INTRODUCTION

The National Council for Behavioral Health (National Council) is pleased to announce the Mental Health First Aid First Episode Psychosis (FEP) Community of Practice (CoP) Request for Applications. This CoP is a six-month initiative that will be comprised of up to seven Mental Health First Aid instructors from organizations with existing First Episode Psychosis programs.

An estimated three in 100 people in the United States will experience psychosis in their lifetime. The word psychosis is used to describe conditions that affect the mind, where there is some loss of contact with reality. When someone experiences these symptoms, it is called a psychotic episode. During this episode, a person’s thoughts and perceptions are disturbed and they may have difficulty determining what is real and what is not. Peak onset for psychosis is between ages 15 and 25, with more than half occurring before the early 20s. Early identification and treatment for psychosis is critical. If left untreated, psychotic symptoms can lead to disruptions in school and work and strained relations with family and friends. The longer the symptoms go untreated, the greater the risk of additional problems. Better outcomes are possible through cross-system collaboration, heightened awareness of FEP, earlier interventions and access to care.

The National Council will support Mental Health First Aid instructors to increase identification of youth who are at risk or currently living with psychosis and strengthen partnerships/collaborations with stakeholders within their communities through the following activities:

- Participating in a virtual Mental Health First Aid FEP curriculum insert orientation where they will learn:
  - The clinical criteria for FEP.
  - How to integrate the curriculum insert into the existing Adult Mental Health First Aid module.
  - How to recognize the signs and symptoms of someone experiencing a psychotic episode.
  - The impact stigma has in three social psychological structures.
  - How to apply the ALGEE action plan when someone is experiencing a psychotic episode.

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• Conducting one pilot training of the Adult Mental Health First Aid module with FEP curriculum insert among community stakeholders.
• Gaining access to resources and peer-to-peer networks (i.e., affinity group calls, webinars, in-person summit).

**BENEFITS TO PARTICIPATING ORGANIZATION**

By participating in this free CoP, participants will receive:

• Comprehensive support to strengthen community partnerships.
• Training and technical assistance to identify and treat first-episode psychosis.
• Exposure to FEP subject matter experts and leaders in the field, as well as experiences of other participating organizations.
• Improved community collaboration to recognize the signs and symptoms of a psychotic episode and where to refer for treatment.
• Opportunity for professional recognition nationally.
• Ability to contribute to the final curriculum insert by providing critical feedback during the pilot.
• Support for Mental Health First Aid training materials and instructor incentives (trainer stipend and food allowance) for the pilot.

**ORGANIZATIONAL COMMITMENT**

To participate in this free CoP, applicants must be existing Mental Health First Aid instructors and be directors of existing FEP programs from organizations that are current National Council members or willing to become National Council members. If an instructor is accepted into the CoP without membership, the organization must join the National Council within two weeks of acceptance. Visit the National Council website for more information about joining.

Applicants must submit a letter of support from the CEO/executive director of their organization. Applicants must also indicate potential community stakeholders (minimum of 10) who would be recruited to participate in the Adult Mental Health First Aid eight-hour training with FEP curriculum insert pilot. CoP participants are responsible for all logistics related to the Mental Health First Aid training (location, date, recruitment, etc.).

In addition, selected CoP participants must commit to the following:

• Actively participate throughout the duration of the CoP.
• Demonstrate executive leadership sponsorship and support.
• Attend the CoP Kick-Off Webinar (1.5 hours).
• Develop an Action Plan that identifies short-, medium- and long-term goals to increase identification of youth who are at risk or currently living with psychosis and strengthening partnerships/collaborations with community stakeholders.
• Attend the FEP Curriculum Insert Orientation Webinar.
• Pilot the Adult Mental Health First Aid/FEP Curriculum Insert eight-hour training for community stakeholders.
• Participate in two additional Webinars (1.5 hours).
• Participate in three group Affinity Calls (2 hours).
• Attend an In-Person Summit (one full day).
- Participate in a national webinar on CoP findings and lessons learned upon CoP completion (1.5 hours).

