

# MENTAL HEALTH RESPONDER INSTRUCTION MANUAL FOR CBIM ADVOCATES

## ADVOCATE PREP

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### Get Trained!

From the Team: Changing Minds Website, fill out the [“Become a Responder”](#) form. Follow the link in your inbox and complete the 45-minute Responder Ready Online Training.

### Review Coach Refreshers

To be able to better support coaches, skim through...

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[#1: Everyday Gestures to Build Trust & Resilience](#)

[#2: Everyday Coaching for Mental Wellbeing](#)

[#3: Recognizing & Responding to Youth Mental Health Challenges](#)

## COACH TRAINING & SUPPORT

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### Ensure Coaches Take the Responder-Ready Training

As part of the Coaches Clinic, share [“Become a Responder”](#) link with coaches / mentors. They will receive a training link in their email inbox. It may take some time to arrive, so best to have them fill out the form ahead of the Clinic if possible.

### Ensure Coaches Review Bi-Weekly Refreshers

After completing the form, coaches will automatically receive refreshers every two weeks. Be sure to check in with coaches at these points to reinforce learning & survey completion.

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*2 Weeks Post-Clinic = Refresher 1*  
*4 Weeks Post-Clinic = Refresher 2*  
*6 Weeks Post-Clinic = Refresher 3*