



Mental Health Facilitation

Population-Based Community Care

The Mental Health Facilitator program is intended for two audiences: the general public and school personnel. We created four unique curricula—multiple-day and one-day versions for each audience.

National Board for Certified
Counselors, Inc. and Affiliates
3 Terrace Way
Greensboro, NC 27403



Program History and Summary

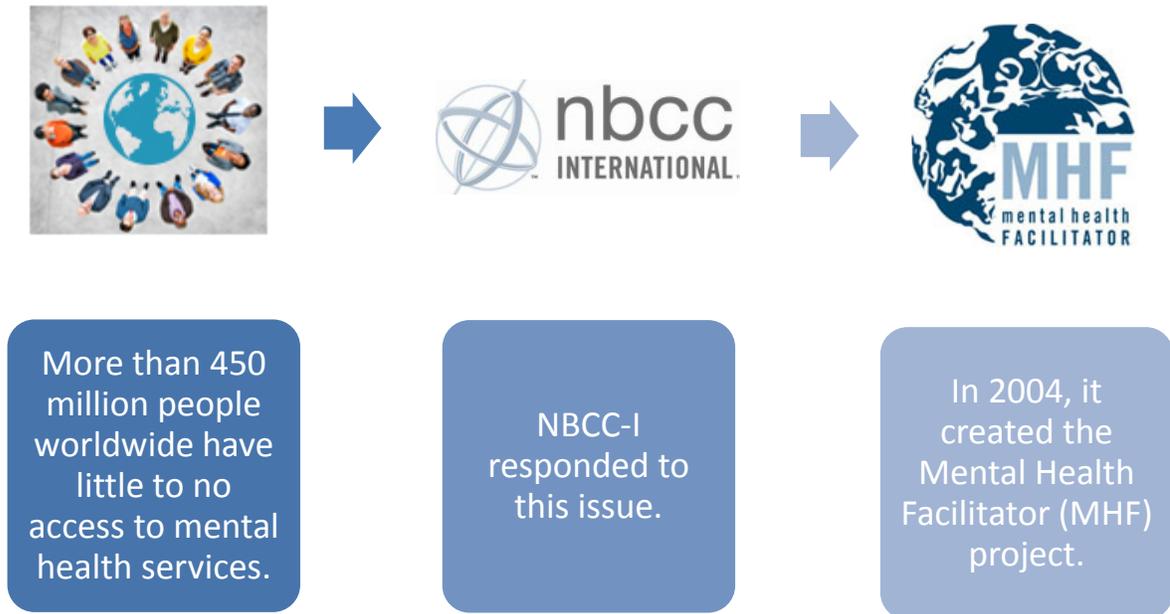
Mental Health Facilitator (MHF)
National Board for Certified Counselors (NBCC) and
NBCC International (NBCC-I), a division of NBCC



Introduction

Background

At an international conference in 2003, Dr. Benedetto Saraceno, then director of the Department of Mental Health and Substance Abuse for the World Health Organization (WHO), challenged counselors to focus their efforts on serving the more than 450 million people worldwide with little or no access to mental health services. By 2004, the National Board for Certified Counselors, through its division NBCC-I, in response to and in consultation with WHO, began developing a framework for a project called the Mental Health Facilitator (MHF).

