

Utilizing Mental Health First Aid within HPOG Project

Northwest Ohio Pathways to Healthcare Careers (NOPHC)

HPOG Grant, Administration of Children and Families

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Overview of Zepf Center:

- ▶ Zepf Center provides behavioral health services to over 7,500 individuals
- ▶ Zepf Center provides workforce development services to over 15,000 individuals
- ▶ Zepf Center attained a Substance Abuse and Mental Health Services Administration grant to provide Mental Health First Aid training to various targeted groups

How does Zepf Center utilize Mental Health First Aid Training within HPOG?

- ▶ Provides training to HPOG Staff: Success Coaches and Business Service Team members
- ▶ Provides training opportunities for HPOG participants
- ▶ Provides training to education and community partners
- ▶ Provides training to employers

Why did we train our HPOG staff in Mental Health First Aid?

- ▶ Participants come from challenging environments that may have caused trauma for the participant
- ▶ Participants are entering training and/or college which can be stressful due to new demands
- ▶ Staff need the skills to identify mental health and/or substance abuse challenges
- ▶ Staff need to develop a safety plan if necessary
- ▶ Staff need to be able to connect participant to services

What connections has HPOG staff made to the mental health system?

- Success Coaches provide participant a choice of mental health treatment provider, this includes internal referrals to Zepf Center or to other mental health agencies
- In crisis situations, Success Coaches will connect to Crisis Stabilization Unit if participant is a threat to themselves or others

Why do we want to train HPOG participants in Mental Health First Aid?

- 1) In the healthcare field you will work with patients who are experiencing mental health symptoms
- 2) Family members of patients may be experiencing stress that may cause them to experience mental health symptoms
- 3) HPOG participants need to have the skill sets developed to manage a mental health crisis

What life situations has impacted a mental health crisis for participants?

- Homelessness
- Domestic Violence
- Overwhelmed with training course work
- Lack of resources to complete training
- Lack of family supports

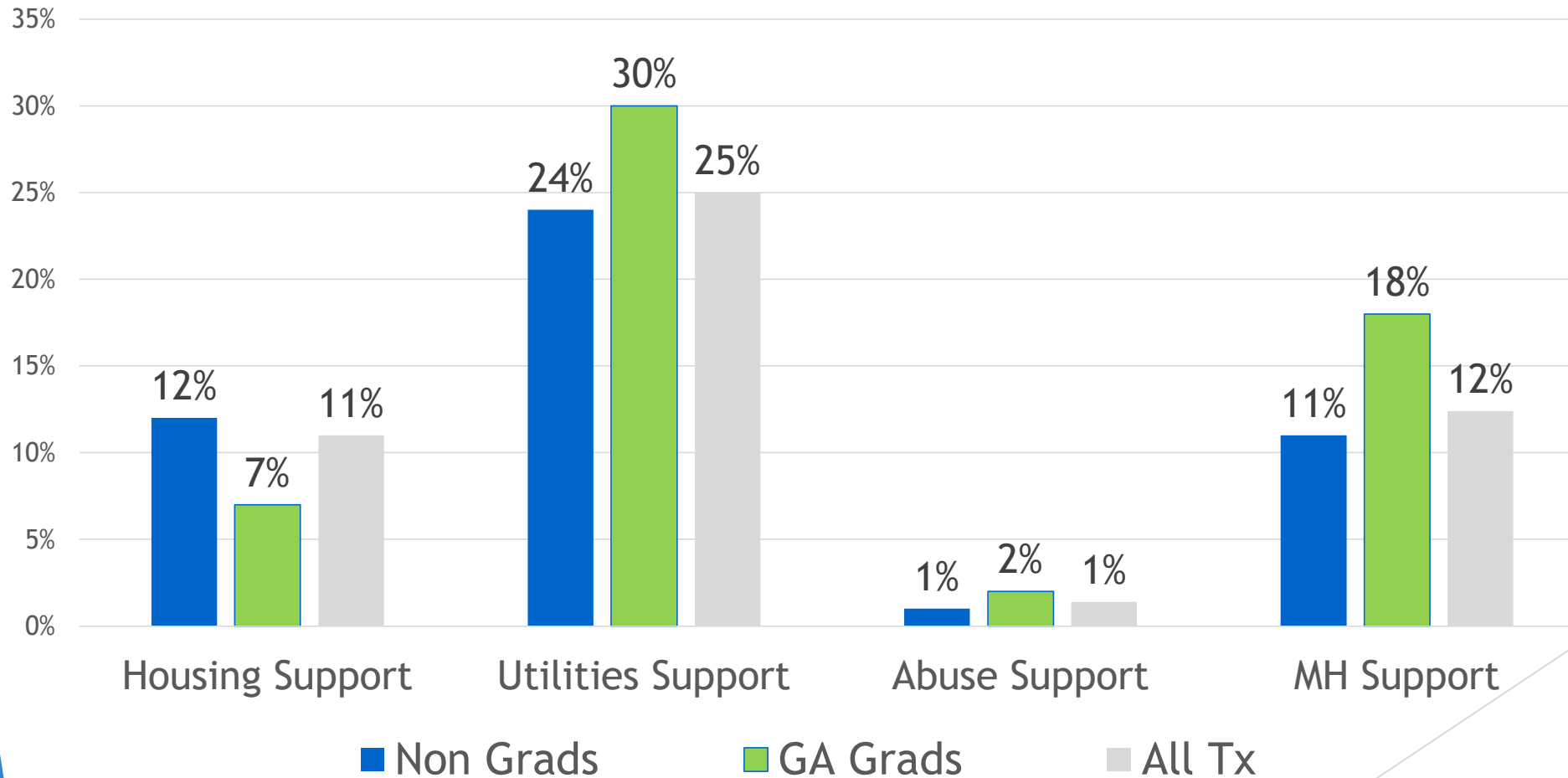
How does Zepf Center evaluate program participants for mental health challenges when they enter the project?

