Project title: Mental Health First Aid manuals for instructors in the Central Region

II. Date of Proposal: April 2nd, 2015 Date(s) of Event(s): spring or summer of 2015

III. Counties involved: All Central Region Counties that have certified MHFA instructors that were sponsored by the Central Region Partnership

IV. Funding requested: 100 manuals total per instructor for: youth, adult or Spanish adult MHFA

V. Match amount(s) – monetary or in-kind: N/A

VI. Timelines: For dissemination in spring or summer of 2015

VII. Coordination/Management Plan: The Central Region Partnership Coordinator will work with a logistics company to get the manuals to California, then disseminate to the counties. Coordinators in each county would need to disseminate to the instructors of that county.

VIII. Budget (Include costs for S & B, Direct and Indirect Expenses, e.g., Consultant Fees, Supplies, Printing, Food, Venue, Technology, Tools, Travel [would travel policy apply?], or other): Estimate: Average of $16 per manual X 100 per instructor = $1600 per instructor plus shipping and handling. If 2 from each county wants manuals, then $3200 per county X 19 Mental Health Plans = $60,800. Shipping and handling is additional and may be $20,000. Total budget estimate: approximately $80,000. There is room in this fiscal year’s budget for this proposal.

IX. How will Outcomes be measured?: Outcomes for this proposal will be folded into the outcomes of the larger MHFA program in the Central Region.

X. Goals of Project and how they relate to the Essential Elements of the MHSA and Regional Workforce Education and Training goals (both listed below): 1. Community Collaboration in that community members receive the training for free and the curriculum has evidence that it reduces stigma; and, 2. MHFA has a wellness, recovery and resiliency focus.

Five Essential Elements of the MHSA:

- Community Collaboration
- Cultural Competence
Central Regional Workforce Education & Training Partnership

- Client/Family Member Driven System
- Wellness, Recovery and Resilience Focus
- Integrated Services for clients/families

**WET Regional Partnerships Goals:**

To promote building and improving local workforce, education and training resources, including: increasing the number of qualified, hard-to-fill workforce members, and improving and increasing the knowledge, skills and abilities of existing workforce members. Skills improvement should have an evidence-base and/or otherwise align with the essential elements of the MHSA.