
3. To implement mental health-related promotion, awareness, prevention, intervention, and resilience activities to ensure school-aged youth have access and are connected to appropriate and effective behavioral health services and trained emergency services personnel, law enforcement, fire department personnel, veterans and others to identify persons with a mental disorder and employ crisis de-escalation techniques.
4. To promote the healthy emotional development of school-aged youth and prevent youth violence in school settings.

Project AWARE: Eligibility

- States and Territories, including the District of Columbia, political subdivisions of States (e.g., county, LEA)
- Indian tribes, or tribal organizations
- Health facilities, or programs operated by or in accordance with a contract or award with the Indian Health Service
- Education Organizations
- Other public or private non-profit entities.



Not Eligible: Recipients who received funding under the Project AWARE Notice of Funding Opportunities SM-20-016, SM-21-006, SM-22-001, or SM-22-018

Project AWARE: SAMSHA Resources

FOA Program Questions

Jennifer Treger

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FOA Budget Questions

FOACMHS@samhsa.hhs.gov



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Mental Health Awareness Training (MHAT) Grants

MHAT Grants

SM-23-002

Grant Highlights

- Total of **\$4.4 million**.
- Up to **22 awards**.
- Up to **\$200,000/year**.
- Up to **3 years**.

DUE: May 1, 2023

Audiences

States and Territories, including the District of Columbia, political subdivisions of States (e.g., county, LEA), Indian tribes, or tribal organizations, health facilities, or programs operated by or in accordance with a contract or award with the Indian Health Service, or other public or private non-profit entities.

MHAT Grants: Goal

1. To train individuals (e.g., school personnel and emergency services personnel including fire department and law enforcement personnel, veterans, armed services members and their families, etc.) to recognize the signs and symptoms of mental disorders and how to safely de-escalate crisis situations involving individuals with a mental illness.
2. To provide education on resources available in the community for individuals with a mental illness and other relevant resources, including how to establish linkages with school and/or community-based mental health agencies.

MHAT Grants: Eligibility

- State **governments and territories**.
- **Governmental units** within political subdivisions of a state, such as a county, city or town (e.g., local education agencies, law enforcement agencies, fire department, emergency medical units).
- Domestic public and private **nonprofit** entities.
- **Federally recognized American Indian/Alaska Native (AI/AN) tribes**, tribal organizations, Urban Indian Organizations, and consortia of tribes or tribal organizations.
- **Community and faith-based organizations**, including those that serve veterans, armed services personnel and their families.
- Public or private **universities and colleges**.



Not Eligible: Recipients of FY 2021 or FY 2022 under the Mental Health Awareness Training NOFO (SM-21-007)

MHAT Grants: SAMHSA Resources

Funding Opportunity Announcement Applicant Webinar

April 6, 2023, 3-4 p.m. ET, *No registration required*

FOA Program Questions

Shane Grant

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FOA Budget Questions

FOACMHS@samhsa.hhs.gov



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Cooperative Agreements for School-Based Trauma-Informed Support Services and Mental Health Care for Children and Youth (TISS)

Cooperative Agreements (TISS)

SM-23-025

Grant Highlights

- Total of **\$4.6 million**.
- Up to **5** awards.
- Up to **\$970,000/year**.
- Up to **4** years.

DUE: May 8, 2023

Audiences

- State Education Agencies.
- Local Educational Agencies.
- Indian Tribes or their Tribal Educational Agencies, a school operated by the Bureau of Indian Education.
- Regional Corporation.
- Native Hawaiian Educational Organization.

Cooperative Agreements: Goal

1. To increase student access to evidence-based and culturally relevant trauma support services and mental health care by developing innovative initiatives, activities, and programs.
2. To link local school systems with local trauma-informed support and mental health systems, including those under the Indian Health Service.
3. To further enhance and improve trauma-informed support and mental health services for children and youth.

Cooperative Agreements: Eligibility

- State Education Agencies.
- Local Educational Agencies.
- Indian Tribes (as defined in section 4 of the Indian Self-Determination and Education assistance Act) or their Tribal Educational Agencies, school operated by the Bureau of Indian Education, a Regional Corporation, or a Native Hawaiian Educational Organization.
- Education Organizations



Not Eligible: Recipients of Trauma-Informed Services in Schools
NOFO (SM-22-017)

Cooperative Agreements: SAMHSA Resources

FOA Applicant Webinar - April 5, 2023, 3-4pm EST

No registration required

FOA Program Questions:

Nancy Kelly

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FOA Budget Questions:

FOACMHS@samhsa.hhs.gov

Where Mental Health First Aid (MHFA) Fits

- Target Population(s)
- Evidence-based training.
- Community resources, supports and materials.
- Referral and tracking process.
- Mental health awareness training plan.
- Building collaborative partnerships.

