

Mental, Emotional, and Social Health (MESH) Advocate Award Program

The Middle Tennessee Council (MTC) aims to foster a culture of Mental, Emotional, and Social Health (MESH) support through a structured MESH Advocate Award Program.

The goal is to increase trained leaders at the unit level while rewarding training and advocacy efforts. The MESH Advocate Award Program has three levels focusing on: 1) build MESH awareness of MESH, 2) earn Mental Health First Aid certification, and 3) become a resource for suicide prevention.

Level 1: Awareness

The first level creates an understanding of MESH, introduces Scouting America's U-S-A model for handling mental health challenges, and builds an awareness of the resourcing for Scouts and scout parents. The time commitment for this level is about 4 hours. Recognition for Level 1 completion is the "MESH ADVOCATE" interpreter strip.

MESH ADVOCATE

Level 2: Certification

The second level centers on earning the Mental Health First Aid certification and teaching the Mental, Emotional, and Social Health (MESH) Level 1 Training. The time commitment for this level is about 9 hours. Recognition for Level 2 completion is the Mental Health First Aid cross device that can be pinned on the interpreter strip.



Level 3: Suicide Prevention

The third level builds awareness of the signs and symptoms of a person in crisis, teaches skills on how to intervene appropriately, and directs to resources specific to suicide prevention. The time commitment for this level is about 4 hours. Recognition for Level 3 completion is a semicolon device (the symbol of suicide prevention) that can be pinned on the interpreter strip. The semicolon is used where an author could have ended a sentence but chose not to. This represents the continuation of a person's life where it might otherwise have stopped. It is a fitting symbol for suicide prevention.





Level 1: Awareness

Level	Focus	Requirements	Time	Recognition
Level 1: Awareness	Build basic understanding of MESH issues and personal safety.	1. Complete the MESH Level 1 Training. (60m)	60	MESH Advocate Level 1 Interpreter Strip
		2. Read the MTC MESH Response Guide. Become familiar with resources that you can refer individuals in crisis to, especially TN. (10m)	10	
		3. Be familiar with the resources that Scouting America makes available to both Scouts and Scout Parents.		
		a) Review Scouting America's Youth Protection webpage; note available trainings, barriers to abuse, and key resources. (15m)	15	
		b) Read How to Protect Your Children From Child Abuse: A Parent's Guide. (20m)	20	
		c) View personal safety video for Webelos and AOL: Protect Yourself Rules (20m)	20	
		d) View all four personal safety awareness videos for Scout Rank: Digital Safety, Bullying, Abuse, and Safeguarding Youth Policies. (20m)	20	
		e) View all four personal safety awareness videos for Star rank: Persistence for Pictures, Grooming and Sexual Abuse, Sexual Abuse in the Family, and Friends Should Never Look the Other Way. (20m)	20	
		f) View both additional personal safety awareness videos for Older Youth Programs: Don't Let Pressure End Up as Sexual Abuse, Suicide Prevention. (15m)	30	
g) Review the Discussion Guide for the Older Youth videos and the guide for Facilitating a Suicide Prevention Session. (15m)				
4. Encourage one person to complete Level 1 training. (10m)	10			
			205	~4hrs

Level 2: Certification

Level	Focus	Requirements	Time	Recognition
Level 2: Certification	Apply skills through certification and teaching.	Earn the MESH Advocate Level 1 Interpreter Strip		MESH Advocate Level 2 Device
		1. Earn the Mental Health First Aid certification (mentalhealthfirstaid.org) (8hrs)	480	
		2. Teach MESH Level 1 Training. (60m)	60	
		3. Encourage one person to complete Level 2 training. (10m)	10	
			550	~9hrs

Level 3: Suicide Prevention

Level	Focus	Requirements	Time	Recognition
Level 3: Suicide Prevention	Learn skills and be a resource	Earn the MESH Advocate Level 1 Interpreter Strip and Level 2 Device		MESH Advocate Level 3 Device
		1. Complete Question, Persuade, Refer (QPR) Online Gatekeeper Training. (60m)	60	
		2. Complete Columbia-Suicide Severity Rating Scale (C-SSRS) online training. (30m)	30	
		3. Read "Preventing Suicide: What you should know" from SAVE. (10m) OR Inspectionally read "Suicide: The forever decision" by Dr. Paul Quinnett (15m)	15	
		4. Download phone apps: iChill (Trauma Resource Institute) and Columbia Protocol (C-SSRS). (10m)	10	
		5. Identify three local resources that you can refer individuals in crisis to. (10m)	10	
		6. List three activities, events, or methods you can do to promote suicide prevention. (10m)	10	
		7. Teach a "Safety Moment" on "Youth Suicide Prevention" at a Scout or unit event (5m)	5	
		8. Attend a local suicide prevention meeting or participate in a suicide prevention event in your community. (60m)	60	
			200	~4hrs