



Mental Health First Aid (MHFA)

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(Office Of Behavioral Health Wellness)

§ 37.2-312.2. Commonwealth Mental Health First Aid Program

Code of Virginia
Title 37.2. Behavioral Health and Developmental Services
Subtitle I. General Provisions
Chapter 3. Department of Behavioral Health and Developmental Services
Article 1. The Department and the Commissioner

§ 37.2-312.2. Commonwealth Mental Health First Aid Program

A. For the purposes of this section, "certified trainer" means a person who has successfully completed a Mental Health First Aid instructor training program offered by the national authorities of Mental Health First Aid USA or the Commonwealth Mental Health First Aid Program and obtained a certification as an instructor of Mental Health First Aid.

B. The Department shall establish and administer the Commonwealth Mental Health First Aid Program (the Program) to provide training by certified trainers of individuals residing or working in the Commonwealth on how to identify and assist individuals who have or may be developing a mental health or substance use disorder or who may be experiencing a mental health or substance abuse crisis. Such program shall include training on:

1. Building mental health and substance abuse literacy designed to help the public identify, understand, and respond to the signs of mental illness and substance abuse;
2. Assisting individuals who have or may be developing a mental health or substance use disorder or who may be experiencing a mental health or substance abuse crisis by (i) recognizing the symptoms of a mental health or substance use disorder; (ii) providing initial assistance to those experiencing a mental health crisis; (iii) guiding individuals requiring assistance, including individuals who may be experiencing a mental health or substance abuse crisis, toward appropriate professional assistance; (iv) providing comfort to an individual experiencing a mental health or substance abuse crisis; (v) helping an individual with a mental health or substance use disorder avoid a mental health or substance abuse crisis that may lead to more costly interventions and treatments; and (vi) promoting healing, recovery, and good mental health.

C. The Department shall ensure that evaluative criteria are established to measure the effectiveness of the Program, including fidelity of the Program and training provided thereunder to the objectives set forth in subsection B.

D. Neither the Department nor any other agency of the Commonwealth shall incur any liability by reason of (i) any action taken by an employer or other person on the basis of information or materials provided through the Program or (ii) any workplace violence that occurs, regardless of whether the workplace at which an episode of workplace violence occurs had received information or materials provided through the Program.

2016, c. 407.

The chapters of the acts of assembly referenced in the historical citation at the end of this section(s) may not constitute a comprehensive list of such chapters and may exclude chapters whose provisions have expired.



Mental Health First Aid!



MENTAL HEALTH FIRST AID USA
ADULT

MHFA.ORG | THENATIONALCOUNCIL.ORG

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

COURSE AGENDA: YMHFA SKILLS APPLICATION

SEGMENT	TOPIC
1	Welcome to Mental Health First Aid
2	YMHFA Self-paced Introduction Recap
3	YMHFA in Non-crisis Situations
4	YMHFA in Crisis Situations
5	Self-care for the Youth Mental Health First Aider



Mental Health First Aid

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults and youth.

- Risk factors and warning signs of mental health problems.
- Gives you guidance on how to approach someone in a crisis or non-crisis situation
- Information on depression, anxiety, trauma, psychosis and addiction disorders.
- Examples of where to go for help (professional and peer) and self-help resources.
- Utilizes a 5-step action plan, ALGEE, to help someone developing a mental health problem or who may be in crisis.
 - A – ASSESS for risk of suicide or harm
 - L – LISTEN non-judgmentally
 - G – GIVE information and encouragement
 - E – ENCOURAGE appropriate professional help
 - E – ENCOURAGE self help or other support



Curriculums for specific target audiences offered

Adult and Youth are most popular and most often facilitated

– Additional curriculums for specific target audiences offered:

- Higher Education
- Fire/EMS
- Public Safety
- Older Adult
- Veterans
- Spanish
- Rural

Facilitation Methods

- In-person – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- Blended (Virtual) – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 6.5-hour, Instructor-led training on Zoom.
- Blended (In-Person) – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 6.5-hour, Instructor-led training in-person.

Mental Health First Aid in VIRGINIA

Virginia has:

- **Over 84,539** consumers trained as Mental Health First Aiders
- **Over 700** Certified MHFA Instructors
- The main curriculums taught are Adult and Youth.

Becoming a Certified Instructor

- Certification Training
 - Take a Virtual 3-Day Training on Zoom
 - You must attend 100% of all 3 days to receive certification
 - You must have your camera on at all times and participate
 - You cant work during the training
 - Receive a passing score on your individual teach back session
- Maintain Certification
 - You must teach at least three classes by your anniversary date
 - If you are dual certified you must teach at least one adult and two youth classes or two adult and one youth class to maintain certification

Contact Information

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