Using SAMHSA Funding to Grow MHFA

- Train MHFA Instructors in your organization.
 - If you are new to Mental Health First Aid, you will need to use part of the funding to train Instructors and build your Instructor base. If your organization is already implementing MHFA, it's possible you may need to train additional Instructors depending on your organization's capacity and the scope of your plan.
- Hire a MHFA Coordinator to manage administrative needs of trainings.
 - This will need to be included in the detailed budget of your application.



Applicants must demonstrate at least one population target and must describe the extent of the problem, including service gaps and need, for the population of focus.



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Mental Health First Aid Overview

Let's Make MHFA as Common as CPR!



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Mental Health First Aid[®] is the help offered to a person experiencing a mental health or substance use challenge or crisis. The first aid is given until appropriate help is received or until the crisis resolves.

Mental Health First Aid[®] does not teach people to diagnose or to provide treatment.

Mental Health First Aid (MHFA)

130

On average, 130 people die by suicide every day.

Source: American Foundation for Suicide Prevention

1 IN 5

Nearly 1 in 5 people in the U.S. lives with a mental health challenge.

Source: National Institute of Mental Health

107,000

An all-time high of 107,000 people died from a drug overdose in 2021.

Source: Center for Disease Control and Prevention

50%

Half of mental health challenges begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry

Building Awareness, Understanding, and Skills

Mental Health First Aid is an evidence-based awareness and education training that teaches you how to **identify, understand and respond** to signs of mental health and substance use challenges. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenge or experiencing a crisis.

What does MHFA teach?



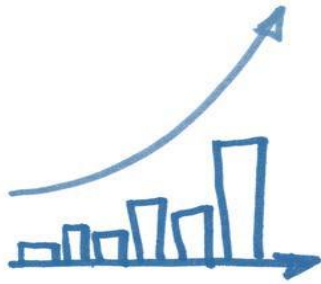
Risk factors and warning signs of mental health and substance use challenges.

Information about anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.

A 5-step Action Plan (ALGEE) to help someone who is developing a mental health challenge or is in crisis.

Available evidence-based professional, peer and self-help **resources**.

MHFA Longitudinal Research and Evidence



*3 and 6
months
post-training*

- ▲ Increases in **confidence** and **likelihood** to perform the Mental Health First Aid Action Plan.
- ▲ People with minimal or no past mental health training **gained the most knowledge**.
- ▲ Increases in **referrals** and **assessing suicidality** and **safety**.
- ▲ Positive change in their attitudes and beliefs towards mental illness, demonstrating a **reduction in stigma**.

Youth MHFA: Research and Evidence

Independent research in 2018 from the University of Central Florida shows Youth MHFA works for educators. Teachers who took the training showed:

- ▲ Increased mental health **literacy**.
- ▼ A **reduction in negative attitudes** toward youth with mental health concerns.
- ▲ Increased **confidence** in their ability to identify and respond to students with mental health problems.
- ▲ Increased **intentions to engage** in help-seeking behavior with high-risk students.

Community Specific Courses

- Resources and statistics for specific populations, including Public Safety, Fire/EMS, Veterans, Older Adults, Rural Communities and Higher Education.
- Tailored content, including language, images and skill-building scenarios.
- Customized outreach to specific audiences, but same length for course delivery.

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MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

WHY MENTAL HEALTH FIRST AID?

Public safety officers, regardless of rank or position, may find themselves confronted with a mental health crisis. My Mental Health First Aid training helped me save a life, and regular incidents serve as reminders of how public safety officers fall back on their training in times of crisis.

— **Captain Joseph Coffey**, Ret., Rhode Island Municipal Police Academy and Mental Health First Aid National Trainer

Mental Health First Aid for Public Safety teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

- Almost 10%** of police calls involved someone with a mental illness in 2012. (National Public Safety Officer)
- Nearly 1 in 4** police officers think of suicide at some point in their life. (National Public Safety Officer)
- 1.2 MILLION** individuals living with mental illness are in jail and prison each year. (Mental Health America)

WHAT IT COVERS

- Defusing crises.
- Promoting mental health literacy.
- Combating stigma of mental illness.
- Enabling early intervention through recognition of signs and symptoms.
- Connecting people to care.

