



YOUTH MENTAL HEALTH FIRST AID

INFORMATION ABOUT ADOPTING THE YOUTH MHFA AUSTRALIA PROGRAM*

***For overseas organisations which have already paid to adapt the Standard (Adult) MHFA Australia materials.**

Background Information

We sustain our MHFA Australia Training and Research Program mainly from training fees we charge, along with Australian government research grants that we are continually applying for (and sometimes being granted!). Professor Tony Jorm and I have put a lot of voluntary time into creating the MHFA products.

We have been very generous in how we have provided other countries with our MHFA materials for their adaptation. To date, the following 16 overseas organisations have adapted the MHFA Australia Program:

1. NHS Health Scotland, 2003
2. Mental Health Association of Hong Kong, 2004
3. Alberta Mental Health Board, Canada, 2006
4. Ostrobothnian Project in Vaasa, Finland, 2006
5. Changi General Hospital Pty Ltd, Singapore, 2006
6. National Institute for Mental Health England, 2007
7. Welsh Assembly Government, Wales 2007
8. National Institute of Mental Health, Japan, 2007
9. Health Promotion Agency for Northern Ireland, 2008
10. National Council for Community Behavioral Healthcare, USA 2008
11. Maryland Dept of Health and Mental Hygiene, USA 2008
12. Missouri Dept of Mental Health, USA 2008
13. Counties Manukau District Health Board, New Zealand, 2008
14. Zeal Health Innovation, South Africa, 2009
15. Galya Rajanagarindra Institute, Thailand, 2009
16. Transcultural Psychosocial Organisation, Cambodia, 2009.

Up till now, we have not charged other overseas organisation a licence fee to use our MHFA Australia Program. Rather, we request a signed Memorandum of Understanding in the spirit of sharing. The MHFA Australia Program receives some payment from these organisations in the form of consultancy fees for a MHFA Australia Trainer or Instructor to demonstrate the 12-hr MHFA Australia course, followed by some days of discussion about the modification of the MHFA program for that country, the roll out, the Instructor Training program and evaluation processes. A MHFA Australia Trainer or Instructor can again be brought over to that country some time later to help with the initial training of MHFA instructors in that country's modified MHFA program. For this we also charge a daily consultancy fee.

Obtaining permission to adapt and reproduce the Youth MHFA Australia materials

In a similar model to the one described above, an overseas organisation can request one or two MHFA Australia Trainers to come over to another country to demonstrate and discuss the Youth MHFA Program. Alternatively, for an overseas organisation that has already adopted the MHFA Australia curriculum, it is possible to just make a payment of a fee for the permission to use and adaptation of our intellectual property to produce modified materials from our Youth Australia MHFA Program.



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The structure and delivery mode of the Youth MHFA Program is similar to the Standard MHFA Program. For the provision of the Youth MHFA materials and permission for adaptation and reproduction, we have set a **licence fee of AUD\$15,000** plus \$800 for one Youth MHFA Instructor Kit, plus its postage overseas.

The cost to train as a Youth MHFA Australia Instructor is currently AUD\$3,900. Thus, this licence fee of AUD\$15,000 is approximate to the cost of training only four Youth MHFA Australia instructors.

The Youth and the Standard MHFA curriculum

The Standard MHFA curriculum makes a very full 12-hour course, which can be delivered as 2 days or 4 sessions of 3 hours per session. To incorporate more information from the Youth MHFA curriculum would make this course far longer. The Youth MHFA course is already a 14-hr MHFA course - i.e. a very full 2 day course. Some workplaces have trouble allowing even a 2-day course to be conducted for their employees.

Thus Professor Tony Jorm and I believe that a course encompassing information from both the Standard MHFA and the Youth MHFA course would be too long and overwhelming for course participants.

New edition of the Standard and the Youth MHFA manuals and curriculum

At the beginning of 2010, we will be launching a second edition of both our Standard MHFA manual & teaching materials and our Youth MHFA manual & teaching materials. These new editions will include the changes that are coming out of the National MHFA Guidelines we are developing. We have been conducting Delphi studies across developed English speaking countries to establish a consensus from experts (mental health professionals, carers and consumers) on what to write in guidelines for giving first aid to help people developing mental health problems or in a mental health crisis. So far, we have developed guidelines for MHFA for Psychosis, Depression, Suicidal Thoughts and Behaviours, Non-suicidal Self-injury, Panic Attacks, Traumatic Event, Eating Disorders and Problem Drinking. Please visit the MHFA website at this URL to download these completed MHFA Guidelines:

<http://www.mhfa.com.au/Guidelines.shtml>

Sincerely

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