

Business Structure

MHFA Instructors are not employed by the MHFA Program.

All MHFA Instructors are responsible for organising and conducting their own MHFA courses, and are encouraged to charge participants recommended course fees where possible. Instructors need to pay for course manuals and certificates and may need to incorporate advertising and venue hire into their fee structure. It is recommended that all self-funded MHFA Instructors obtain an ABN and consult an insurance broker to obtain business insurance.

Cost

The current fee is \$3000. This fee covers the 5 days training, lunch and refreshments, and an instructor teaching kit consisting of: DVDs, teaching notes, PowerPoint CD, six books, additional readings, AMHFA t-shirt and an AMHFA Bag. Instructors also get ongoing support, regular newsletters and updates from the AMHFA Program.

Where are the Courses Held?

The courses are conducted wherever requested with a minimum of ten successful applicants and a suitable venue available.

Enquiries

Kara Eddington or Len Kanowski
Email: mhfa@mhfa.com.au
<http://www.mhfa.com.au> and follow the links to Instructor Training



www.mhfa.com.au



Auspiced by ORYGEN Research Centre,
University of Melbourne



Mental Health First Aid
for Aboriginal and Torres Strait
Islander Communities

INSTRUCTOR
TRAINING COURSE

A 5-day course developed to train
Instructors of the 14-hour Aboriginal
and Torres Strait Islander Mental Health
First Aid Course

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental illness or in a mental crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

A 12-hour MHFA course was developed by Betty Kitchener and Professor Tony Jorm at the Australian National University in 2001 to improve the mental health knowledge, skills and attitudes of Australian adults. The course was adapted to become a 14-hour course for Aboriginal and Torres Strait Islander communities.

What is the AMHFA Instructor Training Course?

This 5-day course accredits suitable Aboriginal and Torres Strait Islander people to conduct the 14-hour AMHFA course. Dates and venues of the AMHFA Train-the-Instructor courses can be found on the MHFA website: www.mhfa.com.au and follow the links to Instructor Training / Current Courses.

Who can become an accredited AMHFA Instructor?

The selection criteria are:

- **Aboriginal or Torres Strait Islander person**
- **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 knowledge of mental health and community services**
- **enthusiasm to reduce the stigma associated with mental illness.**
- **good business plan or organisational support**

A selected trainee AMHFA Instructor may be either self-funded or sponsored by an organisation or by their employer. Limited scholarships are available during 2007-2008 for applicants from OATSIH funded services and NACCHO affiliate organisations who meet the selection criteria above.

How can I become an accredited AMHFA Instructor?

There are 5 steps to become an accredited AMHFA Instructor:

1. Submit a successful application for an AMHFA Instructor Training Course
2. Be assessed by the Trainer of Instructors for your course at the end of Day 3 of the Instructor Training Course. This assessment is based on observation of your communication skills, knowledge and attitudes.
3. Give a successful presentation for 30-45 minutes on a section of the 14-hour AMHFA course on Day 5 of the course. You will be informed of your topic on Day 3.
4. Sign and return an acknowledgement of the copyright materials and standardisation of the AMHFA program.
5. Pay a fee of \$3,000 for the training and accreditation.

To remain an accredited AMHFA Instructor you are required to conduct at least 3 AMHFA courses a year and attend the annual MHFA Instructor Conference at least once every 3 years.