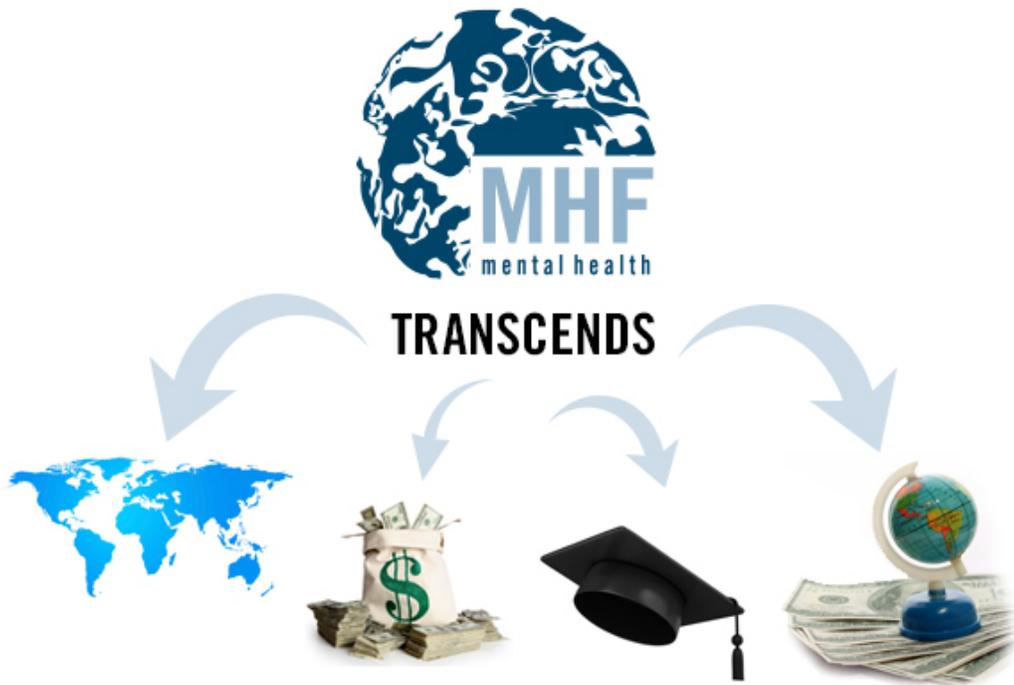


Project



Mental health care is one of the least addressed aspects of overall health care. There are an insufficient number of mental health care providers, and these are overburdened. Mental ill-health presents an enormous financial and social burden, especially in developing countries. With such enormous global deficiencies, a program designed to address the lack of care must transcend borders, financial constraints and educational barriers, and also be adaptable to local conditions.

The Mental Health Facilitator program was conceived to address all of these issues while also providing what is most needed—increased service capacity. The MHF is a training program designed to provide basic mental health skills and education to paraprofessionals, laypeople and professionals from outside of mental health. It is not designed to create a separate profession. Rather, it increases service capacity by training individuals who come into contact with others in the course of their daily jobs or functions to identify, refer, and, in some cases, work with and support those with mental health needs.



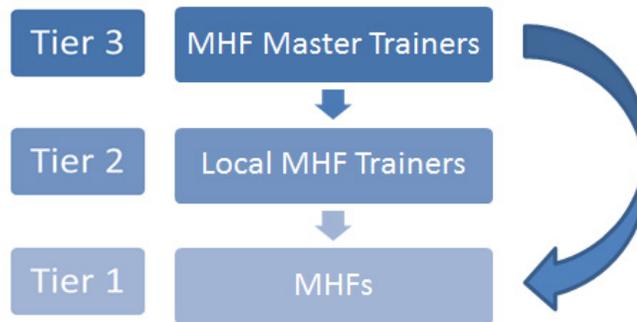
Method

The MHF project was conceived of as a training curriculum and a registration. The curricula include training on helping skills, diversity, violence and trauma, suicide prevention, and referral and consultation skills. Upon completing the training, participants receive a registry document and are included in the international MHF registry.



The MHF program is a three-tiered project encompassing MHF master trainers, MHF trainers and MHFs. NBCC, through NBCC-I, contracts with organizations or universities, who are then responsible for administering the MHF program within their communities with the assistance of NBCC-I.

Typically, NBCC-I approved master trainers (tier 3) train local trainers (tier 2), who train MHFs (tier 1).



History

NBCC has over 30 years of experience in promoting excellence in the counseling profession; it is the largest counseling certification body in the world. NBCC-I was founded in 2003 to promote counseling professionalization and programs that increase mental health service access and excellence around the globe.



After seeking consultation from WHO, NBCC-I gathered an international panel of experts and created the MHF curriculum in preparation for the pilot program launch. In October 2007, the MHF program was piloted at NBCC Mexico headquarters at Universidad Iberoamericana, in Mexico City. The first training of trainers was held in February 2008 at the invitation of the Guidance, Counselling and Youth Development Centre for Africa, located in Lilongwe, Malawi.

The NBCC Foundation provided the financial support for the pilot program in Mexico City. The Foundation has also provided grants to conduct other trainings or provide needed support in Mexico, as well as in Bhutan, China, Haiti, Japan, Liberia, Malawi, Malaysia, Pakistan, Tanzania, Uganda and the United States.



The MHF Program Today

MHF Training Locations



The MHF curriculum has been translated into Arabic, Bahasa Malaysia, Chinese, Dzongkha (the language of Bhutan), German, Greek, Japanese, Portuguese, Romanian, Spanish and Swahili.

There are currently more than 2,000 registered MHFs, trainers and master trainers globally.

Research

NBCC-I has submitted an article for publication examining a qualitative study of the MHF-Malawi program. In addition, qualitative data from the MHF-Mexico program collected in collaboration with the program partner is being analyzed for an additional mixed methods study that will be submitted for journal publication. Independent researchers are analyzing quantitative research from trainings worldwide and will submit the results for publication.

References

- WHO: Mental Health — http://www.who.int/mental_health/en
- WHO: Comprehensive Mental Health Action Plan 2013–2020 — http://apps.who.int/gb/ebwha/pdf_files/WHA66/A66_R8-en.pdf
- NBCC-I Web site — <http://www.nbccinternational.org>
- MHF Web site — www.mentalhealthfacilitator.com