

Help Grow Mental Health First Aid Colorado (MHFACO)

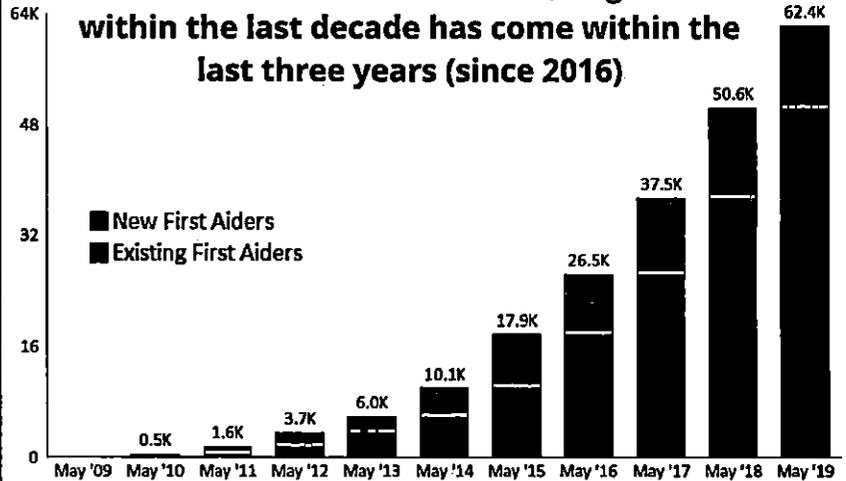
Mental Health First Aid (MHFA) is a national public education program that introduces participants to risk factors and warning signs of mental health and substance use problems. It has been proven to increase participants' understanding of early interventions and familiarity with common supports.

The need for mental health education and treatment is growing in Colorado, which has rates of mental illness and suicide that are higher than the national average, particularly among historically underserved populations.

MHFA has been delivered to more than 2 million individuals nationally, enabled by strong, local partnerships and local fundraising tied to advancing dissemination.

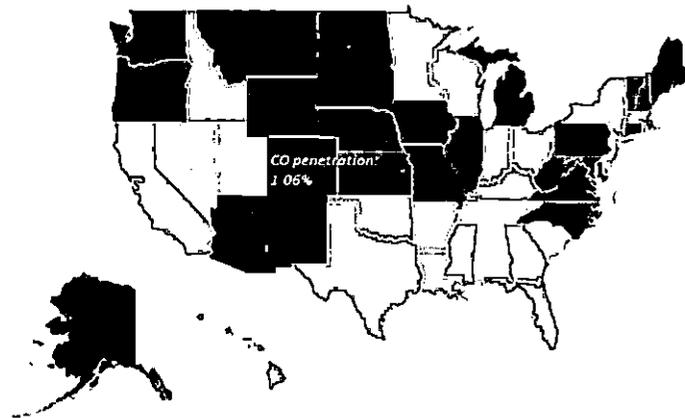
MHFA has been delivered to over 70,000 Coloradans.

Over half of Colorado First Aider growth within the last decade has come within the last three years (since 2016)



Context: Colorado is the third most successful state in achieving statewide penetration of MHFA

Nationwide penetration of MHFA: 0.45%



Source: National Council for Behavioral Health, "ALICE O-Meter," May 2015. <http://www.nationalcouncilonbehavioralhealth.org/pressroom/>

Colorado is the third most successful state in the U.S. in achieving statewide penetration for the MHFA program, having trained more than one percent of the state's population (over two times the national rate of MHFA penetration).

Without intentional, strategic investments, growth of MHFA in Colorado may stagnate. MHFACO's instructor base has been slowly declining due to a gradual decrease in new Instructors trained and an increased rate of Instructors becoming inactive.

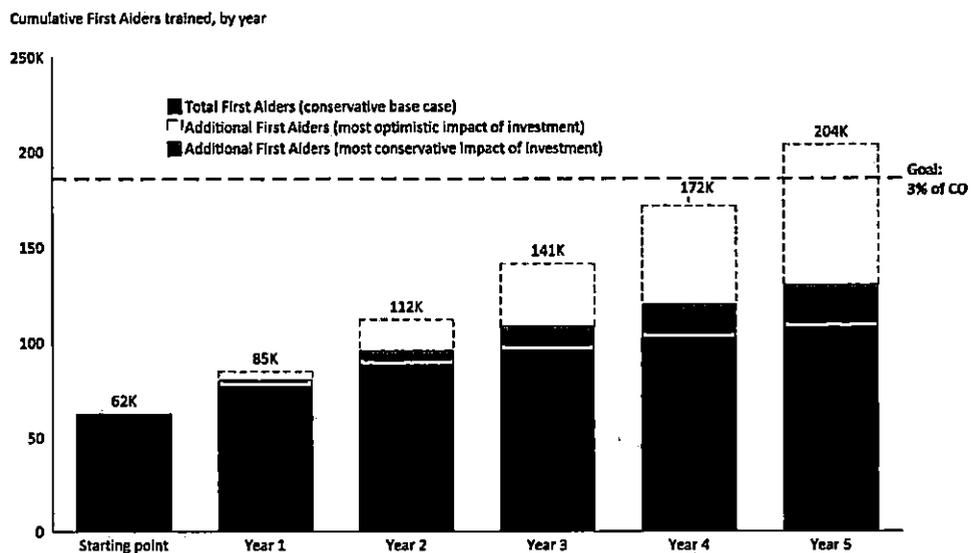
GROW MHFACO AND MAKE AN IMPACT WITH THESE KEY OPPORTUNITIES

-  Help Community Mental Health Centers and other community-based organizations to build local partnerships and secure funding to deliver MHFA.
-  Resource and develop state-level coordination and advocacy to maintain and increase funding for courses.
-  Increase Instructor productivity and recruitment through an organized community of practice, increased reimbursement funds, and additional cost-covered Instructor trainings.
-  Increase public funding to build MHFACO's central capacity and increase the number of Instructors and MHFAiders trained.

PROJECTED IMPACT OF THIS PLAN

MHFACO could double the number of First Aiders and triple its impact over the next five years with these investments. This graph represents a range of outcomes that could be achieved by investing in this plan while ensuring the program continues to prioritize individuals with the greatest barriers to accessing mental health education, prevention, and treatment.

Figure A: Projected growth of MHFA in Colorado with strategic investments – conservative and optimistic scenarios¹



MHFACO invites you to partner with us in advocacy and in support of program development and enhancement opportunities.

www.mhfaco.org