



**MENTAL
HEALTH
FIRST AID®**

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Mental Health First Aid Instructor**

HPOG Annual Grantee Program

**Mental Health First Aid
July 2019**

Title Slide: Speaker Notes

- Introduce yourself as speaker – name, title, organization, background
- Why are you speaking about Mental Health First Aid today?





Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

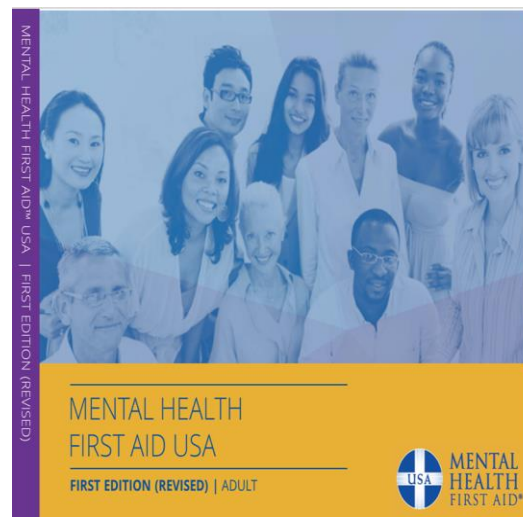


Mental Health First Aid: Speaker Notes

- Help offered to a person developing a mental health problem or experiencing a mental health crisis
- Like CPR, Given until appropriate treatment and support are received or until the crisis resolves
- Not a substitute for counseling, medical care, peer support or other professional treatment

What Participants Learn

-  **Risk factors and warning signs** of mental health and substance use problems
-  **Information** on depression, anxiety, trauma, psychosis and substance use
-  **A 5-step action plan** to help someone who is developing a mental health problem or in crisis
-  **Available evidence-based professional, peer and self-help resources**



What Participants Learn: Speaker Notes

- Learned through an 8-hour training
- The course teaches:
 - Risk factors and warning signs of mental health concerns.
 - Information on depression, anxiety, trauma, psychosis, and substance use.
 - A 5-step action plan to help someone developing a mental health concern or in crisis.
 - Available evidence-based professional, peer, and self-help resources.
- Information presented in an interactive classroom environment. Participants have the opportunity to test out the action plan through scenarios, discussions, and other activities.
- The standard adult course is available in English and Spanish.
- Youth mental health first aid is a separate 8-hour course that specifically teaches participants how to help a youth 12-18 who may be developing a mental health concern or in crisis.

Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

Mental Health First Aid Action Plan: Speaker Notes

- Briefly describe each action step – what the step entails, give an example.
- Note that the plan is not necessarily done in order
- Mention that this mnemonic is also the name of the mental health first aid mascot, Algee the koala.

Why Mental Health First Aid?

Mental health problems are
COMMON.

Learn how to **NOTICE** when
someone needs help

STIGMA is associated with mental
health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always
on hand.

Encourage community members to
SUPPORT ONE ANOTHER.

Individuals with mental health
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP
THEY NEED.**

Many people are not well informed
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You
might **SAVE A LIFE.**

Why Mental Health First Aid: Speaker Notes

1 in 5 Americans suffer from Mental Illness Each Year according to SAMHSA (Substance Abuse and Mental Health Services Administration)

4 Reasons to Become a Mental Health First Aider

1

BE PREPARED.

Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2

MENTAL ILLNESSES ARE COMMON.

1 in 5 people will experience one in a given year.

3

YOU CARE.