**IMPORTANT DEADLINES AND PROGRAM EVENTS**

<table>
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<tr>
<th>Program Events</th>
<th>Dates</th>
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<tr>
<td>Deadline to Submit Applications</td>
<td>August 24, 2018, 5 p.m. ET</td>
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<tr>
<td>Selected Sites Notified</td>
<td>September 7, 2018</td>
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<tr>
<td>Kick-Off Webinar</td>
<td>September 19, 2018, 2:30-4 p.m. ET</td>
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<tr>
<td>FEP Curriculum Insert Orientation Webinar</td>
<td>October 10, 2018, 1-3 p.m. ET</td>
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<tr>
<td>Mental Health First Aid Eight-Hour Training with FEP Curriculum Insert Pilot</td>
<td>To be held between November 1 and December 31, 2018 (participant to coordinate date and recruit trainees)</td>
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<td>Bi-Monthly Group Affinity Calls (three total) (2 hours per call)</td>
<td>Second Wednesday every other month (Date TBD after Mental Health First Aid training is scheduled)</td>
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<tr>
<td>Bi-Monthly Webinars (two total) (1.5 hours per webinar)</td>
<td>Second Wednesday every other month (Date TBD after Mental Health First Aid training is scheduled)</td>
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<td>In-Person Summit</td>
<td>March 24, 2019 @ National Council’s 2019 Conference in Nashville, Tenn.</td>
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<td>National Webinar Report Out</td>
<td>April 17, 2019</td>
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**All dates are tentative and subject to change**

**FINANCIAL SUPPORT**

Participation in the FEP CoP is FREE! The National Council will provide instructor stipends of up to $1,000/instructor, food allowance of up to $500/training with receipts and provide training material support for the pilot. Travel expenses and a per diem will be covered for the In-Person Summit, not to exceed $650 for airfare or $50/day. One-night hotel stay will be arranged by the National Council.

**INSTRUCTIONS FOR APPLICATION**

Please complete the application here by Friday, August 24, 2018, at 8 p.m. ET. If you have any questions, please contact Flannery Peterson (FlanneryP@TheNationalCouncil.org), senior project manager at the National Council.
SAMPLE APPLICATION

First Episode Psychosis Community of Practice

Application Questions

Submit final application online at:
https://nationalcouncil.secure-platform.com/a/solicitations/home/1104

Applicant Eligibility:

- I am a certified Adult Mental Health First Aid instructor:
  □ Yes
  □ No
- Number of Mental Health First Aid trainings conducted:
  □ 0
  □ 1-3
  □ 4-7
  □ 8-10
  □ 10+
- I am affiliated with a community behavioral health organization:
  □ Yes
  □ No
- I am the Director of a First-Episode Psychosis program at my organization (or member of the management team):
  □ Yes
  □ No

Part I: Applicant Contact Information

- First Name:
- Last Name:
- Job Title:
- Organization:
- Work Telephone:
- Work Email:

Part II: Organization Information

- Organization / Company / School Name:
- Size of organization | Please indicate the number of FTE at your organization:
- What is your organization’s annual budget:
- Organization Address:
- Which most closely describes your geographic location?
Rural
□ Frontier
□ Urban
□ Suburban
□ Other

Psychosis Experience | Does your organization have a First-Episode Psychosis Program?
□ Yes
□ No

Conditional Question: If “No” is selected, how does your organization provide psychosis services?

Referrals | Where does your organization receive referrals from:

What is the average number of referrals per month?

Membership | Is your organization a member of the National Council for Behavioral Health?
□ Yes
□ No

Conditional Question: If “No”, are you willing to become members if selected?

Part III: Statement of Interest

Please describe your organization’s interest in participating in the First-Episode Psychosis Community of Practice. Include responses to the following prompts:

1. Describe how your organization currently engages with youth at risk or currently living with psychosis
2. Describe what your organization seeks to gain from participation (greatest opportunity for growth)
3. Describe how your organization engages with other community stakeholders to serve at risk youth
4. List a minimum of 10 community stakeholders who would participate in the Adult Mental Health First Aid/FEP pilot

Part IV: Organization Commitment

Attach a letter of commitment from your CEO or Board Chair indicating their support of your participation in the First-Episode Psychosis Community of Practice. To include piloting the FEP curriculum insert for the Adult Mental Health First Aid module among community stakeholders and participating in all Community of Practice technical assistance deliverables.

I attest to committing to the following (please refer to RFA for more details):
□ Actively participate throughout the duration of the CoP
- Demonstrate executive leadership sponsorship and support

- Attend the CoP Kick-Off Webinar (1.5 hours)

- Develop an Action Plan that identifies short-, medium-, and long-term goals for increasing the identification of youth who are at risk or currently living with psychosis and strengthening partnerships/collaborations with community stakeholders

- Attend the FEP Curriculum Insert Orientation Webinar

- Pilot the Adult Mental Health First Aid/FEP curriculum insert eight-hour training for community stakeholders

- Participate in two additional webinars (1.5 hours)

- Participate in three group Affinity Calls (2 hours)

- Attend an in-person summit (1 full day)

- Participate in a national webinar on CoP findings and lessons learned upon CoP completion (1.5 hours)