**Teen Mental Health First Aid (tMHFA)**

[**teen Mental Health First Aid (tMHFA)**](https://www.mentalhealthfirstaid.org/population-focused-modules/teens/) is a training program for teens brought to the United States by the [**National Council for Mental Wellbeing**](https://www.thenationalcouncil.org/) in partnership with [**Born This Way Foundation**](https://bornthisway.foundation/). It teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of a mental health or substance use challenge in their friends and peers. The training gives teens the skills to have supportive conversations with their friends and teaches them how to get help from a responsible and trusted adult. [**Learn more**](https://www.mentalhealthfirstaid.org/population-focused-modules/teens/) about how tMHFA can benefit young people in your community. This program also offers training for school district staff and families, called Youth Mental Health First Aide (YMHFA), that is required to support the implementation of tMHFA.

**Key Grant Requirements/Expectations:**

* Please review the [tMHFA 1-pager](https://www.mentalhealthfirstaid.org/wp-content/uploads/2023/02/MHFA_Teen_Flyer.pdf) and [FAQ](https://www.mentalhealthfirstaid.org/wp-content/uploads/2021/10/tMHFA-FAQs_10.2021.pdf), the DESE-selected vendor for tMHFA/YMHFA will support funded applicants to meet the requirements and implement activities.
* Establish or include an existing team that includes your specialized instructional support personnel to coordinate and support implementation of these activities
* Train approximately 10% of school and district staff in [YMHFA](https://www.mentalhealthfirstaid.org/population-focused-modules/youth/) (or demonstrate that this has already occurred.) This percentage is required prior to implementation of tMHFA with students
* Offer YMHFA to families prior to implementation of tMHFA
* Engage with families about this initiative, providing information in multiple ways, languages, etc.
* Establish a process for families to opt their child out of the program if desired
* Train at least 2 staff persons to become a tMHFA Instructor. (Optional – District may also train at least 2 staff persons to become a YMHFA Instructor with these funds.)
* Implement tMHFA with at least one grade (Course must be taught with an entire grade – 10, 11 and/or 12)
* Engage in DESE-sponsored PLC or professional development opportunities with other participating districts (as available)

**Allowable Fund Use**

* Stipends for teachers and other school staff to participate in YMHFA training (if outside of work/school hours)
* Stipends for staff doing additional coordination and planning outside of normal work/school hours
* Materials and supplies, including those to facilitate family participation in YMHFA (e.g., loaner laptops/wifi hot spots for participation in virtual YMHFA)
* Contracts with DESE-selected vendor(s) to support PD, including related coaching and associated materials.

**Funding**

Applicants may apply for up to $100,000, including funds budgeted for DESE-selected vendor as described below.

**Vendor Set-Aside**

DESE currently has three approved vendors with which grantees under this category will work to provide training and support for this project. The vendors are *Collaborative for Educational Services, Lighthouse Wellness and Health Education Consulting,* and *Walker*. DESE will work with awarded grantees to match with an approved vendor upon award. Grantees must budget up to the following that will be paid through a contract(s) directly to the approved vendor(s):

* $4,800/training (20-30 participants/training) to DESE-selected vendor to coordinate and deliver YMHFA trainings, including associated materials for:
  + School staff, if needed, to ensure that at least 10% of staff are trained, and
  + Families, prior to tMHFA implementation.
* $3,500/participant for tMHFA Instructor trainings, including associated materials.
* $2,500/participant for YMHFA Instructor trainings, including associated materials.