

### **Mental Health First Aid:**

- **Adults helping Adults (18+)**
- **Adults helping Youth (6 to 17)**
- **Teens helping Teens (10, 11, 12 grades)**
  - MHFA helps people learn the signs and symptoms of a mental health difficulty and learn how to problem-solve alongside someone to help them advocate for their needs through a five step action plan similar to CPR.
  - The course is a 6 to 8 hour in-person or virtual training depending on the organizational needs.
  - This programming comes from the National Council of Mental Wellbeing based in DC.
  - Over the past eight years, [Vermont Care Partners](#), led by Simone Rueshemeyer, has received national funding to offer this training cost-free to Vermonters.
  - That state-wide Federal funding ran out in the Fall. Right now, the Agency of Education grants funds to VCP to offer youth and teen MHFA to Vermonters who work for or are employed by schools so they can access this training at no cost - currently through the end of June.
  - A cohort of trainers recently began meeting monthly with Vermont Care Partners to determine where and how this programming will continue in the State of Vermont.
  - The training started out in Designated Agencies, however, given the amount of support needed right now from designated agencies, someone such as myself has more flexibility to offer this training than someone with a direct service caseload.

Other Partners:

[Center for Health and Learning](#),

[Vermont Suicide Prevention Center](#)

[Umatter](#)

[COPE - a program for families going through divorce, separation, and parentage cases.](#)

[Recovery Vermont](#)

[Working Fields](#)