- ▶ Each individual participant completes a Comprehensive Barrier Assessment (CBA)
- ▶ The CBA provides participants the opportunity to identify challenges that may impact their success in the HPOG project
- ▶ The CBA information collected helps in developing the Individual Career Plan and provides guidance on what items the participant will be working on with their Success Coach

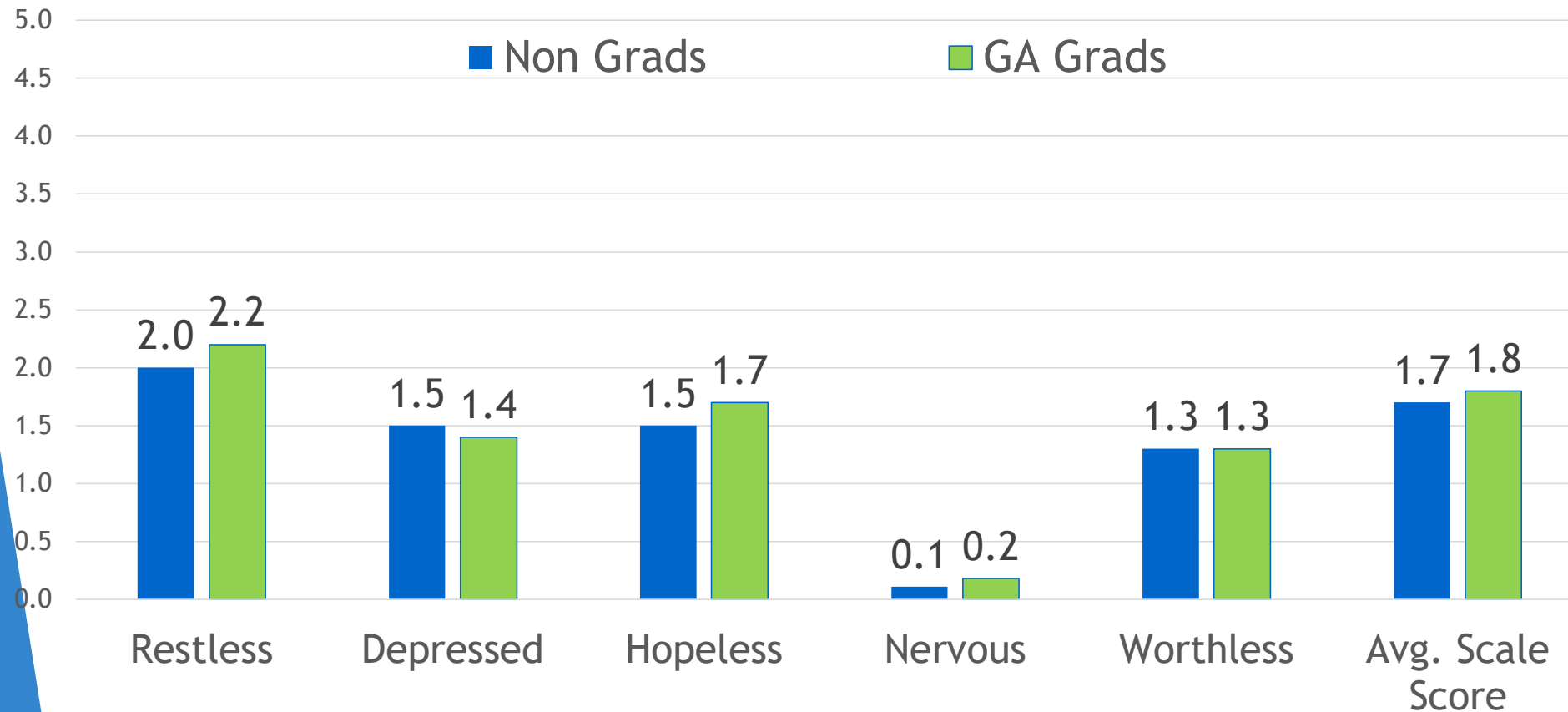
What challenges do HPOG participants face that may impact their mental health?

