



# PROVIDER ALERT

Mental Health First Aid (MHFA) Training  
March 1, 2023

**Alert Summary:** This alert includes information about the Optum Idaho offering training on Mental Health First Aid

Dear Provider,

We are excited to announce that Optum Idaho offers Mental Health First Aid certification training and certification at no cost.

Mental Health First Aid for Adults (MHFA) training includes:

- A Self-Paced Virtual (2 hour) video that must be completed before the virtual session.
- Six hours of virtual instructor led training which is divided into two separate three-hour days. You must attend both sessions.
- A lifetime certification in Mental Health First Aid.
- Eight hours of CEUs.

**\*Note that you must attend all eight hours to obtain the certification and CEUs.**

## WHY:

Most of us would know how to help if we saw someone having a heart attack — we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

MHFA trainings help take the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding. The trainings also provide an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

MHFA teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a person who may be experiencing a mental health challenge.

## WHEN:

- Training Dates:
- April 18 and 20, 2023 from 9 a.m. to noon (MT)
- July 25 and 27, 2023 from 9 a.m. to noon (MT)
- Oct. 31 and Nov. 1, 2023 from 9 a.m. to noon (MT)

## HOW:

How can I access the trainings as a provider?

- If you would like to find out more on the provider-only Mental Health First Aid training opportunities, contact the Optum Idaho Education and Training team at [optum.idaho.education@optum.com](mailto:optum.idaho.education@optum.com)
- You will be assigned a two-hour video that must be completed prior to the virtual training session.
- There are six hours of virtual training, which is divided into two separate three-hour days. You must attend both

sessions.

NOTE: This training is not available in Relias, it is assigned from the National Council for Behavioral Health.

Thank you,

The Optum Idaho Education and Training team