**Youth Mental Health First Aid – certified instructor training**

**Become a Certified Instructor This January 2020!**

***Training Details***

* **Date & Time:** January 27-29, 2020 (3 full days)
* **Location:** Devens Common Center, 31 Andrews Parkway, Devens, MA 01434
* **Capacity:** 16 participants total

***Training Requirements (please see the YMHFA Expectations document for full details)***

* Each Instructor candidate will present and teach an assigned portion of the course to the group.
* Each Instructor candidate will provide a peer review for their colleagues.
* National Trainers will conduct an individual evaluation of and provide feedback to each candidate.
* Certification is not guaranteed for all participants. *To become certified, participants must be present for the entire training, satisfactorily deliver the presentation and pass a written exam.*

***Instructor Eligibility Criteria***

Mental Health First Aid Instructors are required to serve as a presenter, facilitator and, most importantly, an ambassador of the Mental Health First Aid USA program. There are several key components that make an Instructor successful. First and foremost, it is required that an Instructor candidate:

* Has general knowledge of mental health and substance use issues (e.g., is a mental health/substance use professional, has worked with individuals experiencing mental health disorders, or is in recovery from mental illness/substance use disorders);
* Has experience teaching groups of adults;
* Understands best practices in adult learning; and
* Has experience facilitating groups.

Instructors are required to facilitate three trainings per year in order to maintain certification. To be selected for this training offering, interested applicants must commit to facilitating three trainings in 2020, one of which will be for the Department. The other two may be at the Instructor’s school/district.

* From January through June 2020, Walker will work with certified Instructors to organize five trainings across the state, including but not limited to locations in Needham, Springfield, and Sandwich. Two other locations to be determined.
* After June 2020, certified Instructors may be called upon by the Department to facilitate future trainings. The Department is building a pool of certified Instructors to ensure that schools/districts have regular access to trainings across the state.

***Application Process***

* Interested applicants must submit a completed Instructor Certification Training Application to Shannon Lee at [slee@walkercares.org](mailto:slee@walkercares.org) ***no later than Thursday, December 19, 2019 at 5 pm***. *For planning purposes, interested applicants should also submit this* [*brief survey*](https://www.surveymonkey.com/r/YMHFA_CIT_DESE) *of interest by Thursday, December 12, 2019.*
* Walker and the Department will review applications as they are received. If we receive more applications than space available, we will consider a number of factors (e.g., geography, # of participants per district, school/district type, grade span, etc.) to ensure a diverse cadre of trainers across the Commonwealth.
* Applicants will be notified about their application status in early January 2020.

***Youth Mental Health First Aid*** is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human service workers, and other caring citizens how to help an adolescent (age 12‑18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid (YMHFA) is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

**We will be offering another 3-day Certified Instructor Training in May 2020 (in Central/Western MA)!**