WHO SHOULD TAKE IT

- Law enforcement
- Corrections officers
- Other first responders
- 911 dispatch staff

The course will teach you how to apply the **ALICE** action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

To find a course or contact an instructor in your area, visit MentalHealthFirstAid.org or email Hello@MentalHealthFirstAid.org

Public Safety

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MENTAL HEALTH FIRST AID FOR FIRE & EMS

WHY MENTAL HEALTH FIRST AID?

Since completing training, I've noticed that there is more conversation about mental health among members of our team, and that is helping reduce the stigma associated with behavioral health issues. People at the Clifton Fire Department are using what they learned in the course in their personal lives as well as their professional lives.

— **Deputy Fire Chief Michael Allera, Ret.**, Clifton Fire Department

Mental Health First Aid for Fire/EMS teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

- In 2012, **103** firefighters died by suicide, more than the 93 firefighters who died in the line of duty. (USA Today)
- A survey of 2,000 North American firefighters revealed **27%** have struggled with substance use challenges. (NCA Firefighters)

WHAT IT COVERS

- A discussion of first responder culture, stigma and its relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Other first responders
- Family members of first responders

The course will teach you how to apply the **ALICE** action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

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Fire/EMS

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MENTAL HEALTH FIRST AID FOR VETERANS

WHY MENTAL HEALTH FIRST AID?

So many people are out there waiting for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place.

— **Yousha Pastor-Barros**, U.S. Army Veteran

Mental Health First Aid for Veterans, Military Members and their Families teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

- Nearly 1 in 4** active duty members showed signs of a mental health condition, according to a 2014 study. (National Military Health Service Research and Development)
- 20** veterans die by suicide each day. (U.S. Department of Veterans Affairs)
- About 18.5%** of service members returning from Iraq or Afghanistan have post-traumatic stress disorder (PTSD) or depression. (Department of Defense and National Health Service Administration)

WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans

The course will teach you how to apply the **ALICE** action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

To find a course or contact an instructor in your area, visit MentalHealthFirstAid.org or email Hello@MentalHealthFirstAid.org

Veterans

Community Specific Courses

Public Safety – focuses on the unique experiences and needs of public safety personnel.

Fire/EMS – focuses on the unique experiences and needs of firefighters and EMS personnel, including how to intervene in the field and among their peers.

Military, Veterans and Their Families – includes a specific focus on the cultural factors related to military life.

Older Adults – addresses mental health challenges unique to people ages 50 and older.

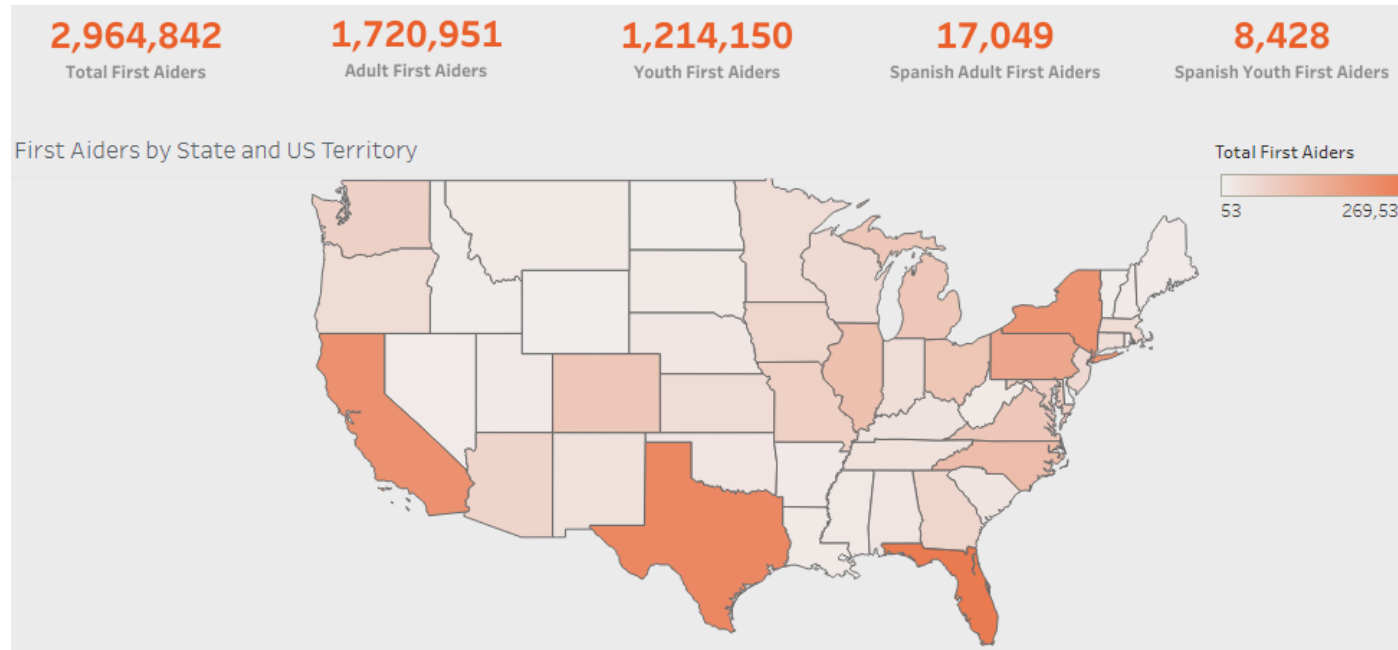
Rural Communities – includes a focus on cultural and environmental factors related to life in rural areas.

