

## Requesting Adult Mental Health First Aid from the Tribal TTA Center

Mental Health First Aid (MHFA)<sup>1</sup> teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults. This fact sheet provides information on what communities should know prior to requesting MHFA training and technical assistance (TTA).

### Course Overview

The 7.5-hour Adult MHFA Course focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearance that show there might be a mental health challenge. Participants are taught the MHFA Action Plan so they can apply it to non-crisis and crisis situations. MHFA is comprised of ten learning segments. The ten learning segments include the following:

- Segment 1: Welcome to Mental Health First Aid
- Segment 2: Mental Health and Mental Disorders
- Segment 3: Role of the Mental health First Aider and Self-Care
- Segment 4: Common Mental health Disorders in the United States
- Segment 5: Recognizing the Signs and Symptoms
- Segment 6: ALGEE: Mental Health First Aid Action Plan
- Segment 7: MHFA for Early Signs and Symptoms
- Segment 8: MHFA for Worsening Signs and Symptoms
- Segment 9: MHFA for Crisis Situations
- Segment 10: Self-care for the Mental Health First Aider

The MHFA instructor-led course can be taught in a single 7.5-hour session, broken into two sessions delivered over 2 days, or four sessions and delivered over 4 days in-person, virtually, or in a hybrid format.

### In-Person

Registration is not required but suggested. Trainers can host the training and submit required documentation to the MHFA portal for certification after the training has been completed. Requires printing documents for pre-course work.

### Virtual

The virtual MHFA course is 2 hours for self-paced and 6.5 hours instructor-led virtual. Registration is required prior to the course to complete the pre-course work required for online course training.

---

<sup>1</sup> From the National Council for Mental Wellbeing

## Blended

The blended MHFA course is 2 hours self-paced virtual and; 6.5 hours instructor-led in-person. Registration is required prior to the course to complete pre-course work to be able to participate in in-person course training.

## Materials

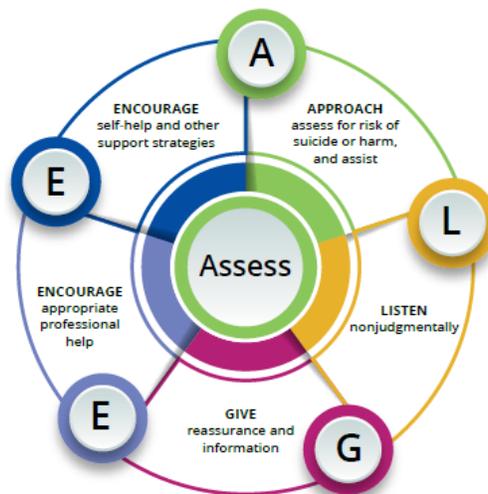
Manuals for each participant are required. Participant Processing Guides (PPG) are optional; however, PPGs enhance the learning experience for each participant as an additional resource. The manual's cost estimate is \$19.95. PPG's cost estimate is \$9.95. Printings and other materials needed are a projector, projector screen, speakers, markers, and flipchart paper. These supply costs may be covered as part of a TTA request.

## Instructor Training Consideration

One to two trainers are needed to conduct the training for a certification credit with a maximum of 30 participants. An additional instructor is used as support. A minimum of five participants are needed to fulfill course training requirements.

## Adult Mental Health First Aid Action Plan

The MHFA action plan is illustrated below.



## How to Request MHFA TTA

After a TTA request is received, Tribal TTA Center staff respond to set up an intake call. From there, Tribal TTA Center staff work with the community to best meet their needs. Communities can contact the Tribal TTA Center to submit TTA inquiries via:

<https://www.samhsa.gov/tribal-ttac/contact-us>

Phone: 1-800-953-1379

189 E. Nelson Avenue #249 Wasilla, AK 99654