

# MHF STANDARD SAMPLE CURRICULUM

## MHF Goals



- ◆ Identify problems and help people design a solution
- ◆ Initial support and problem-solving for people who need someone to listen and care about their life
- ◆ Refer people who need help to resources and provide continued support and care when needed

*A problem shared is a problem half solved!*



## MHF: Definition



A process in which a facilitator cares for individuals with emotional and behavioral needs and assists with the achievement of problem-solving and self-determined goals

Community-based helpers

- ◆ Empower people to become more self-sufficient
- ◆ Decrease burden on community health care system



## Cost-Effective Mental Health Treatment

Investing in mental health has economic benefits in terms of business and work productivity

- ◆ Preserving and improving worker mental health is cost-effective
- ◆ Gainful employment is associated with good mental health
- ◆ Billions of dollars are lost annually due to worker stress



## Making Referrals



- ◆ Become familiar with referral resources available within the community
- ◆ Have a list of resources, especially when information is needed quickly
- ◆ Recognize what situations you can and cannot work with
- ◆ Learn who in your area can handle what kinds of situations
- ◆ Reduce the barriers to referral sources

