



NEWSLETTER

March 2020

TABLE OF CONTENTS

- PG. 2: NEW CURRICULA ROLLOUT: WHAT WE KNOW
- PG. 3: NEW CURRICULA ROLLOUT: WHAT WE KNOW (CONTINUED)
FUNDING
OVER 75,000 COLORADANS TRAINED!
- PG. 4: NATIONAL EVALUATIONS EXPLAINED
UPCOMING INSTRUCTOR TRAINING OPPORTUNITIES
FUNDING
- PG. 5: CBHC DAY AT THE CAPITOL
SENATE BILL 20-001
- PG. 6: TEEN MHFA
MODULE CHECK-IN AND FUNDING FOR TARGET POPULATIONS
SAVE THE DATE FOR MHFA LUNCH: OCTOBER 1ST
- PG. 7: WHAT'S HAPPENING ACROSS THE STATE
CU ANSCHUTZ NURSING STUDENTS
CLASSES IN MONTROSE
- PG. 8: CLASSES FOR THE MOFFAT COUNTY GOVERNMENT IN CRAIG
SUICIDE PREVENTION DAY AT THE CAPITOL
UPCOMING CLASSES FOR THE AMERICAN ASSOCIATION OF
GEOGRAPHERS AND COLORADO PHARMACISTS SOCIETY
- PG. 9: EXCITING CLASSES AND INITIATIVES ACROSS THE STATE
FUNDING
SOCIAL MEDIA

NEW CURRICULA ROLLOUT: WHAT WE KNOW

As you may have seen in an email from the National Council, new versions of the Adult and Youth curricula will become available in April of 2020 along with a blended learning option. There is a lot of information in the provided FAQ, so we have done our best to summarize it below. We hope to receive more information shortly, and we will pass it on when we do!

Click [HERE](#) if you would like to read the full New Curricula FAQ.

GENERAL

- Both Adult and Youth will be comprehensively updated - this includes new PowerPoint slides, statistics, evaluation tools, handouts, and videos - meaning new teaching notes!
- You will take an online, self-paced course to learn the new information. There may be an opportunity for a regional, in-person learning meetup. If we are able to secure one, we will send a mass email and post it on our social media (make sure to follow us - links on page 9!)
- You are required to completely transition to the new curricula by **October 31, 2020**.
- You are able to use current manuals with the new curricula if necessary. National will provide a document for participants that will help bridge the gap - that being said, they recommend not purchasing more manuals than you can use by October.

ADULT

- The new course will be formatted differently - the first half will be dedicated to teaching signs and symptoms, with the second half focusing on skill development and application.
- The Disability Weights exercise has been removed and there will be more emphasis on disability-adjusted life year (DALY). The videos will be replaced, and the panic attack and the recovery position demonstrations will also be replaced by video content.
- The cultural considerations guide will be incorporated along with more information on cultural impacts and sensitivity.
- The opioid content will be integrated.

YOUTH

- The new Youth course will be 6 1/2 hours long (not including lunch or breaks) in order to better fit into a typical workday for providers serving youth.
- It will include more information on trauma and adverse childhood experiences (ACES), the impact of school violence and bullying, and the impact of social media on mental health.
- The Kevin Hines videos are replaced by three videos from the Teen MHFA curriculum entitled "Talking About It," and there will be an animated video that explains how risk and protective factors influence adolescent development.
- The cultural considerations guide will be incorporated along with more information on cultural impacts and sensitivity.



BLENDED LEARNING

- Blended learning (classes in which participants take an online, self-paced course followed by an in-person portion) will be available for both Youth and Adult.
- Adult will consist of a 2-hour online portion followed by 4 hours of in-person training. Youth will be a 1 1/2 hour online portion followed by 4 hours of in-person training.
- If a participant shows up to the in-person portion without having completed the online portion, they will be asked to reschedule.
- Participants will receive an online manual.
- To become certified in this option, you will complete an online course with a 3-part blended learning logistics self-paced course and quiz. You can choose to teach all, some, or none of your courses as blended learning - **blended learning is not required**.
- The cost per participant is \$29. We are working to determine what this means for the in-person portion of the training. *Please note that MHFACO will not be funding blended learning courses this fiscal year until we adjust to this model and figure out how we will be funding blended courses in the future.*

MODULES



- There are plans to update all of the modules. They will be released later in 2020.
- Until the modules are updated, if you are teaching a module class, it will need to be the current version of the curriculum. You can use the new manuals with the current curriculum modules.
- Adult and Youth Spanish courses will be updated in Summer 2020.
- There are plans for MHFA for additional languages in 2021.

