



## MENTAL HEALTH FIRST AID

### INFORMATION ABOUT ADAPTING THE MHFA AUSTRALIA PROGRAM BY AN OVERSEAS ORGANISATION.

The mission of the MHFA Australia Program is to help increase the mental health literacy of members of the public, to decrease stigmatising attitudes towards people with mental illness and to increase people seeking appropriate help for their mental health problems.

The MHFA Australia Program has now spread from Australia to many other countries. There are regular enquiries from additional countries wishing to adopt the program. However, experience has shown that for the program to be successful in another country, it needs to be supported by a suitable organization in that country. Only overseas organisations that can demonstrate the following characteristics will be eligible for consideration as a suitable organisation:

- They must have the appropriate personnel with extensive mental health and training experience.
- They need sufficient start-up funding and a funding model that will sustain the program into the future.
- They need to be able to deliver the MHFA Program to a suitably-sized population within their country.

Below are the steps that need to be followed by an organisation that the MHFA Australia Program has assessed as suitable:

1. Signing by delegates from both MHFA Australia and the overseas organisation of a Memorandum of Understanding to protect copyright and spread of the MHFA Australia Program.
2. One or two MHFA Australia Trainers are brought over to the host country to conduct 4-5 days of training and consultancy. On Day 1 & 2, the Trainers conduct the 12-hr Standard MHFA Australia course for the team that will modify the Standard MHFA Australia materials for that country.
3. Day 3 & 4 involve discussion with the key players in that organisation to learn the processes, pitfalls and tips in developing, marketing, researching and rolling out the MHFA course in another country.
4. If the organisation also wishes to adapt the Youth MHFA Australia program, an additional day is need for presentations and discussion about this program and two MHFA Australia Trainers are required.
5. The following items need to be purchased by the organisation from the MHFA Australia Program prior to the MHFA Australia Trainers visit:
  - a. Electronic copies of the MHFA Australia documents (MHFA manual, teaching notes, resources) and permission for adaptation are sold to the overseas organisation, at a cost of \$2,000. *Note: Once the overseas organisation has adapted and published its MHFA manual, an ongoing 5% royalty on every MHFA manual sold by the organisation will also payable to the MHFA Australia Program.*
  - b. A full MHFA Instructor Kit for each MHFA Program being adopted, at a cost of \$800 per kit plus postage.
  - c. If both the Standard and the Youth MHFA Australia programs are to be adapted, then points a) and b) above apply separately to each MHFA Australia program.
6. The following expenses also need to be paid to the MHFA Australia Program:



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- a. Return premium economy airfares (business where possible) for the Trainers between Melbourne and the host country;
  - b. Accommodation for at least 7 nights for the Trainers (to allow time to recover from jetlag before teaching);
  - c. Consultancy fee of \$10,000 per Trainer.
7. The MHFA team in the host country now works to modify the MHFA manual, PPT slides, teaching notes and locate other resources, such as mental health film clips, to be suitable for their country.
8. Once these materials are complete, this new MHFA Program conducts its own inaugural MHFA Instructor Training Course i.e. MHFA Instructors are trained in the modified MHFA materials.

If wished, the host country can bring a MHFA Australia Trainer over to help with this inaugural Instructor Training course.

*B Kitchener*

Betty Kitchener  
Program Director  
Mental Health First Aid Training and Research Program  
ORYGEN Research Centre  
University of Melbourne  
Locked Bag 10  
Parkville VIC 3052  
T 61 3 9342 3771 M: 0401 449 680 F 61 3 9342 3745  
[www.mhfa.com.au](http://www.mhfa.com.au)

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