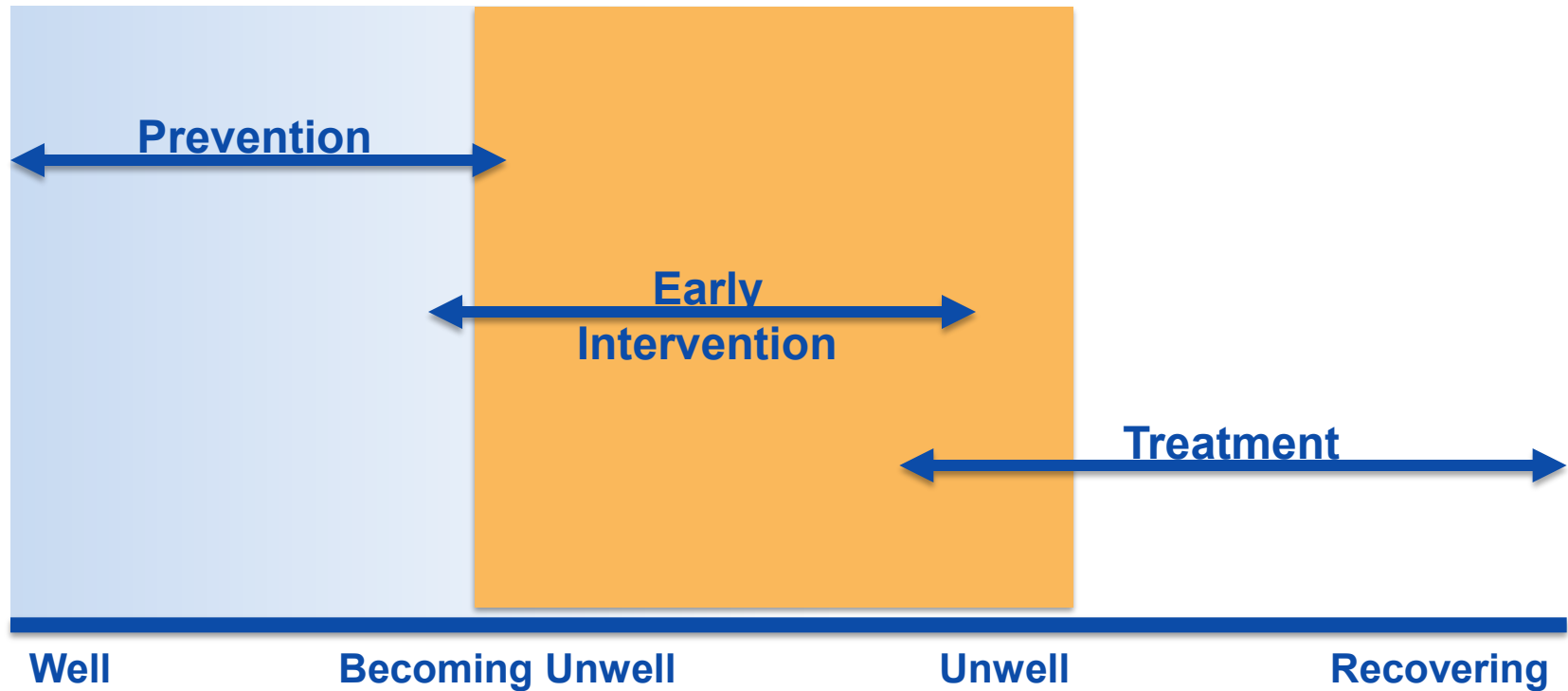
Be there for a friend, family member or colleague. Learn how to start a conversation.


4

YOU CAN HELP.

People with mental illnesses often suffer alone. Learn when and how to step in and offer support.

Where Mental Health First Aid Can Help



 Where Mental Health First Aid can help on the spectrum of mental health interventions