Please keep in mind that MHFACO is not part of the National Council decision-making process. We do not have more information at this time. As we gain more information, we will update you through email, social media, and our website (make sure you're following us - see our social media information on page 9). If you have questions about the new curricula, you can email algee@thenationalcouncil.org.



**Are you attending the 2020 NatCon MHFA Instructor Summit
on April 4th in Austin?**

**Email pwarren@mhfac.org to connect with us - and maybe take a
group picture or two while we're there!**



WE CAN FUND YOUR RURAL CLASSES

Our funding can cover the cost of classes for specific target populations, and we are prioritizing rural areas! The funds, which flow through the Colorado Department of Public Health and Environment, reimburse \$40 per participant who completes the class. You can learn more and access the checklist by visiting <http://www.mhfac.org/instructors/funding-information>. Have questions about the process? Email pwarren@mhfac.org!

WE HAVE TRAINED OVER

75,000

COLORADANS IN MHFA!

**Thank YOU for your commitment to spreading mental health
literacy!!!**

NATIONAL EVALUATIONS

There are some common misconceptions about the current evaluation system and entering them in the instructor portal. Please keep in mind that the evaluations are different than the pre and post surveys for funding. To clear up the confusion, here are some helpful facts about evaluations:

- The number of completed evaluations does not affect instructor credit for a class. You will receive credit for a class if you have 5 or more people complete the class - whether or not they turn in evaluations, you will receive credit either way!
- You do not have to match evaluations to names - or even genders.
- When participants complete the online evaluations, they will receive their certificate digitally. If you provide paper evaluations, you need to provide paper certificates in person.
- Make sure no participants share an email address, as it confuses the system!

Special thanks to Richard Infranca for providing this information!

UPCOMING INSTRUCTOR TRAININGS

VETERANS MODULE

We are very excited to be working with Duane France, the Executive Director of the Colorado Veterans Health and Wellness Agency, 2019 El Paso County Veteran of the Year, and longtime veteran behavioral health advocate, to bring a 16-person Veterans and Military module instructor training to Colorado this spring. Participants have been identified for this class and we are not accepting applications at this time. If spots open up in the future, we will share that information. We are grateful to Duane for his efforts to support veterans, and we look forward to adding 16 new veteran instructors to our state team!

MONTROSE

The Center for Mental Health will be holding an Adult MHFA training in Montrose. They are not looking for applicants at this time, and are looking forward to welcoming 16 new instructors to The Center for Mental Health's coverage area.

MHFACO INSTRUCTOR TRAINING

MHFACO plans to hold our annual cost-covered training in the new fiscal year. We do not have details at this time, but please let us know if you are more in need of an Adult or Youth training and we will try to meet popular demand if possible.

MHFACO may not know of all the upcoming Colorado instructor training opportunities. We encourage you to keep an eye on the instructor training opportunities at <https://www.mentalhealthfirstaid.org/find-upcoming-instructor-training-courses/> in order to stay informed. If you know of a training that we did not list here, please let us know by emailing pwarren@mhfac.org!

QUESTIONS ABOUT OUR FUNDING FOR CLASSES?

Not sure how the process works? Wondering if your class qualifies? Email pwarren@mhfac.org - we want to fund your classes!

CBHC DAY AT THE CAPITOL

January 15th was the Colorado Behavioral Healthcare Council Day at the Capitol. Members from across the state traveled to join us for a networking reception, legislative and advocacy information session, and to meet with their legislators to discuss behavioral health needs in their communities. We had the opportunity to discuss **Senate Bill 20 - 001**, a bill that would expand behavioral health education for educators that would potentially open the door for more Youth MHFA instructor training opportunities for teachers and school staff (read more below). After opening remarks from CO Attorney General Phil Weiser, Director of MHFACO Barb Becker and Deputy Director & Chief Strategy Officer of CBHC Frank Cornelia provided information about SB 20 - 001 and how it might impact MHFA's reach in the state. We are grateful for all of the CBHC members who came out to learn and advocate.

If you are interested in learning more about the other bills CBHC is tracking, please visit <http://www.cbhc.org/advocacy-resources/legislative-community-action/>.



