



Application Date: February 23, 2020

Applicant: VARSA
P. O. Box 2341
Vashon Island, WA 98070
www.varsanetwork.org

Project Title: Mental Health First Aid Community Training

Amount Requested: \$2000

IRS Determination Letter: (previously submitted) (will re-submit upon request)

Program Description:

Narrative: *Mental Health First Aid* is a national, evidence-based curriculum designed to train community members (parents, coaches, teachers, clergy, care givers, etc.) to help those struggling with a mental health episode. With limited state funding, VARSA has been able to bring *Mental Health First Aid* training free-of-charge to over 125 members of the Vashon Community.

This training fits with the mission of Granny's Attic, by supporting health-related educational needs of the community.

Objectives: This grant would fund one training – *Youth Mental Health First Aid* – for adults who work with youth and young adults. In this 8-hour training, participants will learn risk factors and warning signs of mental health and addiction concerns, suicidal ideation, strategies for how to effectively intervene in crisis and non-crisis situations, and where to turn for additional help in our community.

Mental health and substance abuse issues don't know social or economic barriers. They affect everyone. VARSA seeks to continue to make this training FREE to participants, reducing barriers to access and allowing all members of the community the opportunity to gain these essential skills.

Project Dates and Budget: We will use these grant funds (\$2000) to provide two trainers, books, and supplies for an 8-hour training in April 2020, for a class of 20-25 attendees. Facilities will be provided by VARSA.