



Community FIRST

Vermont's Statewide Youth and Adult Mental Health First Aid Network

About Community FIRST:

Community FIRST (First Signs, Intervention, Referral, Support, Treatment) provides free Youth and Adult Mental Health First Aid trainings to individuals throughout the State of Vermont. Community FIRST is a statewide collaboration between state designated mental health agencies, Vermont Care Partners, Vermont LEND and community partners. Community FIRST is made possible by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to Vermont Care Partners.

Community FIRST's goals are to:

- Increase the mental health literacy of Vermonters
- Reduce stigma through education and understanding
- Support the early identification and referral of those experiencing mental health disorders and/or substance use disorders (MH/SUD)
- Increase cultural competencies among community members and professionals supporting individuals with MH/SUD needs

Youth and Adult Mental Health First Aid:

Youth and Adult Mental Health First Aid courses introduce participants to the unique risk factors and warning signs of mental health problems, build understanding of the importance of early intervention, and teaches individuals how to help an individual in crisis or experiencing a mental health challenge. The 8 hour Y/MHFA course uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect people to professional, peer, social, and self-help care.



Cultural and Linguistic Competency Training

Cultural and Linguistic Competency Training is an all day workshop that introduces participants to the cultural and linguistic considerations of diverse communities and broadens understanding of links between racial and health inequities and health disparities. Through small group discussion and activities individuals increase their self-awareness of racial, ethnic and class biases. Participants will understand how cultural beliefs shape encounters and health outcomes and will learn to incorporate cultural and linguistic competence into providing service and support.

Where Can I Learn More?

For more information about Community FIRST, or to set up a Mental Health First Aid training in your area please contact **Lance Metayer (802) 582-8039 lance.metayer@ncssinc.org** or visit www.vermontcarepartners.org

