Optum

PROVIDER ALERT
Mental Health First Aid (MHFA) Training
May 15, 2023

> **Alert Summary:** This alert includes information about the Optum Idaho offering training on Mental Health First Aid

Dear Provider,

We are excited to announce additional Adult and Youth MHFA classes. These trainings are paid for by Optum Idaho. Mental Health First Aid should be as common as CPR.

NEW - Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD) and eating disorders.

Youth Mental Health First Aid (YMHFA) training includes:
- A self-paced virtual (2 hour) video that must be completed before the virtual session.
- Five hours of virtual instructor led training in one day. Training will be 10 a.m. to –4 p.m. to include an hour for lunch and breaks.
- A lifetime certification in Youth Mental Health First Aid.
- Seven hours of CEUs (pending approval).

Note that you must attend all seven hours to obtain the certification and CEUs (pending approval).

Adult Mental Health First Aid (MHFA) training includes:
- A self-paced virtual (2 hour) video that must be completed before the virtual session.
- Six hours of virtual instructor led training which is divided into two separate three-hour days.
  - You must attend both sessions.
- A lifetime certification in Mental Health First Aid.
- Eight hours of CEUs.

Note that you must attend all eight hours to obtain the certification and CEUs.

WHY:

Most of us would know how to help if we saw someone having a heart attack: we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

MHFA training helps take the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding. The trainings also provide an action plan that teaches people how to safely and responsibly identify and address a potential mental illness or substance use disorder.

MHFA teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a person who may be experiencing a mental health challenge.

WHEN:

    NEW-Youth MHFA (10 a.m. to –4 p.m. MST)
- June 28
- July 26
- Aug. 23
- Sept. 14

    Adult MHFA (9 a.m. to noon MST - must attend both sessions listed)
- June 13 and 15-***NEW***
- July 25 and 27
- Aug. 15 and 17 - ***NEW***
- Sept. 18 and 20 - ***NEW***
- Oct. 31 and Nov. 2

HOW:

Where can I register for the trainings as a provider?
- If you would like to find out more on the Mental Health First Aid training opportunities, click here: [Optum Mental Health First Aid Interest (jotform.com)](#) or email the Optum Idaho Education and Training team at optum.idaho.education@optum.com to request the registration form.
- You will be assigned a two-hour video that must be completed prior to the virtual training session.
- Adult Mental Health First Aid is six hours of virtual training, divided into two separate three-hour days. You must attend both sessions.
- Youth Mental Health First Aid is a 1 day, 6-hour training, that includes time for lunch and

breaks.

NOTE: These training courses are not available in Relias, they are assigned by the National Council for Behavioral Health.

Thank you,

The Optum Idaho Education and Training team