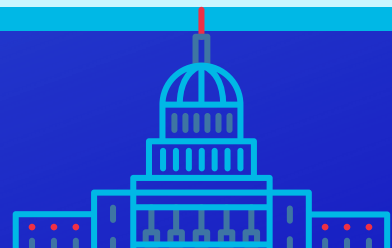
SB 20 - 001

Expand Behavioral Health Training For K-12 Educators to expand mental health "train-the-trainer" opportunities in Colorado's Department of Education

The bill requires the department of education to offer a train the trainer program designed to improve school culture, promote youth behavioral and mental health, and prepare attendees to teach a youth behavioral and mental health training course. You can read the bill in its entirety using the link below.



Read more here:
<https://leg.colorado.gov/bills/sb20-001>



TEEN MHFA

Teen MHFA (tMHFA)'s pilot sites in Northeast Colorado are in their second semester! While we don't have data yet, the feedback has been positive and we are excited to learn about future tMHFA instructor training opportunities coming this summer. MHFACO is working to bring a tMHFA training opportunity to our state. Keep in mind that tMHFA is formatted for schools/school districts or youth-focused organizations that would have a similar capacity. We will keep you informed as we learn more!

"Teaching tMHFA to half of the sophomores at Sterling High School this semester has been such a rewarding, exhilarating experience. Kara and I have had the opportunity to get to know these students, encourage discussion, and to teach crucial skills that will have a lasting impact. The most rewarding experience was when one student in particular completely opened up and brought up some amazing points of discussion and insight. This student spent the first half of the sessions sitting in the back row, he kept to himself and was very disengaged, but by the second half, he began to raise his hand, he wrote insightful questions on his exit tickets, and was totally engaged by the end. He is our biggest "success story" and this gives us energy and momentum to keep this amazing program going. It is also important to note that our teachers and staff have been absolutely amazing to work with and very supportive of the program. Next semester we will be bringing this program to sophomores at our smaller school, Caliche Jr/Sr High School, as well as the second half of sophomores at Sterling High School. It is our hope and vision to have every high school student in Northeastern Colorado certified in tMHFA!"

- Allie Miller, one of the first tMHFA instructors in Colorado

Be on the Lookout: Module Check-In!

As we move forward, we want to get your input for what it's like to teach the specialty module classes so we can best support you. We have begun reaching out to instructors via email to learn about your experiences and hear your suggestions for providing the module classes. We will be doing this module by module, so if you are certified in more than one, you will receive multiple emails from us in the coming months. We greatly appreciate you taking the time to provide your feedback!

Speaking of modules... did you know that classes for certain populations qualify for funding?

Classes for first responders, law enforcement, active duty and retired military personnel, minority and underserved populations (LGBTQ+, Spanish speakers, etc.), rural and frontier counties, faith-based groups, parents of adolescents, and educators all have the potential for funding!

You can learn more at www.mhfaco.org, or email us at pwarren@mhfac.org!

SAVE THE DATE - OCTOBER 1ST

We hope you will join us on October 1st in Breckenridge at the annual Colorado Behavioral Healthcare Conference for a MHFA lunch with other Colorado instructors and coordinators to network with each other! While we don't have the funds for a full Colorado Instructor Summit this year, this is a great opportunity to meet up at the conference in the fall. We will send out more information as the date draws closer. We hope to see you there!

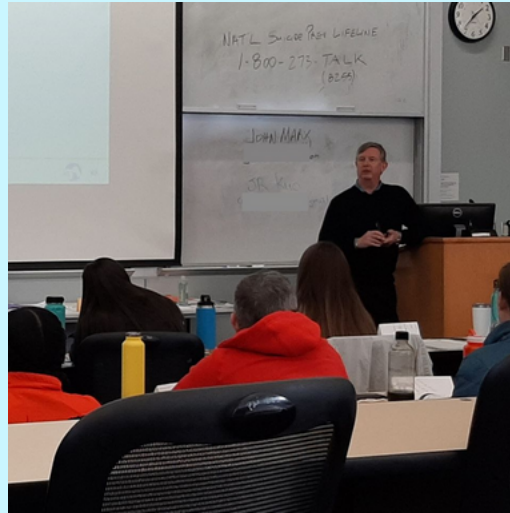
Interested in attending the full CBHC Conference? Learn more here:

<https://www.cbhc.org/2020-conference-2/>

WHAT'S HAPPENING ACROSS THE STATE

CU ANSCHUTZ NURSING STUDENTS

On January 22nd, Centura Health and CU Anschutz partnered with each other to provide eight MHFA classes to 170 CU Anschutz nursing students. A special thank you to all of the incredible instructors who volunteered for this opportunity, to instructor Lilly Berger who pushed to make this happen, to Centura Health coordinator Ashleigh Phillips, and to all who participated! You can read more about this endeavor here: <https://bit.ly/39wLLLT>.



