



MHFA USA Founding Partner



Mental Health FIRST AID MISSOURI

from NATIONAL COUNCIL FOR MENTAL WELLBEING

teen MENTAL HEALTH FIRST AID FUNDING OPPORTUNITY

ABOUT teen MENTAL HEALTH FIRST AID

teen Mental Health First Aid (tMHFA) is an evidence-based training program for teens in grades 10-12, or ages 15-18. Through the program, teens learn how to recognize warning signs that a friend may be experiencing a mental health challenge. It also teaches them how to talk to a friend about mental health, seek help from a trusted adult, and access resources.

FUNDING

Missouri's Department of Mental Health and Missouri's Department of Elementary and Secondary Education are providing funding for tMHFA. These grants will cover the cost of training instructors (a value of \$1,700 per person) and provide required program manuals for the teen participants (a value of \$12.95 per student).

APPLICATION TIMELINE

STEP 1

Information Sessions — Applicants must attend a virtual 1-hour information session prior to applying for the program.

STEP 2

[Click here](#) to apply.

STEP 3

Selected organizations will be notified and provided with upcoming instructor training dates (SPRING-FALL-TBD).

STEP 4

Approved sites must sign a Memorandum of Understanding (MOU) with the University of Missouri (Mental Health First Aid). Organizations will submit the MOU along with instructor names and training date preferences. [Click to preview MOU](#)

STEP 5 PROGRAM IMPLEMENTATION



MHFA USA Founding Partner



Mental Health FIRST AID MISSOURI

from NATIONAL COUNCIL FOR MENTAL WELLBEING

PROGRAM REQUIREMENTS

The following requirements must be met to qualify for participation in the program:

- ✓ The site must be a school or youth-serving organization in Missouri.
- ✓ The site must be able to implement tMHFA for teens in grades 10-12, or ages 15-18. At this time, training for grade 9 and post-secondary students is not permitted.
- ✓ The site must designate a site administrator who will serve as the key contact and oversee implementation. The site administrator will need to provide reports on the number of students trained after each course.
- ✓ The site must be able to meet the criteria of implementing tMHFA with fidelity:
 - If teaching at a school, the course should be taught to an entire grade level of students (not individual classes) in the school. If teaching at a youth-serving organization or program, the course should be taught to an entire group of students at the youth-serving organization or program. Before delivering tMHFA to students, the participating school or organization will have
 - approximately 10% of staff at the site trained in Youth Mental Health First Aid. K-12 public schools can register for free YMHA courses [here](#). Others can email teen@mhfamissouri.org to get staff trained.
 - The school or organization offering tMHFA will have a mental health professional on-site while the course is being taught and safety protocols in place to ensure student safety. This includes a process in place to respond to a teen who is in distress and indicates they would like to be seen. tMHFA consists of three 90-minute sessions or six 45-minute sessions. The course will be taught in
 - classes of approximately five to 30 teens on non-consecutive days. The program should not be taught in large, assembly-style sessions.



READY TO GET STARTED? [CLICK HERE](#) TO APPLY

Have additional questions? Contact teen@mhfamissouri.org

