

COVID-19 Response



Northwestern Counseling and Support Services and the Department of Health collaborated to train a group of emergency responders in the MHFA-Fire/EMS Module.

Since March 2020, VCP has certified over 35 Youth/Adult Mental Health First Aid instructors in virtual Y/MHFA. 14 virtual trainings have taken place certifying over 300 additional First Aiders.

Virtual trainings have allowed agencies to increase collaboration enabling the network to meet the training needs of their communities. VCP anticipates increased demand for virtual Y/MHFA trainings and plans to certify at least 20 more virtual instructors.

In order to address the increased stress facing teens as a result of the COVID-19 pandemic, VCP is developing a Teen Mental Health First Aid infrastructure.

By 2021, VCP will certify 16 Teen Mental Health First Aid instructors. Teen MHFA is designed specifically for youth in grades 10-12.

Mental Health First Aid: A Statewide Network of Prevention

DESCRIPTION

Mental Health First Aid is a public education program introducing people to the unique risk factors and warning signs of mental health problems. It builds an understanding of the importance of early intervention, and teaches how to help when a person is experiencing mental health challenges.

Last year, the VCP network and their community partners focused on providing in-person and virtual Youth and Adult Mental Health First Aid trainings and building our statewide infrastructure. In FY20, VCP certified an additional 16 Youth MHFA instructors to meet increased demand throughout the state. There are now more than 60 instructors providing Youth and Adult Mental Health First Aid trainings statewide. The VCP infrastructure has been primarily supported through The Substance Abuse and Mental Health Services Administration (SAMHSA).

IMPACT

In FY20, our statewide network of instructors trained 1,032 First Aiders in Y/MHFA. Trainings were held with school districts, colleges and universities, first responders, and community members. Mental Health First Aid has strengthened the VCP network through training collaboration, resource sharing, and shared community outreach.

Mental Health First Aid trainings have a direct impact on the wellness of our communities. In FY20, Vermont's First Aiders recognized the signs and symptoms of mental health challenges in over 1,200 youth and adults and referred them to care at network agencies as well as to other care providers across the state.

Since 2016, over 4,500 Vermonters have been trained as Youth or Adult Mental Health First Aiders

Vermont's First Aiders have referred over 4,100 people to mental health services

