

# Featured Article

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## Elevating Psychology Education: The Rationale Behind Partnering with MHFR at the University of Batangas and Sacred Heart College.



MHFR Training with UB Students, December 1 & 2, 2023

**Manila, Philippines, December 4, 2023** - Mental Health First Response (MHFR) is dedicated to advancing the field of psychology education through strategic international partnerships. Recognizing the dynamic and challenging landscape of mental health crisis intervention and disaster response, MHFR is committed to equipping future psychometricians and psychologists with theoretical knowledge and practical, real-world skills. It is with great enthusiasm that we extend our hand in partnership with esteemed institutions like the University of Batangas for the third time and, recently, with the Sacred Heart College in Lucena City, Quezon.



MHFR Training with Sacred Heart College Students, November 24, 2023

### **MHFR Trainer: Rosemarie Mayanne Quinzon-Manalo.**

In the heart of the Philippines, a dedicated MHFR (Mental Health First Response) Trainer is embarking on a transformative journey, bringing vital mental health first response skills to universities across the nation. At each institution, from the vibrant campuses of Batangas to the dynamic educational settings of Lucena City, the trainer introduces a comprehensive and specialized MHFR curriculum designed to empower the next generation of psychometricians, psychologists, and mental health professionals. These sessions are more than just lectures; they are interactive, engaging, and deeply informative experiences, combining the latest in mental health first response techniques with real-world scenarios. Through this initiative, the MHFR Trainer is not only enhancing the academic landscape of these universities but also contributing to the creation of a more resilient, knowledgeable, and mentally well-equipped community across the Philippines. With each training session, the trainer leaves behind a legacy of improved mental health awareness and preparedness, shaping a future where mental well-being is prioritized and effectively managed.



Mental Health First Responder and Trainer: Rosemary Mayanne Quinzon-Manalo

## Why Embed MHFR Training in Your Psychology Program?

- **Specialized Expertise**

MHFR's position as a leader in mental health first response is not just a title; it is a responsibility we uphold with our depth of specialized knowledge. Our curriculum is crafted by experts who are at the forefront of mental health response, bringing insights from the latest research and best practices. This expertise is crucial in bridging the gaps left by conventional psychology education, which often focuses more on theory than on practical, emergency mental health scenarios. Our trainers provide a nuanced understanding of psychological distress, crisis intervention techniques, and long-term mental health care strategies, enriching the academic journey of psychology students.

- **Practical Application**

In the real world, psychological theories must be translated into actionable skills, especially in crisis situations. Our training is intensely focused on practical, hands-on experiences. Students learn to navigate complex mental health challenges, particularly those arising in disaster scenarios — be it natural calamities or human-made crises. This aspect of the training ensures that learners are knowledgeable and

capable of applying their skills effectively in high-pressure environments, making a real difference in the lives of those affected by mental health issues.

- **Global Standards and Recognition**

The MHFR program's international copyright and trademark status is more than a legal designation; it's a mark of quality and global recognition. By embedding this program in your curriculum, your institution aligns with international standards of mental health education. This recognition elevates the academic prestige of your program and assures students and employers alike of the rigorous, world-class training provided.

- **Accessible Quality Education**

At MHFR, we believe that financial barriers should not impede access to quality certification training in mental health. Our collaboration with educational institutions facilitates significant discounts on MHFR certification for students. This approach democratizes access to our specialized training, ensuring that a wider range of students can benefit from this opportunity, regardless of their economic background. It's a step towards making high-quality mental health education inclusive and accessible.

- **International Collaboration and Networking**

Partnering with MHFR opens the doors to an international network of mental health professionals, academicians, and institutions. This network is a rich resource for collaborative research, programs, and global seminars, providing a cross-cultural exchange and learning platform. Such networking opportunities expose students to diverse perspectives on mental health, fostering a more holistic understanding and approach in their professional practice.

- **Transforming Psychology Education**

By integrating MHFR training into the Disaster and Mental Health required course, we are not just adding a module but transforming the essence of psychology education. This integration equips students with unique expertise and practical experience, preparing them to excel as mental health first responders, compassionate counselors, psychometricians, and psychologists. Our aim is to nurture professionals adept at handling mental health crises and sensitive to the global context of psychological issues, ultimately contributing to a more empathetic and responsive mental health landscape.

- **Enhanced Clinical Internship Opportunities for Graduate Students**

In addition to our undergraduate program offerings, MHFR proudly introduces an exclusive clinical internship program for our master's and Ph.D. students. This advanced internship is designed to provide graduate-level psychology students with an unparalleled opportunity to apply their MHFR training in real-world settings under expert supervision.

**In-Depth Clinical Experience:** The MHFR graduate clinical internship goes beyond conventional internships. It immerses students in diverse mental health environments, from clinical settings to disaster-

impacted communities. This hands-on experience is invaluable in developing a deeper understanding of complex mental health issues and effective response strategies.

**Mentorship from Leading Experts:** Interns will be mentored by seasoned MHFR professionals offering insights from years of practical experience in the field. This mentorship provides a unique learning experience, allowing students to hone their skills and gain confidence in their clinical abilities.

**Research and Development Opportunities:** The internship is not just about clinical practice; it also opens avenues for research and development in the field of mental health and crisis prevention and intervention. Our graduate students will have the opportunity to contribute to groundbreaking studies and initiatives, enhancing their academic and professional profiles.

**Preparing Future Leaders in Mental Health:** This clinical internship aims to prepare the next generation of mental health leaders. By working closely with MHFR experts, graduate students will develop a profound understanding of mental health care, from assessment and intervention to long-term care strategies in various scenarios.

**Global Networking and Collaboration:** The internship also connects students to MHFR's international network, facilitating collaborations and exchanges with global mental health professionals and institutions in the USA. This global perspective is crucial for understanding mental health issues comprehensively in different cultural and social contexts.

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