REFUGEE MENTAL HEALTH LITERACY & LEADERSHIP COURSE FOR REFUGEE LEADERS

******OPPORTUNITY ANNOUNCEMENT******

The National Partnership for Community Training is searching for refugee leaders to participate in an innovative MENTAL HEALTH LITERACY & LEADERSHIP course. This is a competitive application process as NPCT will sponsor five refugee leaders to participate in a three week-long personalized online and in-person training on Mental Health Literacy in September 2018.

REFUGEE MENTAL HEALTH LITERACY & LEADERSHIP COURSE

The National Partnership for Community Training (NPCT) is sponsoring five refugee leaders to receive their Mental Health First Aid instructor certification in September of 2018. NPCT will provide supplemental online training tailored to address the specific needs of refugees. This Refugee Mental Health Literacy & Leadership (RMHL^2) Course will prepare refugee leaders to Recognize the signs and symptoms of mental health problems, increase mental health literacy and decrease stigma, build a trauma-informed approach to personal and professional situations, identify community assets, build a network of mental health supports, and maintain a practice of self-care.

- Promote Social and Emotional Competence in the community
- Learn to serve as a community resource of support in times of need
- Increase professional community connections
- Promote resilience
- Respond to mental health emergencies
- Promote Non-judgmental listening skills
- Identify tools for working with interpreters
- Deliver access to national network of MHFA Instructors
- Conduct an adult MHFA training to the community members as mental health first aid responders

What is Mental Health First Aid?

Mental Health First Aid (MHFA) training helps participants recognize mental health warning signs and symptoms in themselves or their fellow community members. The course introduces participants to risk factors, warning signs and symptoms of various mental health illnesses such as depression, anxiety, trauma, psychosis, substance use disorders, self-injury and suicidal behaviors, and their impact on a person’s life, and reviews common treatments. Participants learn a five-step action plan that includes: (1) Assess the risk of harm or suicide, (2) Listen nonjudgmentally, (3) Give reassurance and information, (4) Encourage appropriate professional help, and (5) Encourage self-help and other support strategies
What is a Mental Health First Aid Instructor?
Instructors train people in their communities in Mental Health First Aid. Instructors teach from a national curriculum, tailor discussions to their participants and compile a list of local resources for help. Certification is achieved through a 3-day interactive training. The primary role of Instructors is to teach the Mental Health First Aid course with fidelity to the core program model and key messages. Each Instructor has a set of materials to help guide them through course facilitation.

What makes NPCT’s Refugee Mental Health Literacy and Leadership Course unique?
In addition to NPCT sponsoring all costs for Refugee Leaders to become a Mental Health First Aid Instructor, NPCT has over a decade of experience providing mental health technical assistance to national providers working with refugees and survivors of torture. Using this expertise, NPCT has developed a training course for refugee leaders that complements the Mental Health First Aid Instructor course.

What will be covered in the three-week Refugee Mental Health Literacy and Leadership course?

<table>
<thead>
<tr>
<th>Week</th>
<th>Content</th>
<th>Location</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Aug 27 - 31**</td>
<td>Mental Health in Refugee context, Leadership, Community asset mapping, facilitation skills, Trauma-Informed Approach</td>
<td>Online Course</td>
<td>National Partnership for Community Training</td>
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<tr>
<td>2 Sep 5 - 7</td>
<td>Mental Health First Aid Certification Instructor Training</td>
<td>Florida*</td>
<td>National Behavioral Institute</td>
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<tr>
<td>3 Sep 10 – 14**</td>
<td>MHFA Instructor review, crisis response, self-care, cultural awareness</td>
<td>Online Course</td>
<td>National Partnership for Community Training</td>
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</tbody>
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*NPCT sponsorship of Refugee Leaders will include roundtrip tickets to training location, hotel stay, and instructor certification fees. **Exact dates will be coordinated with selected participants

Nomination Process: If you are, or know of, a community leader who:
- has held, or currently holds, refugee or SIV status
- is at least 18 years old
- understands the need for mental health support in their communities
- is committed to increasing health and wellness in their communities
- holds strong English language skills
- experience in facilitating workshops/community meetings for adults
- has working partnership with community agency support (i.e. refugee resettlement agency, community health center, community-based organization, etc.)


For questions, contact partnership@gcjfcs.org