



MENTAL HEALTH FIRST AID

Adaptation of the MHFA Australia Program by an Overseas Organisation.

1. Adaptation Model Prior to January 2008

Until the end of 2007, the organisations in overseas countries which have adapted the MHFA Australia Program have taken the following adaptation steps:

1. Signed a Memorandum of Understanding http://www.mhfa.com.au/documents/MHFA_MoU_for_other_countries_Mar_08.pdf to protect copyright and spread of the MHFA Australia Program.
2. Brought one or two MHFA Australia trainers over to train 10-15 MHFA Instructors (in the 5-day Standard MHFA Australia Instructor Training Course).
3. Electronic copies of the MHFA Australia documents (MHFA manual, teaching notes, resources) and permission for adaptation are given to the overseas organisation.
4. These newly trained MHFA instructors then work to modify the Standard
5. MHFA program to make it culturally and resource appropriate for their country.
6. A MHFA Australia trainer was often then taken over to that country some time later to help with the inaugural training course for the MHFA instructors in that country's modified MHFA program.

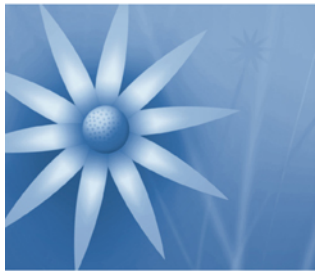
The **costs** associated with this process were as follows:

1. Return airfare for one or two MHFA trainers between Melbourne and the host country (business class, if possible ☺).
2. Accommodation for at least 6 nights (to allow a full day to recover from jetlag before teaching).
3. A fee of AUD\$3,000 per trainee Instructor, with a minimum of 10 trainees *i.e. a minimum of \$30,000*
4. Overseas postage fees for each MHFA Instructor kit, usually one per trainee Instructor.
5. If a MHFA trainer was brought over some months later to assist with the inaugural MHFA Instructor Training Course in that country's adapted MHFA program, a daily consultancy fee of AUD\$1,500 was charged plus accommodation and return airfares.

2. Current Adaptation Model since January 2008

However, as we have gained more experience in taking the MHFA Program to other countries, the following adaptation steps appear a better way to proceed:

1. Sign a Memorandum of Understanding http://www.mhfa.com.au/documents/MHFA_MoU_for_other_countries_Mar_08.pdf to protect copyright and spread of the MHFA Australia Program.
2. One or two MHFA Australia trainers are brought over to the host country to conduct 4-5 days of training and consultancy. On Day 1 & 2, they conduct the 12-hr Standard MHFA Australia course for the potential MHFA Instructors &/or the team that will modify the Standard MHFA Australia materials for that country.
3. Day 3 & 4 involve discussion with the key players in that organisation to learn the pitfalls and tips in developing, marketing, researching and rolling out the MHFA course in another country.
4. Electronic copies of the MHFA Australia documents (MHFA manual, teaching notes, resources) and permission for adaptation are given to the overseas organisation.



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5. The MHFA team in the host country now works to modify the MHFA manual, PPT slides, teaching notes and locate other resources, such as mental health film clips, to be suitable for their country.
6. Once these materials are complete, the new MHFA team in this country conduct their own inaugural MHFA Instructor Training Course i.e. MHFA Instructors are trained in the modified MHFA materials.
7. If wished, the host country can bring a MHFA Australia trainer over to help with this inaugural course.

The **costs** that are associated with this process are as follows:

1. Return airfare for two MHFA trainers between Melbourne and the host country (business class, if possible ☺)
2. Accommodation for at least 6 nights (to allow a full day to recover from jetlag before teaching).
3. A fee of AUD\$10,000 per MHFA trainer's teaching and consultancy time over the 5 days *i.e. a minimum of \$20,000.*
4. A fee of AUD\$800 plus postage for one MHFA Instructor kit.
5. A fee of \$2,000 for the electronic copies of the MHFA manual, teaching notes and other resources and the permission to modify them.

The fee structure of this new adaptation process does not bring as much payment to the MHFA Australia Program as the previous adaptation process prior to the beginning of 2008.

However, our mission is to help increase the mental health literacy of our communities, to decrease stigmatising attitudes towards people with mental illness and to increase people seeking appropriate help for their mental health problems. The MHFA Australia Program Team believe that this revised adaptation model will help further to facilitate these aims.

Sincerely

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