Fitwel Mental Health First Aid Responder Training Protocol
Fitwel Mental Health First Aid Responder Training Protocol

This document provides project teams with a list of the required elements that must be included in a mental health first aid responder training protocol. Project teams can either use this document as a guide to establish and implement a qualifying protocol or highlight the required sections in existing policies or protocols.

A qualifying protocol for mental health first aid must include the following:

1. Implementation

   - when implementing the protocol in multi-tenant commercial buildings, the protocol must apply to all full-time employees of the areas under the control of the building management.
   - when implementing the protocol in residential buildings, the protocol must apply to all full-time employees of the areas under control of the building management, and all residents.
   - when implementing the protocol in single tenant buildings and commercial interior spaces, the protocol must apply to all full-time employees of tenant spaces.

2. Execution

   Requires execution in the event of a contagious disease outbreak, as defined by the national, regional, and/or local public health authority.

3. Training Requirements

   Requires a description of mental health first aid training that meets the following guidelines:

   - delivered by a certified mental health professional.
   - educates trainees on how to identify, understand and respond to signs of mental health issues, for example:
     - anxiety
     - acute stress disorders
     - depression
     - substance use disorders
     - suicidality or self-harm
     - abuse or neglect.
   - educates trainees on de-escalation techniques.
4. Training Accessibility

Requires that training is:

- available to applicable occupants upon request.
- delivered to:
  - the contagious disease response task force
  - at least one individual for every 100 applicable occupants, including task force members.

*Qualifying MHFA Training Resources can be found at the National Council for Behavioral Health’s website https://www.mentalhealthfirstaid.org/*