Higher Education – focuses on the unique challenges faced by college students and is designed for students, staff and faculty.

Youth MHFA for Tribal Communities and Indigenous Peoples – provides a strong cultural connection and early intervention with a course designed to acknowledge and honor Tribal communities' practices.

U.S. Reach

Since the National Council for Mental Wellbeing brought Mental Health First Aid to America in 2008, our Instructors have trained over 2.9 million First Aiders from all 50 states and U.S. territories.





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Mental Health First Aid Activities and Resources

Curricula Options

CURRICULA

- | | | |
|--|-----------------------------------|---------------------|
| ▪ Adult Mental Health First Aid | Adults → Adults | ENGLISH and SPANISH |
| ▪ Youth Mental Health First Aid | Adults → Adolescents (Ages 12-18) | ENGLISH and SPANISH |
| ▪ teen Mental Health First Aid | Teens → Grades 10-12 | ENGLISH |

MHFA DELIVERY PATHWAYS

- | | |
|----------------------------|---|
| ▪ In-Person | 7.5 hours (Adult) 6.5 hours (Youth) |
| ▪ Blended Virtual | 2 hours self-paced pre-work + 5.5 hours (Adult) or 4.5 hours (Youth) video conference |
| ▪ Blended In-person | 2 hours self-paced pre-work + 5.5 hours (Adult) or 4.5 hours (Youth) in-person |



*tMHFA is also available as an In-person or Blended course delivery model.
The course is delivered in six 45 min sessions or three 90 min sessions.*

Fidelity Requirements

Audience

- The MHFA USA curriculum is specifically designed for adult learners 18 years of age and older

Content

- **In-person:** Participants must receive a print manual.
- **Blended:** Participants must complete a self-paced course prior to participating in the Instructor-led training. Electronic manual included. Print manuals are optional.

Safety

- **Blended:** Instructors are required to set-up a “Virtual Hallway” breakout room. It is recommended to have a second individual (Instructor, First Aider, etc.) present to monitor the breakout room.

