

Delivery Model

The fee will entitle participants to receive instructor teaching kit including DVDs and resource material. Instructors are responsible for purchasing course material from the administrator for all participants attending the mental health first aid program. A franchising fee will be charged for use of material.

Once trained the instructors are required to supply details of all courses that they deliver and details of participants who receive training via the web to the administrator. This enables certificates to be supplied and ensures consistent quality of delivery. Participants to the mental health first aid program will be requested to provide feedback and may be contacted at a later date by the administrator to evaluate the program.

To remain an accredited instructor you are required to conduct at least three mental health first aid courses per year and attend a refresher course annually.



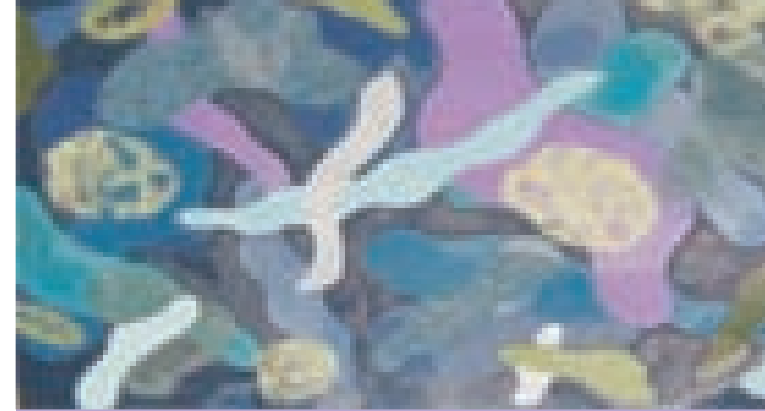
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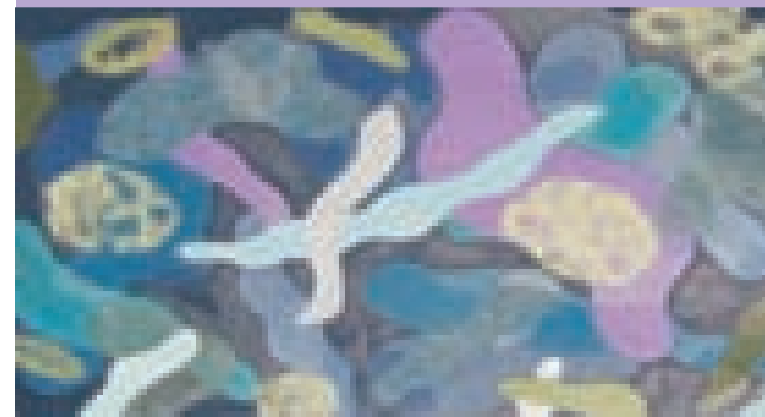
Artwork courtesy of Desi Burton (2009)



MENTAL HEALTH FIRST AID

INSTRUCTOR DEVELOPMENT COURSE

A 5 day course developed to train instructors of the Mental Health First Aid Course



What is mental health first aid?

First aid is the help given to an injured person before medical treatment can be obtained.

Mental Health First Aid is a training program that enables a person to give help to someone developing a mental health problem or in a mental health crisis.

The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Why mental health first aid?

Sometimes professional help is not easily available and many people do not know how to help. This training will help individuals and communities to recognise mental and emotional problems and to know how to help someone who is experiencing a mental and emotional health problem and those in a mental health crisis.

What is the instructor training course?

This is a five day course that accredits suitable candidates to conduct the mental health first aid course.

Who can become an instructor?

The selection criteria are:

- good teaching and communication skills
- good knowledge about mental illnesses and treatments
- favourable attitude towards people with mental health problems
- good interpersonal skills
- personal or professional experience with people with mental health problems
- good knowledge of mental health and community services
- enthusiasm to reduce stigma associated with mental illness
- good support systems either at work or home

A selected trainee MHFA instructor maybe either self funded or sponsored by an organisation such as an employer.

How can I become an instructor?

There are five steps to become a accredited instructor:

1. Submit a successful application for an instructor training course
2. Be assessed by the trainer of instructors for your course at the end of day three of the instructor training program. This assessment is based on observation of your communication skills, knowledge and attitudes.
3. Give a successful presentation for 45 minutes on a selected module on day five of the course. You will be informed of your topic on day three.
4. Sign and return acknowledgement of the copyright materials and standardisation of the mental health program.
5. Pay a fee of R20,000 for the training and accreditation.