From a Phone Call to a Movement



Be the Difference

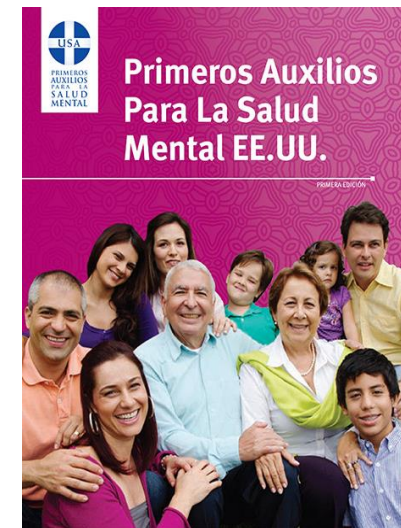
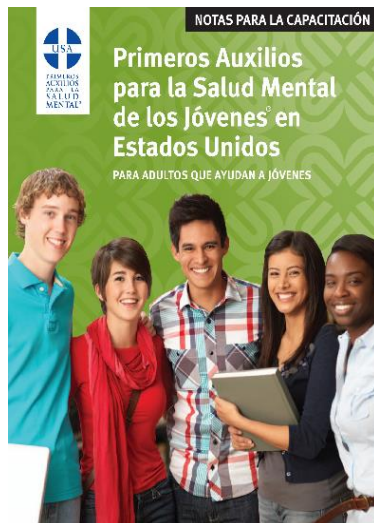
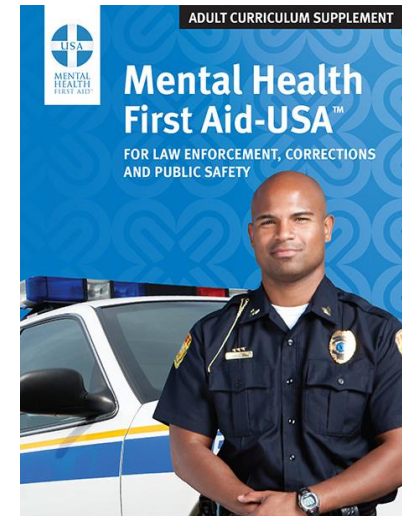
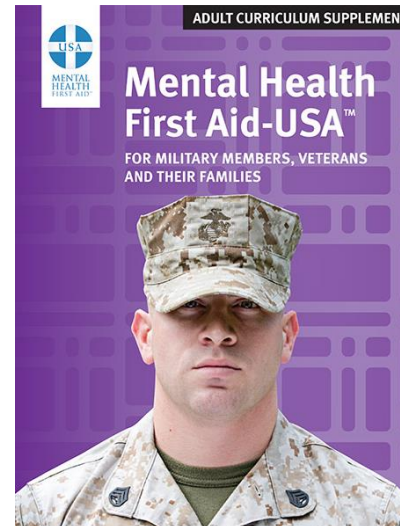
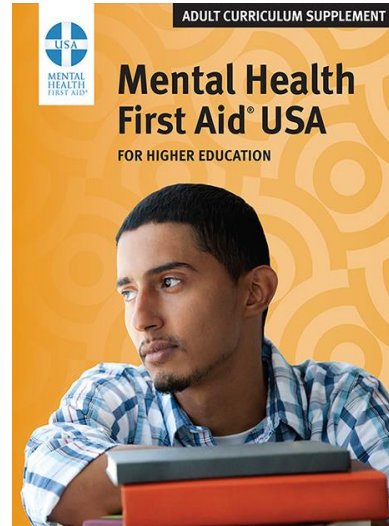
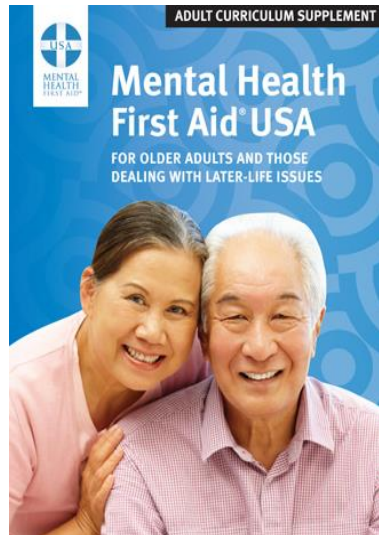


Why Should I Train My Employees?

