



MENTAL
HEALTH
FIRST AID



Mental Health First Aid USA

A Collaborative Partnership

- National Council for Behavioral Health
- Maryland State Department of Health and Mental Hygiene
- Missouri Department of Mental Health

THE 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



What Is Mental Health First Aid?

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

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What You Learn

- + Overview of mental health problems
 - Depressive/Mood disorders
 - Anxiety disorders
 - Trauma
 - Disorders in which psychosis occurs
 - Substance use disorders

- + Mental Health First Aid for crisis situations
- + Mental Health First Aid for non-crisis situations
- + Mental Health First Aid teaches recovery & resiliency

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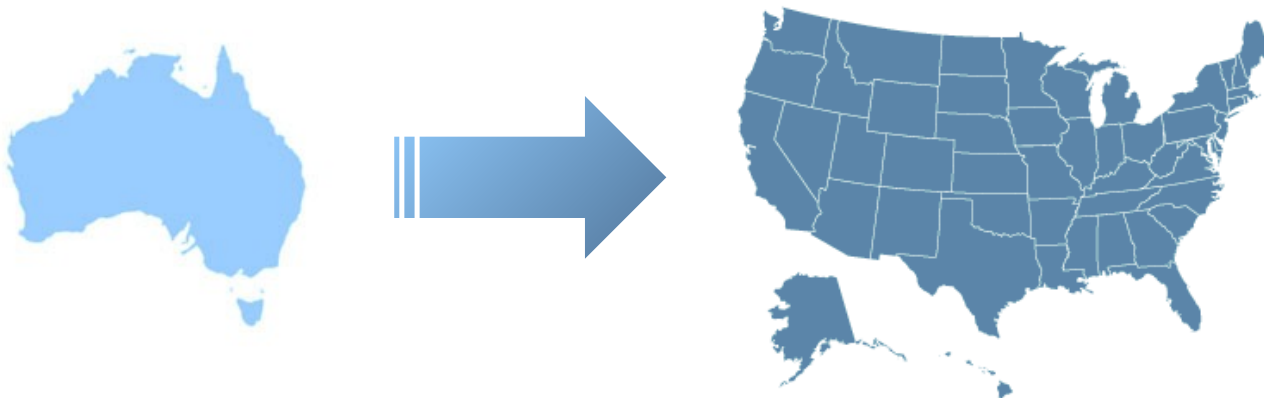
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Program Milestones

- + Created in Australia in 2001 (*University of Melbourne*)
- + Currently in 17 countries
- + Piloted in the U.S. in 2008
- + CMHCM begins to offer Mental Health First Aid in 2010
- + Youth program Pilot in 2012



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Why Mental Health First Aid?

- + Mental health problems are common
- + Stigma is associated with mental health problems
- + Professional help is not always on hand
- + Individuals with mental health problems often do not seek help

Many people...

- + Aren't well informed about mental health problems
- + Do not know how to respond

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Workplace Impact of Mental Illness

- + Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15-44
- + An estimated 26.2 percent of Americans ages 18 and older — about one in four adults —suffer from a diagnosable mental disorder in a given year
- + Serious mental illnesses (SMIs), which afflict about 6% of American adults, cost society \$193.2 billion a year in lost earnings
- + Behavioral health issues cause 217 million missed workdays annually
- + Depression was identified as the most costly health condition among a group of 10 large employers when combining costs from medical, pharmacy, absenteeism, and presenteeism

(Source: 2010 Disability Management Employer Coalition Report)