Pictured: JR Kuo (left) and John Marx (right) teaching one of the classes for CU Anschutz nursing students.

CLASSES IN MONTROSE



Even more nursing students trained! Delta students at The Technical College of the Rockies committed to destigmatizing mental health by taking MHFA - thank you to The Center for Mental Health and coordinator Robin Berndt for making it happen!

St. Michaels in Delta hosted a Youth MHFA class in Spanish with the help of The Center for Mental Health! We love seeing more Spanish classes across the state!



CLASSES FOR THE MOFFAT COUNTY GOVERNMENT IN CRAIG!

"The concept of approaching Moffat County arose from necessity but its success was a team effort... In partnership with my co-instructor, Dan Bingham, we approached the Moffat County Human Resources director by email. She had taken MHFA before, valued the class and saw value for county employees. A location was set for the class which helped reduce costs to the County. The County also provided lunch and we reduced the lunch time so employees stayed within their normal work hours. We used templates from MHFACO and emailed information to the HR Director who pushed through communication to all employees. Reminders were sent this way too. Prior to the first class, Dan and I divided up departments and we visited them personally to invite employees and answer any questions before they signed up. We are thankful for the support from Moffat County and all the help provided especially by their Human Resources department. We are also excited to have had this opportunity to teach MHFA in our community."

- STACY DURHAM, CRAIG MHFA INSTRUCTOR

SUICIDE PREVENTION DAY AT THE CAPITOL



MHFACO was grateful to be a part of the 2nd Annual Suicide Prevention Day at the Capitol on February 26th by providing resources and spreading the word about MHFA. This event was made possible by the Colorado Chapter of the American Foundation for Suicide Prevention, the Suicide Prevention Coalition of Colorado, Mental Health Colorado, and NAMI Colorado. We appreciate all of their hard work and the opportunity to talk to community members, legislative aides, and fellow resource organizations. Thank you to everyone who came out!

UPCOMING CLASSES FOR THE AMERICAN ASSOCIATION OF GEOGRAPHERS AND COLORADO PHARMACISTS SOCIETY

We are pleased to have been outreached by the American Association of Geographers (AAG) as well as the Colorado Pharmacists Society (CPS) to assist their respective organizations with setting up classes at their annual meetings! These collaborations will bring MHFA to CPS in Estes Park and MHFA for Higher Education to AAG in Denver. We are excited to help bring MHFA skills to these widespread groups, and we're thrilled that they contacted us to help.

EXCITING CLASSES AND INITIATIVES ACROSS THE STATE

- City of Longmont Supporting Action for Mental Health is providing monthly Spanish classes, as well as meetups for Mental Health First Aiders to discuss their skills!
- SCL Health recently provided a class for the Master's Apprentice program.
- Community Reach Center Coordinators Lindy Lewis and Meg McCabe will be presenting a session on marketing at the MHFA Instructor Summit at NatCon.
- Solvista Health has recently provided classes for Valley-Wide Health Systems, Florence schools, High Mountain Institute in Leadville, and rangers on the Royal Gorge Bridge who are on the front lines of preventing potential suicides.

Please let us know what classes you've facilitated so we can add it to future newsletters - it's great to hear about the groups you've been able to reach!

\$\$\$ \$\$\$ \$\$\$ FUNDING \$\$\$ \$\$\$ \$\$\$

Our funding can reimburse \$40/per participant - let us fund your classes! We are prioritizing rural areas and target populations. If you have any questions, please reach out to us. We can walk you through the process and help you bring MHFA to more communities!

You can find the funding documents and links at
<http://www.mhfaco.org/instructors/funding-information>.

FOLLOW US AND SPREAD THE WORD ON SOCIAL MEDIA!

Follow us and share our posts with others at your agencies and community! Tag us in your MHFA posts so we can share them, too!



facebook.com/mhfaco



twitter.com/mhfaco



instagram.com/mhfaco