

Dear Instructors,

We are excited to support new legislation in Connecticut that requires all emergency medical service (EMS) personnel to take Mental Health First Aid as part of their state certification. This legislation will provide a new level of support to those in crisis. Mental Health First Aid is a skills-based training that teaches participants how to identify, understand and respond to someone who is experiencing a mental health or substance-use problem, and connect them to appropriate care if necessary.

To further facilitate this requirement, we are granting permission to certified Instructors in Connecticut to teach Mental Health First Aid to individuals under the age of 18, according to the following parameters:

- Individuals under the age of 18 enrolled in or who have completed an Emergency Medical Responder certification program may be trained in MHFA, YMFHA or any of the MHFA modules including Public Safety and Fire/EMS.
- Individuals under the age of 18 enrolled in or who have completed Emergency Medical Technician certification program may be trained in MHFA, YMFHA or any of the MHFA modules including Public Safety and Fire/EMS.

You will need to collect a participation waiver for each participant under the age of 18 attending the Mental Health First Aid course. The waiver needs to include the following information. Please collect and keep the waivers for your records.

- A description of MHFA: Mental Health First Aid is a skills-based training that teaches participants how to identify, understand and respond to someone who is experiencing a mental health or substance-use problem and connect them to appropriate care, if necessary.
- Acknowledgement that the participant demonstrates the capacity to comprehend the information including reaching out to an adult for support if needed.
- Acknowledgement by a parent/guardian for the participant to attend.

This waiver to teach youth under the age of 18 is effective as of November 1, 2019.

Thank you for all the work you do.

Best,  
Betsy Schwartz