



Awareness. Interaction. Direction (A.I.D.)

A.I.D. is an evidence-informed mental health awareness training developed in 2019 by the Center for Public Policy and Health (CPPH) at Kent State University. It teaches participants to recognize signs of mental distress, interact supportively, and direct people to resources that aid care and recovery. Since 2019, thousands of people have been trained in A.I.D., including students, faculty, and staff on college campuses, K-12 public and charter school district personnel, individuals working in disaster response, rural, Tribal, and immigrant communities, skilled laborers, and more. The network of A.I.D. instructors has expanded through train-the-trainer efforts that have reached 34 states, Washington D.C., and Puerto Rico.

A.I.D.'s efficacy in increasing mental health knowledge, decreasing stigma, and increasing confidence in interacting with and supporting someone in mental health distress is discussed [here](#).

The table below outlines key components of the A.I.D. training that make it an accessible training option for any adult population:

Length	The A.I.D. Training can be delivered in 60-or-90-minutes. The short, but effective, training length enables organizations to reach more people with minimal time commitment.
Content	The A.I.D. curriculum includes: An introduction to mental health terminology, an overview of the A.I.D. action plan, and a practice scenario. The 90-minute training adds an optional self-care module that addresses how self-care plays a protective role in mental health. The content is suitable for any adult (18+) training group interested in learning the A.I.D. action steps.
Customizable	Scenarios, instructor talking points, and highlighted local resources can be adapted to specific audiences. That is, modifications can be made to these parts of the training to meet the needs of your training group.

A.I.D. Action Steps	The A.I.D. training introduces a three-step approach to responding to mental distress – Awareness, Interaction, Direction. These three steps are designed for quick recall in real situations.
Delivery Methods	In-person or virtual delivery methods make A.I.D. an easy to implement option for any group; a self-paced asynchronous course is also available.
Materials	Training materials include a training PowerPoint, participant workbook, instructor manual, and participant certificate.
Cost	It is low-to-no-cost to host A.I.D. trainings and to use associated materials.
Additional Versions of the Training	Additional adaptations of the training are available, including a Spanish-language translation and A.I.D. for Older Adults. A.I.D. for Adolescents is also in development.
Instructor Certification Requirements	Instructors are trained through a 1.5 hour virtual train-the-trainer session hosted on Microsoft Teams. After this certification is complete, you are provided with the materials you need to host A.I.D. trainings for your organization. Each year, trained instructors are invited to attend a “refresher” train-the-trainer session, but this is not required.

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