



# STANDARD MENTAL HEALTH FIRST AID INSTRUCTOR TRAINING COURSE

## A 5-DAY COURSE TO ACCREDIT INSTRUCTORS TO DELIVER THE 12-HOUR STANDARD 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) Program 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, two speciality MHFA courses were launched: a 14-hour Youth MHFA course for adults interacting with adolescents and a 14-hour Aboriginal and Torres Strait Islander MHFA course.

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

This intensive 5-day course, conducted by two trainers, accredits successful applicants to conduct the 12-hour MHFA course. Once accredited, suitable MHFA Instructors can be up-skilled (in special 3-day training courses) to deliver the 14-hour Youth and/or Aboriginal & Torres Strait Islander MHFA courses.

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

The essential criteria are:

- good knowledge about mental illness and treatments
- good teaching and communication skills
- good interpersonal skills
- favourable attitudes towards people with mental health problems
- personal or professional experience with people with mental health problems
- good background knowledge of mental health services
- enthusiasm to deliver MHFA courses
- good business plan or organisational support

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

1. Submit a successful application to attend a 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 40 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 become accredited.

### Ongoing support from the MHFA Team

The friendly team of the MHFA Training and Research Program provide ongoing support with:

- Selling, at a discounted rate, 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 the MHFA Program, 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 for 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.

### Where are the courses held?

The MHFA Instructor Training courses are held throughout Australia and can also be conducted for an organisation by negotiation with the MHFA Program. Upcoming Instructor Training courses are listed at:

[www.mhfa.com.au/instructor\\_courses.php](http://www.mhfa.com.au/instructor_courses.php)

### Cost and what is included

This 5-day course runs 9am - 5pm, Monday to Friday. The cost is \$3,500. This covers tuition, catering, the Instructor's Kit and ongoing support from the MHFA team. The kit contains the MHFA teaching materials such as the CD with PowerPoint slides, a DVD with film clips, teaching notes and resources folders. Informative pamphlets, books and fact sheets are also included.

### How do I apply?

Details of how to apply for a 5-day MHFA Instructor Training Course are available at:

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