



TO DO

Complete all post work

In **MHFA Connect** go to Dashboard then My Courses. Click on the orange "Resume" button next to your course. You will need to complete both the pre-work and post-work in order to be certified.

Complete the application

If you didn't do this before your instructor training, complete the teen application located on your MHFA Connect Dashboard. If you don't do this step, you will not have access to your Resources, including powerpoint, teaching notes, etc.

Reach out for help

If you are missing resources, don't wait to let us know. Email teen@mhfamissouri.org

HAPPENING NOW

Parent Information Sessions

Start planning for Parent Information Sessions to occur at least 1 month prior to implementation with teens. You will find tools in MHFA Connect to help, including slides and templates. We will be covering this material on January 11.

Youth Mental Health First Aid

Still need 10% of your staff trained in YMHFA?

- If you are a public school, [register here.](#)
- If you are a youth-serving organization, [register here.](#)
- To attend as an individual, find dates [here.](#)

SAVE THE DATE - Upcoming cohort calls

Reminder: at least 1 person from your team must attend

January 11 7:30 am or 3:30 pm
Implementation Planning

January 25 7:30 am or 3:30 pm
Setting up your courses

Use this zoom link for each meeting:
<https://umsystem.zoom.us/j/98992636405>

SPREAD THE WORD

Copy and share this letter to let people know tMHFA is coming to your community

Dear [school staff/parents/community]

Our school/site will conduct teen Mental Health First Aid (tMHFA) training for GRADE/AGE beginning on DATE. This is an evidence-based training that teaches teens in grades 10-12, or ages 15-18, how to identify, understand, and respond to signs of mental health and substance use challenges in their friends and peers.

The training gives teens the skills they need to have supportive conversations with their friends and emphasizes the importance of getting help from a responsible and trusted adult. The course is being taught by school staff or staff from a partnering organization. All instructors teaching the course have received special training and are certified to teach the course by Mental Health First Aid USA®, a division of the National Council for Mental Wellbeing. If you have any questions about tMHFA, please contact our school tMHFA Coordinator.

[Insert school contact information]



Questions? Email us at teen@mhfamissouri.org

Mental Health First Aid Missouri | 1 University Blvd., St. Louis, MO 63121

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