* Data based on client responses to the Comprehensive Barrier Assessment conducted at intake by Success Coaches

Zepf Center offers Bridges Out of Poverty Getting Ahead (GA) Training to participants. We compare data outcomes and barriers of individuals who complete the GA training versus the individuals who do not complete the GA training.

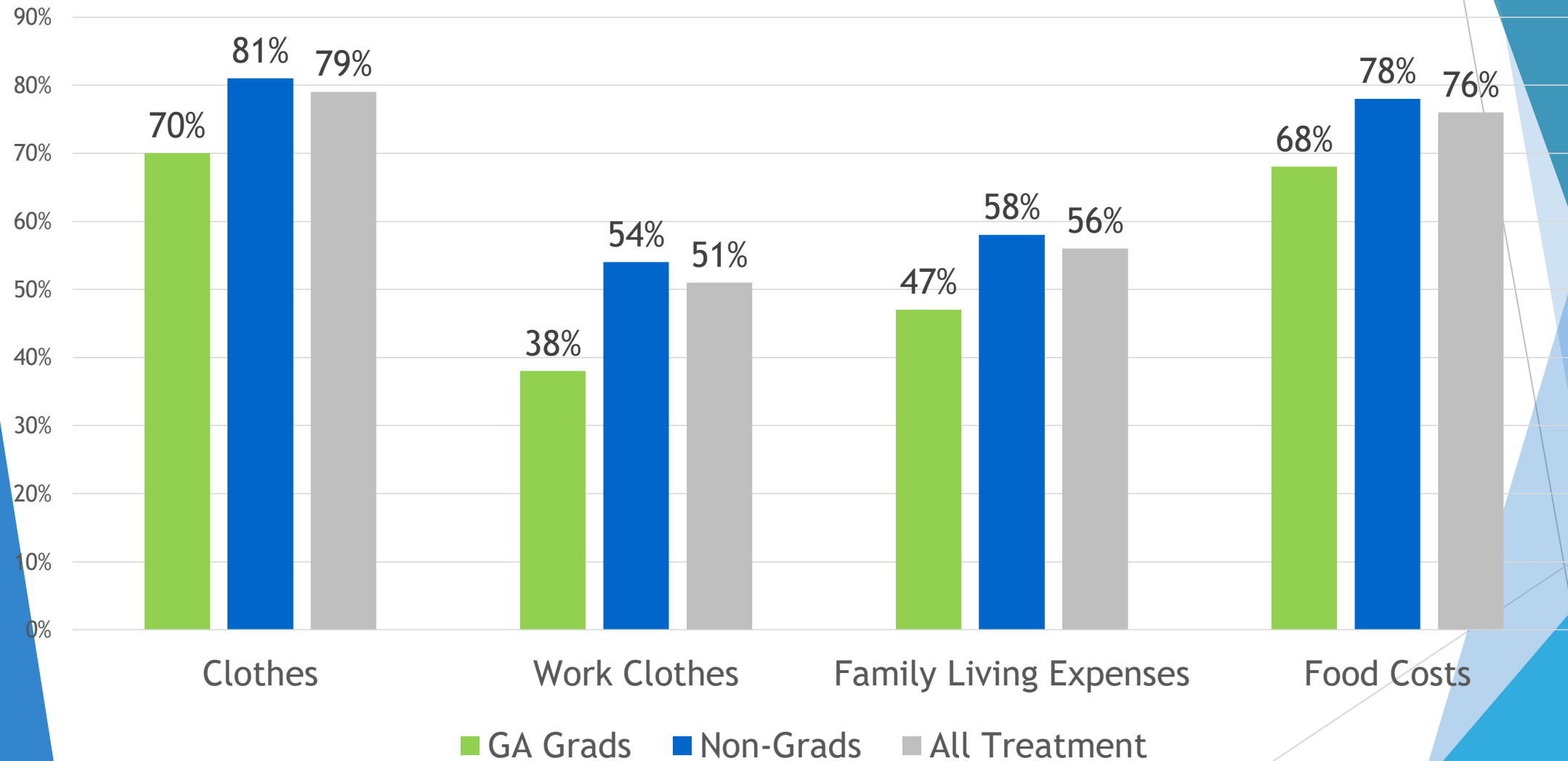


Getting Ahead Training Graduates versus Non-Graduates who Experience Mental Health Symptoms*



- MH Symptoms assessed on a 5-point frequency scale where: 1 = never; 2 = monthly; 3 = weekly; 4 = daily and 5 = more than once daily.

Overall Needs of Daily Living are High!!



Benefits of Mental Health First Aid Training

- Mental Health First Aid Training is provided across the world
- Mental Health First Aid provides a structured curriculum with excellent resource guide for participants
- Mental Health First Aid provides the participant the opportunity to recognize mental health and substance abuse symptoms
- Mental Health First Aid provides participants the opportunity to develop the skills to manage mental health crisis more effectively

Questions?

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