




Mental Health First Aid




**Mental Health
FIRST AID**
from NATIONAL COUNCIL FOR
MENTAL WELLBEING



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PRESENTATION OVERVIEW


- What is Mental Health First Aid?
- What does Mental Health First Aid teach?
- How do we know Mental Health First Aid is effective?
- Mental Health First Aid content options (Adult, Teen, Youth)
- Training format options
- How to schedule a training


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Knowledge Check

- MHFA originated in _____ in 2000 and has since been adopted by more than 25 countries across the globe.
- In 2002, the Adult MHFA program was brought to the United States through a partnership between the National Council for Behavioral Health and the states of Maryland and _____.
- 1 in ___ adults in the U.S. in any given year will experience a mental disorder.
- Many people with common mental disorders do not seek professional help. More than ___ percent of people with mental disorders sought no treatment in the prior year.


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What is MHFA?

Skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge

Similar to physical First Aid and CPR, MHFA helps you to provide assistance until professional assistance is obtained or the crisis is resolved.



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What does MHFA teach?

- Risk factors and warning signs of mental health and substance use challenges.
- Information on depression, anxiety, trauma, psychosis, and substance use.
- Available evidence-based professional, peer and self-help resources.

5-step Action Plan (ALGEE)

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies


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Adult Curriculum Overview




- Describe the purpose of MFHA and the role of the Mental Health First Aider.
- Identify the impact of mental health challenges on the well-being of adults in the U.S.
- Evaluate the impact of early intervention on mental health challenges.
- Explain recovery is possible.
- Describe the principles of safety and privacy for the Mental Health First Aider as well as the person receiving first aid.
- Explain the 5 steps of the MHFA Action Plan (ALGEE) and how to apply the appropriate steps.
- Recognize the signs and symptoms of mental health challenges that may impact adults.


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Youth Curriculum Overview



- Describe the purpose of YMHA and the role of the Youth Mental Health First Aider.
- Recognize the signs and symptoms of mental health challenges that may impact youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development.
- Apply the appropriate steps of the YMHA Action Plan (ALGEE) to non-crisis and crisis situations.
- Choose appropriate methods for self-care following the application of YMHA in a crisis or non-crisis situation.

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How do we know MHFA is effective?

• Individuals trained in MHFA:

- Expand their knowledge of signs, symptoms and risk factors of mental health and substance use challenges.
- Can identify appropriate types of professionals and self-help resources.
- Have increased confidence in and likelihood to help an individual in distress.
- Show increased mental wellbeing themselves.



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Join the 2.6 million people in the U.S. who have been trained in Mental Health First Aid.

Mental Health First Aid Works



"In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real-life situation." - **Rick Denton, Peer Support Specialist**





"On a daily basis, we're presented with people dealing with mental illness. Every day, this training will be beneficial." - **Sgt. Steven Parkinson, Police Officer**



"I've taken regular first aid, and I've used both, but certainly the opportunities to use Mental Health First Aid are much more abundant." - **Nathan Krause, Pastor**

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Did you know?

Approximately ____% of adults aged 60 and over suffer from a mental disorder.

- a. 25%
- b. 20%
- c. 15%



1 in ____Americans lives with a serious mental illness such as schizophrenia, bipolar disorder, or major depression.

- a. 1 in 25
- b. 1 in 50
- c. 1 in 75

Nearly ____ adults aged 65 and older live with a substance use disorder.

- a. 100,000
- b. 500,000
- c. 1 million

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Mental Health First Aid

Adult

Is appropriate for anyone 18 years of age and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem.

Teen

Teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

Youth

Teaches adults how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis.

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Training Options

MHFA (Adult)

- All in-person 7.5 hrs
- *Blended/In-Person 5.5 hrs
- *Blended/Virtual 5.5

*Blended trainings require 2 hours of self-paced pre-work prior to the instructor led portion of the training

Youth MHFA

- All in-person 6.5 hrs
- *Blended/In-person 4.5 hrs
- *Blended/Virtual 4.5 hrs



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Training Details

Each participant receives MHFA Manual and Participant Processing Guide.

Upon completion of the training, participants receive a 3-year certificate as a Mental Health First Aider.

The training is **FREE** to eligible participants through Mental Health Awareness Training, a grant funded program, Preferred Family Healthcare Prevention Department.

Don't miss out on your chance to become a Koala-fied Mental Health First Aider!



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MHFA is important for many reasons including...

- On average, 130 people die by suicide every day.
- 50% of all mental illnesses begin by age 14, and 75% by the mid-20s.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- Studies show MHFA training reduces stigma, improves knowledge and increases first aid actions toward people experiencing mental health and substance use challenges.

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Make a difference, provide hope, save a life!
Become a Mental Health First Aider!

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CONTACT INFORMATION

Thank you for attending. Please contact us for more information and to schedule a training.

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