

Hello EBYC Parents/Guardians,

We hope that this email finds you well!

This past summer, East Brunswick Youth Council applied for a grant through the National Council for Mental Well Being, to bring a training, teen Mental Health First Aid (tMHFA), to our organization. In the fall, we were notified that we were selected to be a host location! During the past two months, Ashley Faulcon & John Roche, the advisers of EBYC, became certified tMHFA Instructors.

Now that all of the groundwork has been laid, it is time to get our young people certified as teen Mental Health First Aiders! In a sentence, the tMHFA program is designed to equip teens with the tools & the tMHFA action plan which will make it easier for them to help a friend who may be experiencing a mental health challenge get that friend the help that they need.

As you have probably seen, COVID-19 has had a negative impact on mental health across the globe. We applied for this program because we know that giving teens the resources and skills they need to help a friend is vital!

To learn more about the tMHFA program and how it will work at Youth Council – we encourage you to [view this video presentation we recorded](#) (yes – it’s almost thirty minutes, but it’s a lot of important material that we want you to be aware). It goes into detail the reasons behind the creation of the tMHFA program, what is covered in the tMHFA curriculum, and how we will be implementing it at East Brunswick Youth Council. Attached to this email you will find a PDF, quick parent/guardian overview of tMHFA.

In order for EBYC members to participate in tMHFA training – please see the requirements below.

Participation in the tMHFA Training requires:

- The EBYC Member is currently in grade 10, 11, or 12
 - *9th Graders – we will hopefully offer this program again in the Fall*
- A Parent/Guardian must [complete the Parent/Guardian Permission Slip on JotForm](#)
- Must be able to attend all dates/times listed for a session
 - Session 1.A (Sundays) – 2/20, 2/27, 3/6 – 10:00am – 12:00pm
 - Session 1.B (Sundays) – 2/20, 2/27, 3/6 – 12:30pm – 2:30pm
 - Session 1.C (Sundays) – 2/20, 2/27, 3/6 – 3:00pm – 5:00pm
 - Session 2 (Fridays) – 2/25, 3/4, 3/11 – 6:00pm – 8:00pm
 - Session 3.A (Spring Break) – 4/10, 4/12, 4/14 – 10:00am – 12:00pm
 - Session 3.B (Spring Break) – 4/10, 4/12, 4/14 – 5:00pm – 7:00pm

We ask that if you would like your child to be eligible to participate in tMHFA training that you please complete the permission slip ASAP so we can get them eligible on Volunteer Matrix! They will not be able to sign-up on Volunteer Matrix until a permission slip has been submitted online.

If you have any questions about tMHFA – please don’t hesitate to reach out to us! You can also find links to all of these things on our webpage – www.eastbrunswick.org/youthcouncil

Thanks, and we look forward to working with your child,

Ashley & John
EBYC Advisers