



**Mental Health  
First Aid**



**2010 Application to Train  
as a Mental Health First Aid Canada Youth Instructor**  
[MHFA Canada for Adults who Interact with Youth 12 to 24 years of age]  
**(5.5-day course)**

<b>APPLICANT'S NAME</b>	First Name	Surname	Gender
<b>WORKPLACE</b>			
<b>WORK POSITION</b>	Title		
<b>WORK ADDRESS</b>			
<b>HOME ADDRESS</b>			
<b>CONTACT NUMBERS</b>	[w] Phone:	[h] Phone:	
	Cell:	Fax:	
<b>EMAIL ADDRESS</b>	[w] e-mail:	[h] e-mail:	
<b>COURSE YOU ARE APPLYING FOR</b>	Course date:	Course location:	
	___/___/ 2010 to ___/___/ 2010		
<b>Course Dates/Locations are available at: <a href="http://www.mentalhealthfirstaid.ca/COURSE/">http://www.mentalhealthfirstaid.ca/COURSE/</a></b>			
<b>Cancellation Policy:</b> *A cancellation fee of \$300 applies to all notifications received 4 weeks in advance of the MHFA Canada course date or a cancel fee of \$750 is charged for all notifications received less than 4 weeks in advance. Notice received after the class date or no show at the class will result in no refund.			

The MHFA Canada Youth Instructor Training Course is conducted over 5.5 consecutive days (see schedule on website). The cost is \$3,500. This covers training and catering during the course hours. *It does not cover travel or accommodation. **Should you be unsuccessful in becoming an MHFA Canada Basic Instructor, there will be a fee of \$850 for your attendance and catering at the 5.5-day course. You will not be able to keep the MHFA materials.***

In order to select candidates with the appropriate skills and experiences to organize and teach the 14-hour MHFA *Youth* course, please provide answers to the questions below to demonstrate that you meet the following criteria:

- Experience in the field of mental health and mental illness
- Good knowledge of mental disorders and their treatment as applicable to youth
- Experience delivering training/teaching effectively to adult learners
- Knowledge of the range of mental health services for youth in their area
- Good interpersonal and communication skills
- Experience in networking with community partners
- Positive attitudes towards people with mental health problems
- Enthusiasm to reduce stigma/discrimination associated with mental illness
- Good business plan or organizational support to ensure MHFA Canada sustainability

The 14-hour Mental Health First Aid (MHFA) *Youth* course is designed for adults who interact with youth 12 to 24 years of age. This includes health care workers, parents, teachers, police etc.

1. We are interested in your experiences and skills that would enable you to teach this course.
  - (a) What are your **personal and professional experiences and qualifications related to youth mental disorders**? Your answer needs to demonstrate that you have **good knowledge of mental disorders, their treatments, and mental health and community services for youth**.
  - (b) What are your experiences and qualifications that would enable you to conduct training sessions effectively? Your answer needs to demonstrate that you have **good teaching, communication skills and interpersonal skills**.
  - (c) What experience do you have in effectively networking with this particular community and/or the general community?
  - (d) Do you have any other experiences or skills that may be relevant?
2. Are you attached to an organization that will support you in some ongoing way as an MHFA Canada *Youth* Instructor? Your answer needs to demonstrate that you have a **good business plan or organizational support to ensure MHFA sustainability**.
  - (a) If “Yes”, please explain the support this organization will provide.
  - (b) If “No”, please briefly explain the business plan you will use for this endeavour and any source of support and/or sponsorship.

3. Are there any group/s of people to whom you are particularly suited to deliver MHFA Canada *Youth* courses? If so, how would you organize and conduct MHFA Canada *Youth* courses to this group?
4. Part of the aim of the MHFA Canada *Youth* course is to reduce the stigma towards youth with mental health problems. Can you tell us what factors you believe exist that maintain the unfavourable attitudes some people have towards mental health problems?
5. In your opinion, what are the key skills needed to be an effective MHFA Canada *Youth* Instructor?
6. What are your 3 reasons for wanting to be a MHFA Canada *Youth* Instructor?
7. What would you do if, during one of the MHFA Canada *Youth* courses you are conducting, one of the participants becomes distressed or approaches you about their personal mental health problems?

**Application Checklist:**

- Application Form**
- Completed Questions**
- Resume**
- Letter of support from your organization or 2 letters of reference if you are self-employed that address the criteria noted above.**
- Cheque made out to Mental Health Commission of Canada for \$3500 sent to:**

Mental Health Commission of Canada  
attn: MHFA Canada Finance Department  
10301 Southport Lane SW, Suite 800  
Calgary, AB T2W 1S7

**e-mail:** [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca)

**fax:** 780-459-5804

**phone:** 1-866-989-3985