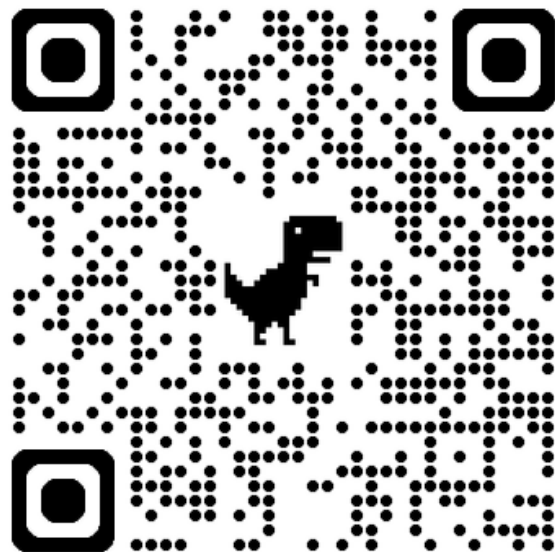




BAD RIVER HEALTH
& WELLNESS CENTER

Become a Certified Youth Mental Health First Aid Instructor



Scan QR Code to fill out
interest survey



4-day training

● Sponsored by Behavioral Health

● Free to participants

Bad River Health & Wellness Center is excited to host a Youth Mental Health First Aid (YMHFA) Train-the-Trainer course featuring the Tribal Communities & Indigenous Peoples (TCIP) curriculum. Upon completion of this 4-day training, you will become a certified YMHFA instructor. This training is sponsored by Behavioral Health and free to participants.



Interested in becoming a
certified YMHFA instructor?

Please complete the brief interest
survey by October 16, 2026.



After reviewing submissions, we will
reach out to selected applicants to
schedule a brief interview and discuss
the training opportunity further.

100% attendance of the training is
mandatory. It will take place at BRHWC
on November 16-19 from 8:30am
-4:30pm.

How to Become an Adult or Youth Mental Health First Aid INSTRUCTOR

This document illustrates the path for Mental Health First Aid (MHFA) Instructor candidates.

1. Become a certified Mental HealthFirst Aider in the curriculum you hope to teach.

2. Complete your application.

3. Activate your MHFA Connect Storefront account.

4. Complete your MHFA Instructor training.

Pre-work (2 hours)

- MHFA Action Plan Review (ALGEE).
- MHFA Instructional Guiding Principles.
- Fidelity Standards.
- Instructor Preparation and Planning.
- Instructor Program Facilitation.
- Technology Tools and Skills .
- Preparation for Instructor-led training (ILT).

Review Modeling Videos (Additional 6-7 hours)

If it has been six months or longer since you completed the MHFA training course, we recommend that you watch the MHFA Facilitation Modeling Videos.

Instructor Training Day 1

- Review information from the pre-work.
- Review and discuss expectations for the Instructor candidate training.
- Review and discuss certification process.
- Discuss the resources and materials that an Instructor will use in their MHFA courses.
- Discuss the impact of MHFA.
- Complete the MHFA Action Plan (ALGEE) activity.
- Review MHFA's guiding principles.
- Discuss the importance of teaching to fidelity.
- Identify the vital facilitation skills needed for a MHFA Instructor.
- Review the teach-back process and receive your teach-back assignment.

Instructor Training Day 2

- Review the homework from Day 1.
- Review MHFA technology skills.
- Prepare and practice for the teach-back.

Instructor Training Day 3

- Deliver your teach-back.
- Discuss MHFA policies and procedures.
- Review roles and responsibilities for accessibility and accommodations.
- Review how to prepare and facilitate a MHFA course.
- Explore MHFA Connect and Submit-a-Course.
- Review post-work assignments.
- CELEBRATE!

Post-work (2 hours)

- Review fidelity standards.
- Review annual facilitation requirements.
- Review accessibility and accommodation.
- Review MHFA Connect troubleshooting/help Instructor resources.
- Review new course/new training creation process.
- Review appropriate MHFA course reporting tools and functions.
- Complete post-work Assessment.
- Complete post-work Evaluation.

ACCESS YOUR CERTIFICATE!

You are now certified to teach In-person and Blended Adult or Youth MHFA courses!

5. Prepare to teach!

- Expect to spend up to 40 hours over 90 days in self-paced, independent study.
- Learn the content.
- Learn the systems (MHFA Connect, Submit-a-Course, MHFA Connect Storefront).Practice!
- Take advantage of support tools (webinars, reminder emails).



Mental Health FIRST AID®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

YOUTH MENTAL HEALTH FIRST AID FOR TRIBAL COMMUNITIES AND INDIGENOUS PEOPLES



Offering YMHFA for Tribal Communities and Indigenous Peoples is vital in that it recognizes and honors the past, present and future. The course opens the door to the conversation of healing and intervention beyond the parameters of a mainstream perspective.”

— **Onawa M. Miller**
YMHFA Instructor and National Trainer

WHY MENTAL HEALTH FIRST AID?

Confidently recognize and respond to an indigenous adolescent ages 12-18 who may be experiencing a mental health or substance use challenge or crisis.

Adolescence is a time of critical change and development, and a time when mental health challenges often emerge. Provide a strong cultural connection and early intervention with a culturally appropriate course designed to acknowledge and honor tribal communities' and indigenous peoples' practices.

60%*

of indigenous youth have experienced or are experiencing severe mental distress.

The Indian Health Service declared alcohol and substance abuse the

LEADING HEALTH PROBLEM*

among American Indians.

23%*

of Native Americans reported experiencing discrimination in a health care setting, and 15% avoided seeking health care because of anticipated discrimination.

*the original research for the displayed statistic is linked

WHAT IT COVERS

- Unique impacts of mental health and mental health challenges on tribal communities and indigenous youth.
- Risk factors and protective factors specific to Indigenous youth.
- How mental health topics apply to their community, family and selves.
- Applying the MHFA Action Plan (ALGEE) in scenarios that reflect the unique needs and experiences of youth of tribal and Indigenous communities.
- National, regional and community mental health resources for youth of tribal and Indigenous communities.

WHO SHOULD TAKE IT

- Adults ages 18 and older who work with Indigenous youth.
- Family members of Indigenous youth.
- Other individuals who are a part of, connected to or support tribal communities and Indigenous youth.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

GET CERTIFIED

Find a course at MentalHealthFirstAid.org

Contact us at: Hello@MentalHealthFirstAid.org