



Teen Mental Health First Aid (tMHFA) Parent Engagement Application

In order to select people with the appropriate skills and experiences to organise and teach MHFA courses, there are up to six questions on the next page to answer to show that you meet the following criteria:

In order to qualify as an instructor in the tMHFA course, your answers need to demonstrate the following:

- Good working knowledge of the mental health problems affecting adolescents.
- A willingness to complete a certificate of attendance at a Youth MHFA course this year.
- Enthusiasm to deliver tMHFA courses.
- Experience teaching, training or coaching groups of adolescents.
- The endorsement of an accredited YMHA instructor who is committed to instructing groups of students at St Joseph's College
- The capacity to run teen MHFA for an entire school grade, in classroom groups, at least six groups per year.
- Commitment to the Joey's Way Imperatives and to maintaining the reputation of the MHFA Program at the College.

We do not require tMHFA instructors to be mental health professionals, nor to have qualifications in mental health. We seek instructors with a good working knowledge of adolescent mental health and good skills in presenting to adolescents.

Completing this form:

Please answer the following questions in order to assist us to assess how you meet the selection criteria. When writing your responses please include specific examples of what you have done.





Questionnaire

The teen Mental Health First Aid (tMHFA) course is designed for high school aged young people (roughly 12-17 years old). We are interested in your experiences and skills that would enable you to teach this course.

Name: _____ **Contact Phone:** _____

Email: _____

Question 1A

Please list your tertiary qualifications (Please include year completed and from which institution):

Question 1B

What are your personal and/or professional experiences in youth mental health problems and treatment? Your answer needs to demonstrate that you have a basic working knowledge of mental health problems, their treatments and mental health and community services, and a willingness to learn more if needed.

Question 1C

Please describe your experiences teaching groups of adolescents. Please don't tell us about one-on-one or clinical experiences, only groups e.g., classroom teaching, training, coaching. Your answer needs to demonstrate that you have good teaching, communication skills and interpersonal skills.

Question 1D

Do you have any other experiences or skills that may be relevant?



Questionnaire

The teen Mental Health First Aid (tMHFA) course is designed for high school aged young people (roughly 12-17 years old). We are interested in your experiences and skills that would enable you to teach this course.

Question 2

Part of the aim of the MHFA course is to reduce the stigma towards people 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?

Question 3

In your opinion, what are the key skills needed to be an effective MHFA Instructor?

Question 4

Mental Health First Aid has an excellent reputation both in Australia and internationally. The main reasons for this reputation are research and standardisation. Please summarise why these two things are both important to maintain high quality.

Question 5

If a student in one of these sessions were causing disruptions to your training, how would you handle it?

Do you hold a current working with children check? Yes / No