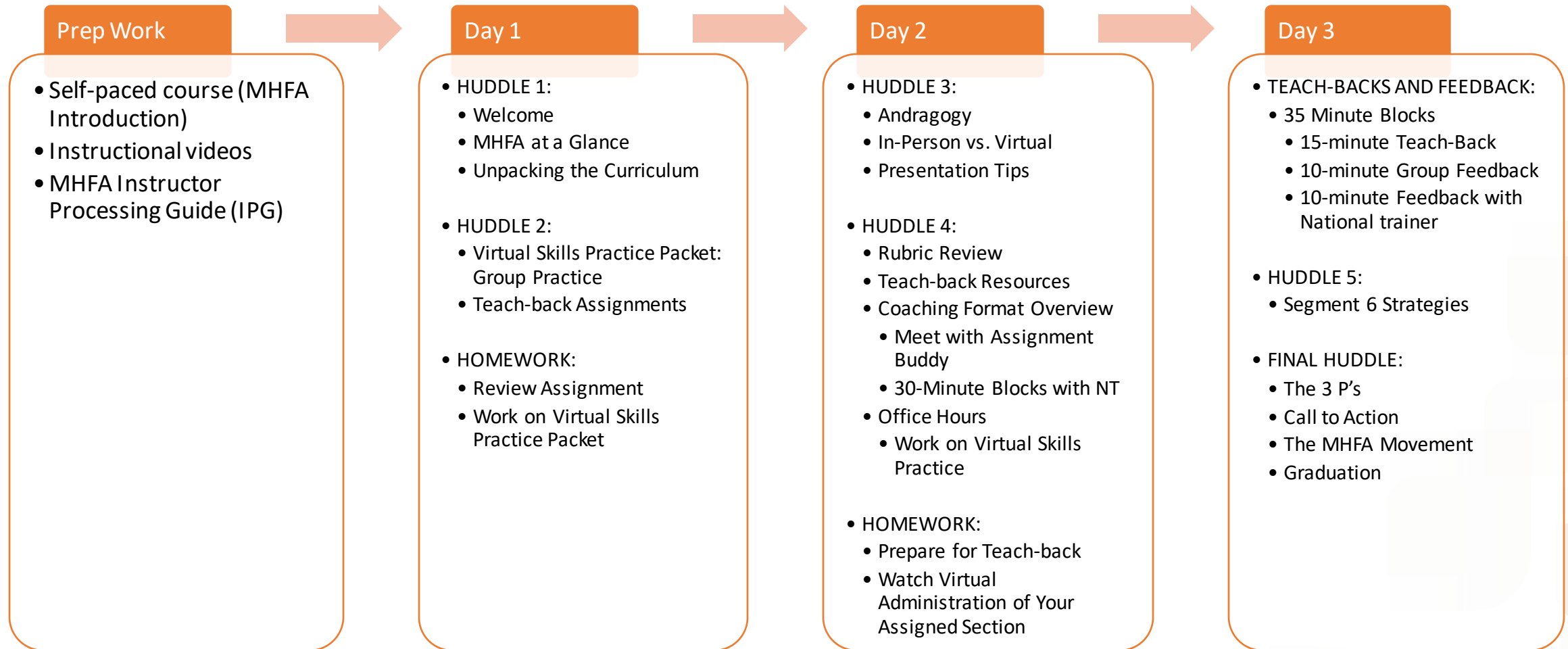


Maximum course size for all course delivery options is 30 learners and minimum is 5 learners. For teen MHFA course, MHFA USA recommends teaching no more than 20 teens in a virtual class.

Instructor Certification Process

- Instructor candidates go through a three-day training, virtual training.
- Course times vary, but they do run for a full 8 hours each day
- Each Instructor candidate will present and teach an assigned portion of the 8-hour course to the group.
- National Trainers will conduct an individual evaluation of each candidate and each candidate will provide a peer review for their colleagues.

Sample Training Schedule



Instructor Trainings

- Identify qualified staff members with experience training or teaching adult learners within the organization and send a pair or small group to an Instructor certification training.
- Adult and Youth MHFA Instructor candidates must successfully complete and pass an application. Once successful, they can register for an onsite or virtual Instructor training.
- Organizations that would like to train a large number of participants (six or more Instructor candidates) as Adult and/or Youth Instructors can arrange for private, onsite training.

Budgeting for MHFA Instructor Training

Training Option	Cost
On-site Private Adult MHFA or Youth MHFA Instructor Training	\$26,000 for a virtual 3-day Instructor Training for up to 16 Instructor Candidates (\$24,000 for National Council Members)
Off-site Adult MHFA or Youth MHFA Instructor Training	\$2,200 per Instructor Candidate (\$2,000 for National Council Members) plus travel and per diem costs if in-person.
Community Specific Courses	\$50 per community specific course
teen MHFA Instructor Training	\$1,700 tuition per Instructor Candidate, not affiliated with a school or youth-serving organization.
teen MHFA Instructor Training plus 125 teen MHFA Manuals	\$3,300 per Instructor Candidate, affiliated with a school or youth-serving organization.

**Budget Guidance & Template is available in the MHFA Grant Toolkit.*

Budgeting for MHFA First Aider Training

Training Option	Cost
Adult MHFA or Youth MHFA “First Aider” Training	<ul style="list-style-type: none">• Approximately \$25 to \$150 per person for training space, easel pads, and any other needed supplies.
Adult MHFA or Youth MHFA Manuals	<ul style="list-style-type: none">• Participant manuals (printed copies) for the in- person classes are \$23.95 per person.• Materials for virtual Mental Health First Aid courses are \$28.95 and include a digital manual, access to the 2-hour self-paced coursework through the MHFA learning management system, and access to resources, such as the self-care template

**Budget Guidance & Template is available in the MHFA Grant Toolkit.*

For More Information

For more information, visit
www.MHFA.org and www.MHFA.org/funding-opportunities

or

Email us at MHFA_SAMSHA@thenationalcouncil.org

Questions?

Please type your question in the designated Q&A box.