



Before you get started, here are some TERMS you need to know:

Mental Health First Aid (MHFA)- One of our core curricula that teaches adults to support other adults who may be experiencing a mental health challenge or crisis.

Youth MHFA- One of our core curricula that teaches adults to support adolescents (age 12-18) who may be experiencing a mental health challenge or crisis.

Instructor- Someone who teaches Mental Health First Aid and/or Youth Mental Health First Aid. If you're reading this, you're likely considering becoming certified as an instructor!

First Aider- A participant in a MHFA or YMHFA course.

First Aider Classes

Please see the table below to get familiar with the available curricula and delivery methods. Course times do not include breaks. Plan for more breaks for virtual courses.

FIRST AIDER TRAINING				
Course	Delivery Option	Duration of Training	Class Size	Cost for Manual
Adult 2nd Edition	In person	7.5 hrs	Min- 5 Max- 30 1 or 2 instructors *2 recommended for larger class size	\$18.95/participant
	Blended/In person	2 hrs self-paced pre-work + 5.5 hrs in person w/instructor	Min- 5 Max- 30 1 or 2 instructors *2 recommended for larger class size	\$23.95/participant
	Blended/Virtual	2 hrs self-paced pre-work + 5.5 hrs online w/instructor	1 instructor- 15 2 instructors- 20 Max- 30, IF 3 rd support person added (trained MH professional or first aider)	\$23.95/participant
Youth 2nd Edition	In person	6.5 hrs	Min- 5 Max- 30 1 or 2 instructors *2 recommended for larger class size	\$18.95/participant
	Blended/In person	2 hrs self-paced pre-work + 4.5 hrs in person w/instructor	Min- 5 Max- 30 1 or 2 instructors *2 recommended for larger class size	\$23.95/participant
	Blended/Virtual	2 hrs self-paced pre-work + 4.5 hrs online w/instructor	1 instructor- 15 2 instructors- 20 Max- 30, IF 3 rd support person added (trained MH professional or first aider)	\$23.95/participant



Instructor Training

All new instructors will be trained in the Mental Health First Aid 2nd Edition version of the curricula. Please check for compatibility if you have existing instructors within your organization.

Instructor Candidates should have:

- Previously **completed** a Mental Health First Aid or Youth Mental Health First Aid course and hold an **active certification** in the curricula for which they are applying.
- **Knowledge** of, or experience with mental health challenges (either personally, professionally, or both)
- Prior **experience** training adult learners
- A **commitment** and **strategic plan** to roll out Mental Health First Aid in the community

Things you should know...

- Only Instructors trained to deliver the 2016 curriculum may facilitate MHFA 1st Edition courses.
- Instructors are **required to provide a manual** for each participant that is theirs to keep. Be sure to budget for this as you develop your business plan.
- There is **no standard instructor rate** for the instructor time when teaching. Instructors are free to set their training fee as they see fit.
- **Instructor certification lasts indefinitely**, as long as instructor teaches at least 3 courses per anniversary year. If instructors are dually certified (in both the Adult and Youth curricula), they must teach 3+ classes per anniversary year, with at least 1 of each curricula. It is recommended that instructors seeking dual certification train at least one course before applying for additional instructor certifications.
- **First Aider certification lasts for 3 years**. At that time, a First Aider may complete another training or take a brief refresher course online for \$30.
- If you are hoping to deliver one of our curriculum supplements to a specific population, please email us to consult on availability and compatibility with your curriculum type prior to applying.

INSTRUCTOR TRAINING	
Course Format	8 hrs self-paced pre-work (will receive directions about pre-work via email approx. 1 week prior to course date) + 3 days 9am-5pm. Held virtually or in person. See schedule here: https://mhfamissouri.org/application/
Upfront Cost	MO Instructor Certification- \$1,850 Existing Youth or Adult instructors can seek a second certification for \$850 ✓ Missouri trainings are ONLY available to people who live or work in MO. ✓ We're able to offer this course at a discount from the national rate. ✓ MO certification allows you to teach anywhere in the US and territories.
Ongoing Requirements	<ul style="list-style-type: none"> • Teach 3 courses per anniversary year • Occasional supplemental learning

Important to Note:

- Applying does not guarantee approval for training
- Completing the instructor training does not guarantee certification- Trainers will assess a trainee's ability to teach the course based on an oral presentation and written exam. MHFA reserves the right to deny certification to any trainee who does not satisfy the requirements of the training.

Questions? Email applications@mhfamissouri.org