



KATHY HOCHUL  
Governor

ANN MARIE T. SULLIVAN, M.D.  
Commissioner

MOIRA TASHJIAN, MPA  
Executive Deputy Commissioner

## **Solicitation of Interest:** Statewide Training on Youth Mental Health First Aid

The New York State Office of Mental Health (OMH) is seeking Letters of Interest from New York State organizations or agencies to increase delivery of the Youth Mental Health First Aid (YMHFA) training statewide. The coronavirus pandemic has had a significant impact on children and youth. It is increasingly important for those who interact or work with young people to be able to identify signs of a mental health or substance use problem and provide access to support. Therefore, training is critical to be able to equip members of the community to understand and recognize the signs of behavioral health challenges and provide support and connection to next steps.

YMHFA training teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training provides the skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. YMHFA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

YMHFA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

New York State's goal is to increase the number of members of the public trained in YMHFA. This funding is allocated for entities to:

- Use certified YMHFA Instructors to directly train the public AND/OR
- Coordinate the certification of new YMHFA Instructors who then directly train the public

OMH is seeking up to five organizations or agencies to increase delivery of YMHFA training in each of the five OMH regions (<https://omh.ny.gov/omhweb/aboutomh/fieldoffices.html>).

Respondents **must** indicate which regions(s) they are proposing to offer YMFHA training and/or increase YMHFA Instructors and can propose to target one to all five regions of the State.

Eligible applicants must have the following:

- (1) Demonstrated extensive experience in delivery of YMHFA training throughout New York State through direct YMHFA training and/or coordinating certification of YMHFA instructors on Youth Mental Health First Aid

- (2) Certified instructors in Youth Mental Health First Aid and/or capacity and experience in coordinating training of new YMHFA Instructors
- (3) Capacity to train widely throughout New York State offered directly by agency staff or through association, affiliates, networks or contracts
- (4) Ability to provide training live (both in person and virtual) statewide or throughout identified catchment area(s)
- (5) Capacity for outreach, broad marketing, outreach, and promotional activities to get individuals to register and participate
- (6) Ability to provide participants with the required training material
- (7) Ability to utilize or establish relationships with targeted audiences and a wide array of community providers, organizations, schools, and other organizations that work with or serve young people
- (8) Capacity to track and report to the State on staff certifications received, registrants, trainings provided, number of participants trained, satisfaction surveys, and fiscal reports.

Please send your Letter of Interest and proposed region(s) to train to Carol Swiderski at [carol.swiderski@omh.ny.gov](mailto:carol.swiderski@omh.ny.gov). Please indicate “**Youth Mental Health First Aid**” in the subject line. **Letters of Interest are due by Wednesday, May 11, 2022.**

Please note this is solely a Solicitation of Interest and does not guarantee an award or contract.

This publication was made possible by Grant Number 1B09SM083990-01 and/or 1B09SM085374-01, both CFDA 93.958 from SAMHSA. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the SAMHSA.