

# NBCC Foundation Grants Support MHF Program

NBCC International (NBCC-I), a division of the National Board for Certified Counselors (NBCC), recently received two grants from the NBCC Foundation's Community Capacity Building Fund. The first grant supports the continued implementation of the Mental Health Facilitator (MHF) program in Malawi, Liberia and Tanzania. The second grant funds an impact study to determine the outcomes of the MHF program through scholarly research.

The following are just some of the highlights of these grant-funded efforts:

- NBCC-I received 37 applications for the research position that will lead the impact study efforts. The selection will be made by mid-March, with study design completed by late spring.
- The rural Malawi MHF training was conducted in Mchinji District, Malawi, in November 2011. The 18 participants—primarily teachers—were trained by NBCC-I registered master trainers from the Guidance, Counselling and Youth Development Centre for Africa.
- The training in Liberia is scheduled for May 2012. It will take place at the Lott Carey Baptist Mission School in Monrovia, Liberia. Two NBCC-I registered master trainers who assisted NBCC-I in developing the program in Liberia will conduct this second set of trainings. In addition, Liberian trainers registered after the first set of trainings will coteach with these master trainers.
- An upcoming training will be held in Tanzania, on a date to be announced.

The NBCC Foundation is proud to support these efforts. For more information about the Community Capacity Building Fund, visit [www.nbccf.org/Programs/Community](http://www.nbccf.org/Programs/Community). If you are interested in participating in the MHF program, contact NBCC-I at [nbccinternational@nbcc.org](mailto:nbccinternational@nbcc.org).

## About the Mental Health Facilitator (MHF)

The Mental Health Facilitator (MHF) program is designed to improve access to mental health care within a given community by educating and training professionals, paraprofessionals and lay people in the basics of mental

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Continued from page 7

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Continued on page 9

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## NBCC Foundation Grants Support MHF Program

Continued from page 8

health. The intent is not to create a new mental health profession, but rather to provide individuals with the tools and skills necessary to identify mental health needs, make referrals, and work with and support those in need of mental health care.



The MHF program is only introduced at the request of local mental health experts. NBCC-I provides a 30-hour core curriculum, which includes a basic structure for teaching helping skills, working with integrity, diversity awareness, suicide prevention, trauma response, and referral and consultation techniques. To ensure culturally appropriate training, the program is evaluated and modified to fit cultural norms, and translated as needed prior to presentation.

MHF program partnerships have been formed in the following countries with the following MHF partners:

- Bhutan—RENEW (Respect, Educate, Nurture, and Empower Women), in the capital city of Thimphu;
- Botswana—Centre for Organisational Wellness, located in Gaborone;
- Bulgaria—NBCC Bulgaria, located at the Business Foundation for Education in Sofia;
- Germany—IUK GmbH Institut, in Dortmund;
- Liberia—Lott Carey Baptist Mission School, in Monrovia;
- Malawi—Guidance, Counselling and Youth Development Centre for Africa, in Lilongwe;
- Malaysia—Universiti Sains Malaysia, in Penang, and Turning Point Integrated Wellness, in Bandar Purteri;
- Mexico—AMOPP (Asociación Mexicana de Orientación Psicológica y Psicoterapia), located in Mexico City, Mexico;
- Romania—NBCC Romania, located in Bucharest; and
- Tanzania—The Catholic Diocese of Moshi, the Tanzania Network of Community Health Funds, and the Guidance, Counselling and Youth Development Centre for Africa, located in Lilongwe, Malawi.

The MHF curriculum has been translated into Chinese, Spanish, Bahasa Malaysia, Dzongkha (the language of Bhutan), German and Swahili. A Romanian translation is planned for the near future.