



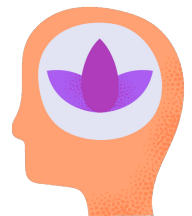
Training Responders and Individuals to Navigate using Mental Health First Aid (TRAIN-MHFA) Project

What is TRAIN-MHFA?

Training Responders and Individuals to Navigate using Mental Health First Aid (TRAIN-MHFA) Project aims to improve mental health literacy among community members (first responders, teachers, parents and youth) and community advocates (CBOs staff) and increase their confidence in responding to people of color with mental health issues and crisis through Mental Health First Aid. Mental Health First Aid is a course that teaches people how to recognize and respond to signs of mental illnesses and substance use disorders and develop skills to be able to provide support and connect people to mental health services.

Why does TRAIN-MHFA matter?

- **9.8% of African American, 9.7% of Latinx, and 7% of Asian American adults received mental health services** in the past year compared to 19.8% of White adults.
- People of color often suffer from poor mental health outcomes due to:
 - **Inaccessibility** to culturally and linguistically appropriate mental health care services
 - **Stigma** surrounding mental health care
 - **Lack of awareness** about mental health conditions



How will TRAIN-MHFA make a difference?

By training community members on how to respond to people of color with mental health issues and crisis, we will reduce some of the barriers that exist when it comes to seeking mental health services and encourage more people of color to seek out services.

Our Strategic Interventions



Provide MHFA trainings

CBO staff members, first responders, teachers, parents, and youth in communities of color.



Implement the linkage to care project - IL Care Continuum portal to make referrals to mental health providers.



Provide mental health literacy and skill-based educational sessions to Mental Health First Aiders via Project ECHO



Create a mental health community resource guide for Latinx, Korean, Chinese, South Asian and African American communities to increase accessibility of tailored, community-level information about mental health and available services.



Develop 5 cultural supplements (Chinese, Korean, South Asian, Latinx and African American) to educate First Aiders to be culturally sensitive when responding to people of color with mental health challenges and crisis.

Expected Outcomes

- 80% of MHFA participants will demonstrate an improvement in knowledge/attitudes/beliefs related to prevention and/or mental health promotion
- 700 CBO staff members, first responders, teachers, parents, and youth in communities of color will complete the Mental Health First Aid (MHFA) training
- 380 individuals will be referred to mental health or related services