



Faculty Learning Community

Mental Health First Aid Training for Faculty; Promoting Student Success

Description

"Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help." (National Council on Behavioral Health)

The core of this Faculty Learning Community will be the 8-hour curriculum designed by the National Council for Behavioral Health, and required for certification as a Mental Health First Aid provider. Faculty who successfully participate in this FLC can expect to receive their MHFA Certificate at the conclusion. Beyond this standardized 8-hour curriculum, faculty will explore with fellow FLC participants issues of particular relevance to our own campus community, and share strategies for supporting CSUSM students effectively, without judgment or stigma.

Purpose:

- To create a community of faculty who are certified Mental Health First Aiders (Certified by the National Council for Behavioral Health).
- To help de-stigmatize mental health issues in our classrooms and among our campus community
- To engage faculty participants in conversations about how we as individuals and as a campus community can help students be more successful

Learning outcomes:

- Identify the most common mental health issues among college students.
- Identify local resources (campus and community) available to support individuals experiencing mental health challenges.
- Apply the Mental Health First Aid Action Plan (from the National Council for Behavioral Health) to one's own teaching, mentoring, and interacting with students.

Facilitator

Darci Strother, Full Professor of Modern Language Studies

Meetings

The time commitment is 1 semester.

Fri. Sept. 6 - 1:00-2:00: Meet and greet, intros, background of participants, intro to curriculum and learning goals

Fri. Sept. 27 - 12:30-2:30: MHFA Curriculum Day 1

Fri. Oct. 11 - 12:30 - 2:30: MHFA Curriculum Day 2

Fri. Oct. 25 - 12:30-2:30: MHFA Curriculum Day 3

Fri. Nov. 15 - 12:3-2:30: MHFA Curriculum Day 4

Fri. Dec. 6 - 1:00-2:00: Conclusion/wrap-up, next steps?

Spring 2020: FLC Participant Panel discussing what they learned, applications, and recommendations for future action

In addition to these face-to-face meetings, I'd like to have some applicable participant readings with online discussions during the FLC semester.

Who Should Apply

Faculty of any discipline, at any rank, are encouraged to apply. Mental Health First Aid training is appropriate for anyone who works with other people! I have spoken with Kendra Rivera (Faculty Mentoring Program Director), and she is eager to encourage FMP faculty to receive this training.

Compensation

Faculty will be compensated \$250 at the end of the spring semester

To apply:

Application

The priority deadline to apply is May 31