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MHFA ACTION PLAN

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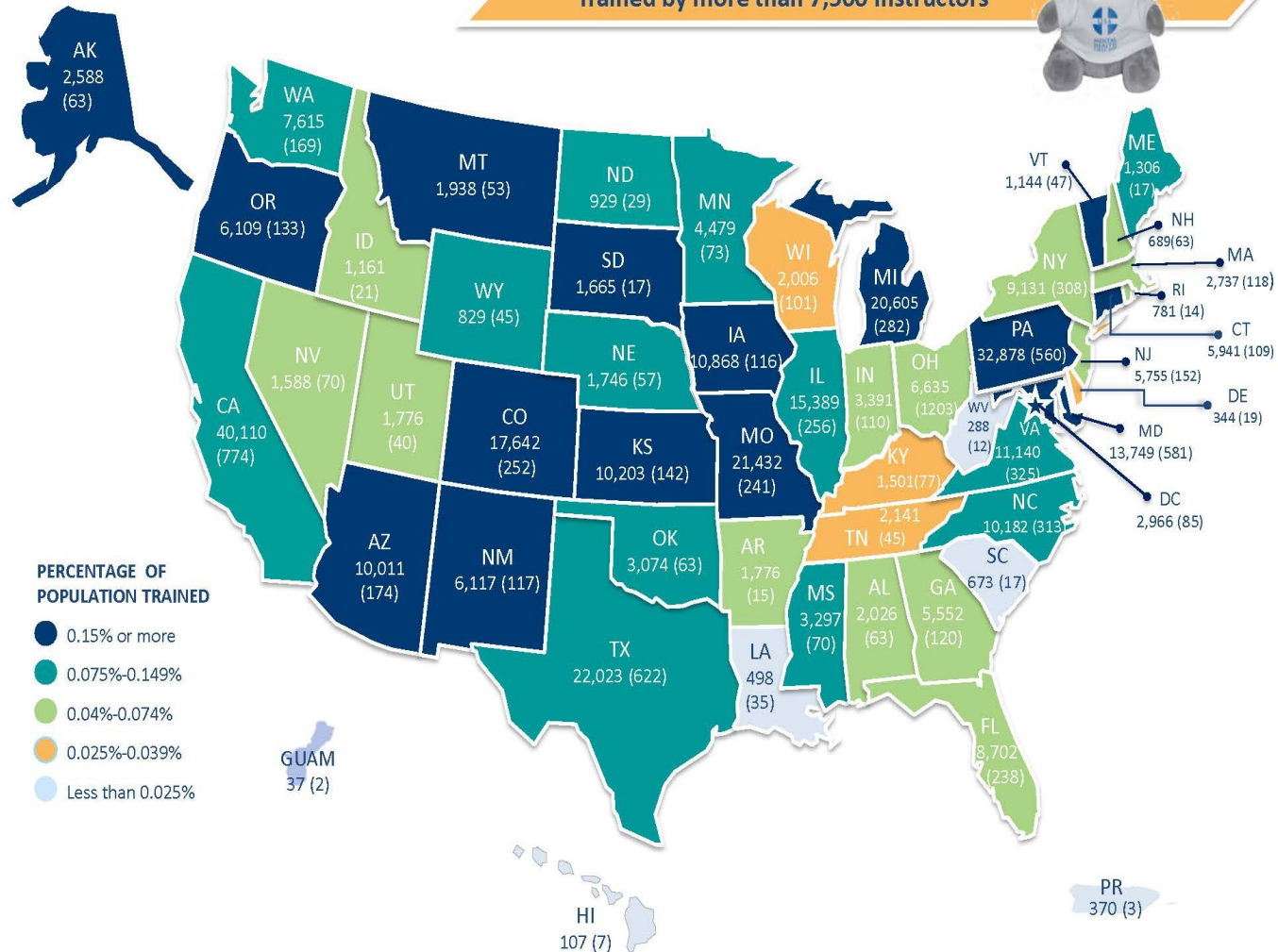
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ALGEE-OMETER

More than 360,000 First Aiders in the US
Trained by more than 7,500 Instructors



PERCENTAGE OF POPULATION TRAINED

- 0.15% or more
- 0.075%-0.149%
- 0.04%-0.074%
- 0.025%-0.039%
- Less than 0.025%

