

## Memo

**Date:** January 2, 2014

**To:** Fire Departments

**From:** Derek Simmons, Director of Fire Services /Fire Commissioner

**Re:** Mental Health First Aid: For Adults Who Interact with Youth

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Fire and Emergency Services – Newfoundland and Labrador (FES-NL) is pleased to announce it has entered into a collaborative training effort with the Royal Newfoundland Constabulary, Royal Canadian Mounted Police, Department of Health and Community Services and Paramedicine Association of Newfoundland and Labrador. This training effort will provide an opportunity for interested fire service personnel to participate in a Train the Trainer course and help educate other first responders to identify a mental health crisis situation in any emergency response call.

The Mental Health First Aid (MHFA) training course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. This course does not train people to be therapists, counselors or mental health professionals. The philosophy is that mental health crisis may be avoided through early intervention.

Applications are being invited from fire service members, to attend a 5-day Train the Trainer program. The application shall be a letter outlining any educational and instructional assets that would support this commitment. All applications shall be submitted to Fire Protection Officer Jim Barry, at the St. John's office, by January 30, 2014. Applications can be sent via mail or email. Send an email application to [jimbarry@gov.nl.ca](mailto:jimbarry@gov.nl.ca).

Individuals who apply will be first screened by FES-NL and then successful nominations will be forwarded to the Mental Health Commission of Canada (MHCC) for an interview and final selection. Members moving to the interview phase of MHCC will be notified when to fill out the MHCC application package noted at the link below. Training sessions will be held in St. John's, Central or Western Newfoundland and in Labrador. Training dates have tentatively been slated for February 23-28, 2014; March 9-14, 2014; March 16-21, 2014. Locations will be provided at a future date. Selected members will attend training sessions in their regional area.

Individuals applying will be asked to facilitate 2-3 training sessions per year to the fire service and other partner organizations. To support this commitment, FES-NL will provide the following financial support to the successful applicants:

1. Reimbursement for Private Vehicle Travel
2. Meal Per-Diem
3. Accommodations
4. Regional Trainer Stipend (Per-Day)(As per FES-NL Regional Trainer's Policy)

*NOTE: All travel must be pre-approved and travel claim forms submitted for payment, upon completion of the training program. Items 1-3 above will be paid based on Government of NL travel rates.*

Fire and Emergency Services – Newfoundland and Labrador, in keeping with the Regional Trainer's Policy, will not provide compensation for lost wages or time-off used to attend this training session or subsequent training courses.

**Course details can be found at the following web site:**

<http://www.mentalhealthfirstaid.ca/EN/course/descriptions/Pages/MHFAforYouth.aspx>

<http://www.mentalhealthfirstaid.ca/EN/instruct/youth/Pages/default.aspx>

**Mental Health Commission application package:**

<http://www.mentalhealthfirstaid.ca/EN/instruct/basic/Documents/MHFA%205.5%20day%20YOUTH%20Application%20Dec13.doc>

For additional information please contact Fire Protection Jim Barry at (709) 729-1608.

A handwritten signature in black ink, appearing to read 'Derek Simmons', with a stylized flourish at the end.

Derek Simmons  
**Director of Fire Services/ Fire Commissioner**