

FAQ: Hosting Mental Health First Aid Training(s)



Who should take [Mental Health First Aid \(MHFA\)](#)?

- Anyone over 18 that interacts with, serves, or supports adolescents, transition age youth, adults, or older adults.
- Caring individuals who want to learn to recognize and respond to mental health or substance use issues in a compassionate and effective way.
- Organizations who want to create a culture of openness and safety around mental health or substance use issues.

Is there any fee for an MHFA course?

It depends.

- Some organizations can host a full class of 30 with no cost because the fee is covered by generous funders like the Ohio Department of Mental Health and Addiction Services (OhioMHAS), Substance Abuse Mental Health Services Administration (SAMHSA), the Millstone Fund or other foundations.
- Organizations that do not qualify for funding are asked to pay a reduced fee of \$2100 to cover the expenses of instructors, coordination, registration link (if requested), national curriculum, manual, evaluation, mental health resource guide, and all learning materials. The National Council values the class at \$170 per person or \$5100 per class but we can provide it at a reduced fee because of our size and infrastructure.
- Organizations that qualify for funding but want to train more than 150 people (5 classes of 30), are asked to pay \$2100 per class after the first five no-cost classes are completed due to budget constraints.

What individuals/organizations are currently eligible to take the training with the cost covered by a grant?

- People who live or work in Ohio and focus on serving the following groups are eligible for our OhioMHAS project: First Responders, Faith-based organizations, minorities, LGBTQ+, people with disabilities, older adults, youth (12-18), young adults (18-21), Certified Peer Recovery Supporters, and low-income communities.
- People who live or work in twenty-two counties in Greater Cincinnati/Northern Kentucky and focus on serving the following groups are eligible for our SAMHSA project: military/veteran, First Responders, college students in helping professions and high-risk professionals. If you are a qualified individual feel free to go to our [List of Current Classes - Mental Health First Aid Northern Kentucky \(nkymhfa.org\)](#) to find a class in the Northern Kentucky area.
- High Schools in rural counties in Greater Cincinnati seeking to train 9th-12th graders in teen MHFA funded by the Millstone Fund.

What is the class size?

We strive to have thirty attendees per class, which is the maximum allowed by the National Council for Mental Wellbeing. Smaller class sizes are not supported because we are trying to maximize the limited budget.

Is MHFA virtual or in-person? How long is the training?

Hosts can choose between three different formats. These hours include a 30-minute lunch break and a short morning/afternoon break.

Format:	Adult	Youth
Fully In-Person	8.5 hours of live instruction, no pre-work, hard copy manual	8 hours of live instruction, no pre-work, hard copy manual
Blended In-Person	6.5 hours of live instruction, 2 hours of online pre-work; manual accessed online	6 hours of live instruction, 2 hours of online pre-work; manual accessed online
Blended Virtual	6.5 hours of live instruction on Zoom, 2 hours of online pre-work; manual accessed online	6 hours of live instruction on Zoom, 1-2 hours of online pre-work; manual accessed online

What else do I need to know so I can choose options that best fit the needs of my organization?

- **Date(s)** -We can offer classes 7 days a week; have multiple classes on one date; split the training into 2 days if the second day is within 14 days of the first per National Council.
- **Time** -We can adjust the starting times that work best for the Host.
- **Location & Lunch/Snacks** -For in person formats only. Hosts can opt to provide lunch or have learners make plans of their own.
- **Curriculum** -Adult curriculum for those working with 18+, or Youth curriculum for those working with 12-18

- **Specialized Modules** -Tailored to Fire/EMS, Corrections Professionals, Public Safety, Higher Education, Spanish Curriculum in Youth or Adult, Older Adult, Veteran, Rural communities
- **Number of Classes** -Larger Hosts may schedule from 1 – 5 classes. If six or more classes are desired, the Host is asked to pay a fee of \$2100 for each additional class so other organizations can access this opportunity.

What is the “Pre-Work” for blended and virtual classes?

Learners are set up with an account in a learning management system where they take surveys, watch a video, and take short quizzes to help prepare them for class. This takes about 2 hours. Learners typically get a link to start their self-paced pre-work two weeks prior to class date.

Is there a makeup class if some of my invitees miss my class?

We hold a virtual MHFA class once a month so they can go to our [Public Class Registration link](#) to register.

What type of lead time do you prefer?

We prefer to have eight weeks lead time prior to class date to allow for the Host to have enough time to promote the class fully, and our team to find instructors, order training materials and enter learners into the Connect Learning Management System so they can start their PreWork, if applicable.

Does this training provide certification or professional CEUs?

Yes, the National Council for Mental Wellbeing provides a three-year certification upon completion of the training. We are happy to help Host Organizations if they decide to pursue CEUs. Please see our [FAQ: Helping the Host Organization Obtain CEUs/CUs](#) for more information.

What if I do not qualify and still want to be certified as an individual?

You may be able to find a virtual class on the National Council’s [“Take A Course” page](#). However, they will charge a fee.

Where can I find more information about the project?

Please visit our website at [Home - Mental Health First Aid Ohio \(ohiomhfa.org\)](#).

Where can I find more information about the class?

Please visit [the National Council’s website](#) to learn about the evidence-based reviews, how to become an instructor, and more.

My organization is interested in hosting a class of 30 (or multiple classes of thirty.) Who do I contact?

We will be happy to coordinate a training course for your organization! Please find a date to [sign up](#) to meet with a Coordinator who will help you pick the best options for your organization and start the planning process.

Thank you for your interest in helping equip people to have a better understanding of how to intervene and provide resources to someone in the beginning stages, worsening stages or crisis of a mental health or substance use issue!