

## 5.5 Day MHFA Canada Youth Instructor Training

| Sunday    | Activity   |
|-----------|--|
| 1:30-2:15 | Welcome <ul style="list-style-type: none"> <li>• Introductions</li> <li>• Housekeeping</li> </ul>  |
| 2:15-2:30 | Overview of Course Schedule  |
| 2:30-2:45 | Expectations <ul style="list-style-type: none"> <li>• Participants</li> <li>• MHFA Canada</li> </ul>   |
| Break     |  |
| 3:00-3:30 | Overview of MHFA Canada Program <ul style="list-style-type: none"> <li>• Program Structure</li> <li>• Courses: <i>Basic, Youth, French, Aboriginal</i></li> </ul>  |
| 3:30-4:00 | Distribution of <i>Youth</i> Participant Manuals<br>Homework: read sections 1-4 at least <ul style="list-style-type: none"> <li><input type="checkbox"/> Record any Participant questions</li> <li><input type="checkbox"/> Record any Instructor questions</li> <li><input type="checkbox"/> Think about what you need to do/know/learn in order to present each section – to your specific audience if there is one</li> </ul> |
| 4:00-4:15 | Learning Styles exercise   |
| 4:15-5:00 | Learning Styles discussion   |

| Monday      | Activity  |
|-------------|---|
| 8:00-8:30   | Breakfast/mingle  |
| 8:30        | MF/CT begins modeling 14 hour <i>Youth</i> course   |
| 8:30-10:00  | Section 1: Mental Health and Mental Health Problems   |
|             | Break   |
| 10:15-11:45 | Section 2: Substance-Related Disorders  |
| 11:45-12:15 | Lunch (if provided) (11:45-12:45 if not provided)   |
| 12:15-1:45  | Section 3: Mood Disorders   |
|             | Break   |
| 2:00-3:15   | Section 3: Mood Disorders continued   |
| 3:15-4:15   | Section 4: Deliberate Self Injury   |
| 4:15-4:30   | Self-Care   |
| 4:30-5:00   | Assign homework: Read sections 5-7 in participant manual<br>Distribute Instructor's Kit – sections 1-4 only <ul style="list-style-type: none"> <li><input type="checkbox"/> Homework: Read Sections 1-4 Instructor's Kit</li> <li><input type="checkbox"/> Generate Instructor questions to be discussed Wednesday</li> </ul> |

| <b>Tuesday</b> | <b>Activity</b>  |
|----------------|--|
| 8:00-8:30      | Breakfast/mingle   |
| 8:30-10:00     | Section 5: Anxiety Disorders   |
|                | Break  |
| 10:15-11:45    | Section 5: Anxiety Disorders continued   |
|                | Lunch<br>Sign up sheet for presentation topics – indicate the 3 most worrisome topics.   |
| 12:15-1:15     | Section 6: Eating Disorders  |
| 1:15-2:30      | Section 7: Psychosis   |
|                | Break MF/CT decides presentation distribution  |
| 2:45-4:15      | Section 7: Psychosis continued   |
| 4:15-4:30      | Celebration<br>Certificate distribution TBD<br>Evaluation process TBD  |
| 4:30-5:00      | Assignment of presentation topics<br>Distribution of Instructor's Kits sections 5-7 <ul style="list-style-type: none"> <li><input type="checkbox"/> Homework: Read Sections 5-7 Instructor's Kit</li> <li><input type="checkbox"/> Generate Instructor questions to be discussed Wednesday</li> </ul> Questions and general discussion |

| <b>Wednesday</b> | <b>Activity</b>   |
|------------------|---|
| 8:00-8:30        | Breakfast/mingle  |
| 8:30-9:00        | Teaching Tips using Monday/Tuesday as example                           |
| 9:00-10:00       | Review of Sections of <i>Youth</i> Instructor's Manual                  |
|                  | Break   |
| 10:15-10:45      | Giving Good Peer Feedback<br>Review of Presentation Evaluation Criteria |
| 10:45-12:00      | Review of sections of Youth Instructor's Manual                         |
| 12:00-12:30      | Lunch (if provided) (12:00-1:00 if not provided)                        |
| 12:30-12:45      | Review of Instructor's Extranet   |
| 12:45-2:00       | Review of sections of Youth Instructor's Manual                         |
|                  | Break   |
| 2:15-3:00        | Teaching Tips continued   |
| 3:00 -3:15       | PowerPoint hints  |
| 3:15-5:00        | Work on individual presentations with support of MF/CT                  |

| <b>Thursday</b> | <b>Activity</b>  |
|-----------------|--|
| 8:00-8:30       | Breakfast/mingle<br>Last minute questions from those presenting<br>Each presenter receives:<br>-> 45 minutes to present<br>-> 10 minutes for verbal feedback<br>-> 5 minutes for next presenter to prepare |
| 8:30-9:30       | Section 1: Mental Health and Mental Health Problems  |
| 9:30-10:30      | Section 2: Substance-Related Disorders part 1  |
| 10:30-11:30     | Section 2: Substance-Related Disorders part 2  |
| 11:30-12:30     | Section 3: Mood Disorders part 1   |
| 12:30-1:00      | Lunch (if provided) (12:30-1:30 if not provided)   |
| 1:00-2:00       | Section 3: Mood Disorders part 2   |
| 2:00-3:00       | Section 3: Mood Disorders part 3   |
| 3:00-4:00       | Section 4: Deliberate Self Injury  |
| 4:00-5:00       | Work on individual presentations with support of MF/CT   |

| <b>Friday</b> | <b>Activity</b>   |
|---------------|---|
| 8:00-8:30     | Breakfast/mingle<br>Last minute questions from those presenting |
| 8:30-9:30     | Section 5: Anxiety Disorders part 1                             |
| 9:30-10:30    | Section 5: Anxiety Disorders part 2                             |
| 10:30-11:30   | Section 6: Eating Disorders                                     |
| 11:30-12:00   | Lunch (if provided) (11:30-12:30 if not provided)               |
| 12:00-1:00    | Section 7: Psychosis part 1                                     |
| 1:00-2:00     | Section 7: Psychosis part 2                                     |
|               | Break   |
| 2:15-3:30     | One-to-one Interviews   |
| 3:30-4:00     | Last Questions<br>Paperwork<br>Photos                           |
| 4:00-4:15     | Goodbyes  |