



Lori A. Weaver
Commissioner

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Director

STATE OF NEW HAMPSHIRE
DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION FOR BEHAVIORAL HEALTH
BUREAU OF MENTAL HEALTH SERVICES

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December 20, 2023

His Excellency, Governor Christopher T. Sununu
and the Honorable Council
State House
Concord, New Hampshire 03301

REQUESTED ACTION

Authorize the Department of Health and Human Services, Division for Behavioral Health, Bureau of Mental Health Services, to provide four (4) organized meetings on the dates and at the locations stated in the table below, for a total cost not to exceed \$5,016.27, for the purpose of providing Youth Mental Health First Aid Training (MHFA) to a total of up to 120 non-State of New Hampshire employees, effective upon Governor and Council approval through July 30, 2024. 100% Federal funds.

DHHS - Mental Health First Aid Training - Locations, Dates and Summary of Cost			
Date	Location	Participant count	Room Rental & food cost
1/11/2024	Grappone Conference Center, 70 Constitution Ave Concord NH 03301	30	\$1,290.00
3/14/2024	The Common Man Inn, 21 Water Street Claremont, NH 03743	30	\$1,045.00
5/16/2024	Portsmouth Courtyard by Marriott, 1000 Market St. Portsmouth, NH 03801	30	\$1,768.00
7/25/2024	The Common Man Inn, 231 Main Street Plymouth, NH 03264	30	\$913.27
	Total	120	\$5,016.27

Funds are available in the following account for State Fiscal Year 2024:

05-95-092-922010-41200000 HEALTH AND SOCIAL SERVICES, HEALTH AND HUMAN SVS DEPT, HHS: BEHAVIORAL HEALTH, BUREAU OF MENTAL HEALTH SERVICES, MENTAL HEALTH BLOCK GRANT (100% FEDERAL FUNDS).

State Fiscal Year	Class/Account	Class Title	Job Number	Total Amount
2024	067-500557	Provider Train / Education Con	92264120	\$5,016.27

EXPLANATION

The purpose of this request is to pay for meeting expenses incurred for the provision of Youth Mental Health First Aid (MHFA) training for the Department's Disaster Behavioral Health Response Team (DBHRT) trained volunteers and providers at Community Mental Health Centers (CMHC). These trainings are designed to help educate providers and DBHRT responders across the state who engage with youth experiencing a crisis.

Approximately 120 individuals from across the state will be trained in State Fiscal Year 2024.

In response to the increased national discourse around mass shootings, the Bipartisan Safer Communities Act (BSCA) (P.L. 117-159) provided funding to all states to strengthen and enhance mental health emergency preparedness and crisis response efforts. Funds must be spent on specific activities, including behavioral health crisis response trainings. The Department's Division for Behavioral Health and DBHRT collaborated to recommend these SAMHSA approved trainings.

Youth Mental Health First Aid training covers:

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders, and attention deficit hyperactive disorder (ADHD);
- Common signs and symptoms of substance use challenges and how to interact with a child or adolescent in crisis; and
- Expanded content on trauma, substance use, self-care, and the impact of social media and bullying.

Staff from NFI, Inc. will provide these trainings as part of their contract with the State of New Hampshire. The funds included in this request are for meeting expenses. The Department will continue monitoring NFI trainers' performance through the review of monthly status reports to ensure project deliverables and associated timelines are met and adhered to.

Should the Governor and Council not authorize this request, the Department may miss the opportunity to support effective responses to mental health and substance use problems in New Hampshire youth experiencing a crisis, therefore limiting the effectiveness of its community response preparedness, leading to continued high hospitalization rates, lengthier hospitalization and treatment waitlists, and gaps in community support for at-risk youth.

Source of Federal Funds: Bipartisan Safer Communities Act (BSCA) Funds from the Substance Abuse and Mental Health Services Administration (SAMSHA) Block Grant. FAIN # B09SM087307, CFDA 93.958, Date 10-17-2022

In the event that Federal Funds are no longer available, General Funds will not be requested to support this program.

Respectfully Submitted,



Lori A. Weaver
Commissioner

Attachment 1



Youth Mental Health First Aid Sample Course Agenda

8:00am	Session 1, Part 1 <ul style="list-style-type: none">• What Is Youth Mental Health First Aid?• Adolescent Development & Mental Health Problems in Youth• The Mental Health First Aid Action Plan• Signs & Symptoms
10:00am	Break
10:15am	Session 1, Part 2 <ul style="list-style-type: none">• Risk Factors & Protective Factors• Using the Mental Health First Aid Action Plan<ul style="list-style-type: none">○ Assess for Risk of Suicide or Harm
12:15pm	Lunch
1:15pm	Session 2, Part 1 <ul style="list-style-type: none">• Using the Mental Health First Aid Action Plan<ul style="list-style-type: none">○ In Non-Crisis Situations○ Intensive Scenario Work
3:15pm	Break
3:30pm	Session 2, Part 2 <ul style="list-style-type: none">• Using the Mental Health First Aid Action Plan<ul style="list-style-type: none">○ In Crisis Situations○ Intensive Scenario Work
5:30pm	End

The above reflects a one-day course agenda. The course can be taught over two days or more, but all 8 hours of content must be included. Any agenda should factor in break times for participants.