-  1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
-  Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism
-  10.8 million full time workers have a substance use disorder
-  The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses

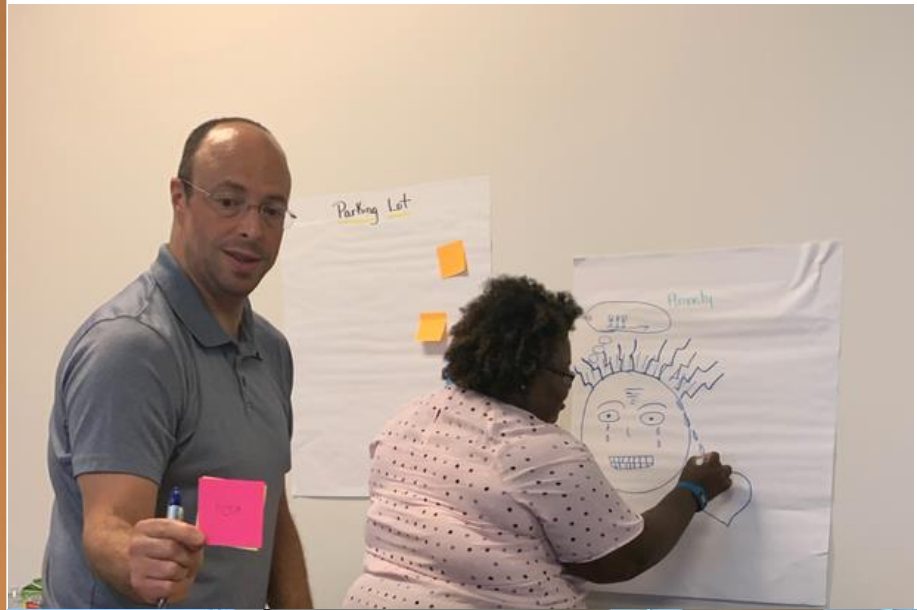


Mental Health First Aid Curricula and Modules



Mental Health First Aid Curricula and Modules: Speaker Notes

- Origins in Australia and currently in 23 countries
- Adult MHFA course for individuals 18 years of age and older; available in both Spanish and English
- Youth MHFA is designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis
- Included in SAMHSA's National Registry of Evidence-based Programs and Practices
- Partnership with Maryland and Missouri State Governments
- As of June 2017, number of First Aiders in each module:
 - Higher Ed: 9,538
 - Older Adults: 3,096
 - Public Safety: 37,064
 - Rural: 395
 - Spanish Adult: 4,511
 - Spanish Youth: 1,660
 - Veterans: 4,072
- As of June 2017, number of instructors in each module:
 - Higher Ed: 704
 - Older Adults: 459
 - Public Safety: 1382
 - Rural: 283
 - Spanish Adult: 224
 - Spanish Youth: 160
 - Veterans: 637



Adult Curriculum Overview

- ⊕ What is Mental Health First Aid?
- ⊕ Mental Health Problems in the United States
- ⊕ Mental Health First Aid Action Plan
- ⊕ Understanding Depression and Anxiety
- ⊕ Mental Health First Aid Action Plan for Depression and Anxiety
 - > *Suicidal Behavior - Depressive Symptoms*
 - > *Non-Suicidal Self-Injury*
 - > *Panic Attacks*
 - > *Traumatic Events*
 - > *Anxiety Symptoms*
- ⊕ Understanding Psychosis
- ⊕ Mental Health First Aid Action Plan
 - > *Acute Psychosis - Disruptive or Aggressive Behavior*
- ⊕ Understanding Substance Use Disorders
- ⊕ Mental Health First Aid Action Plan
 - > *Overdose - Withdrawal*
 - > *Substance Use Disorders*
- ⊕ Using your Mental Health First Aid Training

Adult Curriculum Overview: Speaker Notes

Here is an overview of the all of the topics that are covered in an 8-hour adult MHFA course.

Evidence

Mental Health First Aid....



...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices

Evidence: Speaker Notes

Brief Background: program developed in Australia in 2001. Adapted for and managed in the US by National Council for Behavioral Health, Maryland Department of Mental Hygiene, and Missouri Department of Mental Health.

Mental Health First Aid is listed in SAMHSA's National Registry of Evidence Based programs and Practices

Published, peer reviewed studies about the course show that people who get trained in mental health first aid increase their knowledge of signs, symptoms and risk factors of mental illnesses and addictions; can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction; increase their confidence in and likelihood to help an individual in distress; and even exhibit increased mental wellness themselves. Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

Take a Course.

You could be the help someone needs.

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