

FAQ: Applying to Become a Mental Health First Aid Instructor Funded by the MHFA Collaborative

Instructors are the key to spreading Mental Health First Aid (MHFA) across Ohio and Kentucky. Instructors are individuals certified to teach the course by the [National Council for Mental Wellbeing](#).

Why Should I Become an MHFA Instructor?

1. Connect—bring your community together
2. Advocate – Reduce negative attitudes about mental illness
3. Educate – Build mental health literacy
4. Lead – Show others how they can help
5. Income – Earn income for teaching classes
6. Build Network – Develop relationships in key audiences
7. Social Capital – Help secure benefits and invent solutions to problems
8. Community – Find a thriving MHFA Instructor community who will help support you

What do MHFA Instructors do?

The primary role of Instructors is to teach the Mental Health First Aid course with fidelity to the core program model and key messages. Each Instructor has a set of materials to help guide them through course facilitation whether it's Adult, Youth or Teen MHFA. Certified Instructors are accountable for the success and fidelity of each class they facilitate. Instructors typically team up with another certified Instructor to teach the course but may also teach on their own at times. Presenting a course involves much more than just showing up and teaching it. That's where the MHFA Collaborative comes in...

What is the MHFA Collaborative?

The [MHFA Collaborative](#) is a group of Instructors, Host Organizations and advocates led by the Project Team who seek and manage MHFA projects with grants from the Ohio Department of Mental Health and Addiction Services (OHMHAS), SAMHSA and other funders. The Collaborative has staff and resources to support your teaching by providing:

- Ongoing support from Mentor Instructors, Instructor Support Specialist and MHFA Coordinators
- Onboarding, individual, and group learning opportunities
- MHFA Collaborative Events such as the Quarterly Instructor Gatherings and Annual MHFA Statewide Summit for networking and community building
- Strategic planning (e.g., creating business plans, forming community partnerships, resource management)
- Marketing and media outreach
- Registration of attendees and course creation in the Learning Management System
- Event planning (e.g., purchasing manuals, logistics, etc.)
- Seeking grants and funding for future projects for sustainability and growth

Who is an ideal candidate?

- Passionate and knowledgeable about mental health issues and desires to make a long-term difference
- Has a schedule that allows you to teach when we have classes usually during the workweek
- Maintains a high level of professionalism and respects boundaries
- Has experience with teaching and classroom management—both in person and virtually
- Enjoys teaching adults (youth and adult MHFA) or teens (tMHFA) and has an engaging and empathetic teaching style

- Is a member of, or connected to, one or more of the following communities we are training: First Responders, Certified Peer Recovery Supporters, minorities (rural counties, racial/ethnic, LGBTQ+, people with physical, mental, or behavioral disabilities), faith-based, older adults, veteran, active military, college, youth ages 12-18 and/or high-risk professionals.
- Has time and flexibility to take the 3-day virtual Instructor Course and complete self-paced work

What is the cost?

The \$2200 (\$1700 for teen) cost of the instructor certification is 100% covered by project funds if they are available. However, new instructors are asked to teach their first three classes for free paired with an experienced instructor or reimburse MHANKSWOH for 25% of the cost. After the three free classes, instructors receive from \$200-\$700 per class based on format and number of instructors. Mileage is also included in most of our projects depending on the funder limitations.

What are the next steps?

A member of our Program Team will reach out to you to schedule an interview if we have funding and are looking for instructors in your area with your background. Even if you don't hear from us after submitting your application, don't think we forgot about you as we keep all applications on file and revisit when new funding opportunities come along.

If I make it through the two rounds of interviews and are invited to become an instructor with the MHFA Collaborative, what do I do then?

- Sign a contract with MHANKSWOH
- Onboard with the Instructor Support Specialist
- Join our Trello Board and start "bidding" on classes that fit in your schedule
- Teach as a Co-Instructor until you are ready to advance to the Lead Instructor role and eventually become a Mentor Instructor; pay increases at each level.
- Use your skills and empathy to engage and educate your learners
- Manage your classroom effectively, both in person and online
- Receive a bonus for referring qualified organizations who complete a course
- Attend MHFA Collaborative events as your schedule allows
- Submit a monthly invoice after the three no cost classes have been taught
- Become part of a movement to spread MHFA to 1 of 15 people in Ohio and Northern Kentucky.

I'm ready to sign up! Where do I apply?

Go to <https://form.jotform.com/MHFACollaborative/application-for-new-instructors>.

I can't wait and want to become an instructor now. How does that work?

If you can't wait for our process to unfold and can find funding yourself through your employer, other civic minded organizations or from your own pocket, you are more than welcome to [become an instructor](#) working directly with the National Council. In that case, let us know when you are certified, and we will welcome you to join our projects.