



Mental Health First Aid Training

Presented by The Arc, Upper Valley



Training Overview

How a Class is Structured

- Mental Health First Aid is an 8-hour course, and a person must complete all 8 hours to be certified.
- The Arc, Upper Valley staff prefer to schedule 4, 2-hour sessions.
- The Arc, Upper Valley will also schedule 1 make-up session date in the event of a class cancellation.
- Class size requirements: 5-30 individuals per course
- Booking fees for organizations: Businesses/organizations must pay the course fee to complete the booking process. This fee is 100% refundable if the class is cancelled at least 1 week prior to the first session. All remaining participant costs will be due on the first day of training.
- Booking fees for individuals: Individuals must pay the entire course fee upon registering for a class. This fee is 100% refundable if a participant cancels their registration at least 1 week prior to the first session.
- Mileage: All classes held outside of the City of Grand Forks will also incur the cost of mileage, calculated according to the current IRS guidelines. The mileage rate for 2019 is 58 cents per mile.

Cost Structure

Businesses or Organizations:

Nonmembers: \$350 for course, plus \$20 per participant

Community Partners/Business Members: \$250 for course, plus \$20 per participant

Community Courses for Individuals:

Nonmembers: \$60 per participant

Members: \$40 per participant

Self-Advocate Nonmembers: \$20 per participant

Self-Advocate Members: \$10 per participant

To learn more about how to become a member of The Arc, Upper Valley,
go to <http://www.thearcuppervalley.com/About-Us/Membership/membership.html>

To schedule a class at your place of business or to inquire about an upcoming community course, contact Rachel Hafner at The Arc, Upper Valley at 701-772-6191 or by emailing rhafner@arcuv.com.