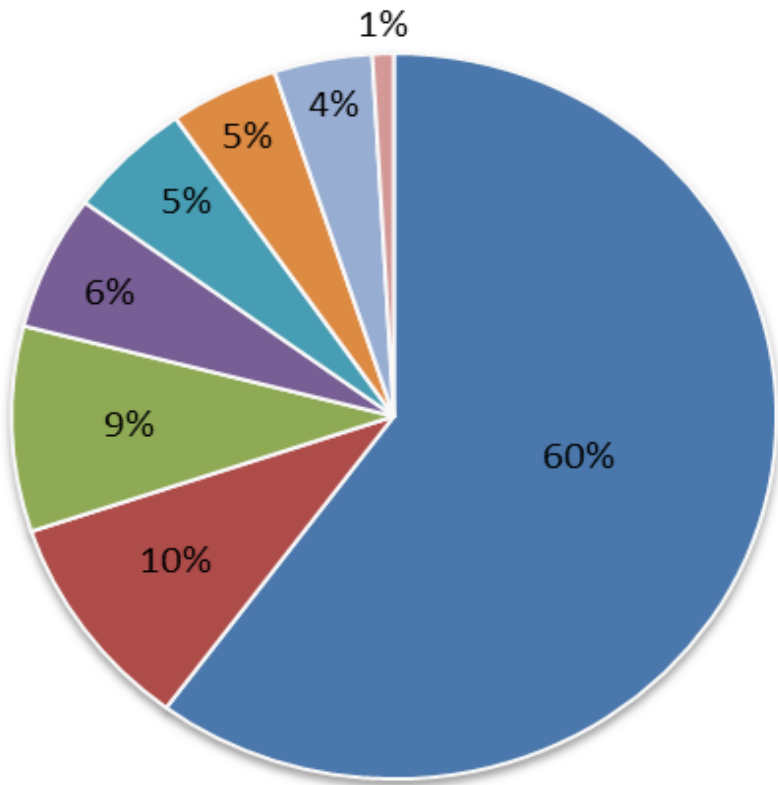
Reported through April 2015

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Audiences Trained



- General Community/Not Specified
- Higher Education
- Behavioral Health
- Faith-Based
- Primary Care
- Law Enforcement/Criminal Justice
- Youth-focused entities
- Indian/NA Reservations

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MHFA: Benefits

- + MHFA creates proven results
- + MHFA helps reduce stigma associated with mental health problems
- + MHFA is relevant for many different populations and places including school, community, workplace and home
- + MHFA is low cost and sustainable
- + MHFA supports workplace wellness
- + MHFA as an expression of Corporate Social Responsibility
- + MHFA as a key national resource for EAP programs and HR professionals
- + MHFA has been added to the Federal Registry of Evidenced-based Programs effective 7/18/13!

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MHFA Training Programs

- + Mental Health First Aid USA offers:
 - Standard MHFA
 - Youth MHFA
 - MHFA for Military Members, Veterans and Their families
 - MHFA for Law Enforcement, Corrections and Public Safety
 - MHFA for Higher Education
 - Rural MHFA

- + All courses are interactive, run 8 hours and present an overview of mental illness and substance use disorders in the U.S. Youth, Military and Law enforcement present information specific to that population.

- + Introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

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Mental Health First Aid at CMHCM

Two certified Instructors: Karen Bressette & John Bennie

One Instructor Candidate: Morgan Monte, Peer Support Specialist, who will attend certification training in September 2015.

Full time CMHCM employees who are responsible for providing this training in addition to other job responsibilities

Courses Available:

- + Standard Mental Health First Aid
- + Youth Mental Health First Aid
- + Mental Health First Aid for Law Enforcement, Corrections, and Public Safety
- + Mental Health First Aid for Military Members, Veterans and their Families
- + Mental Health First Aid for Higher Education
- + Rural Mental Health First Aid

- + Training is 8 hours and may be done in one or two days or four 2-hour sessions

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Mental Health First Aid at CMHCM

- + MHFA has been approved for Continuing Education Units in:
 - + Social Work = 8 SWCEU
 - + Human Resource = 8 HRCEU
 - + Nursing = 7.5 CE Hours
 - + Substance Abuse = 7.5 MCBAP

- + Cost is \$25.00 per participant and includes:
 - MHFA manual
 - Lunch
 - Refreshments

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Total MHFA Participants:

- + 2010 = 63
- + 2011 = 11
- + 2012 = 64
- + 2013 = 75
- + 2014 = 201
- + 2015* = 128 and counting!

*Data from 10/2014 - 5/2015:

8 Standard MHFA & 1 Youth MHFA course have been completed.

Plan to offer 2-3 more courses by 10/2015.

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Goals for FY 2015-16

- + Hire an MHFA Training Assistant
- + Promote & market Veteran's and Public Safety units
- + Offer at least 12 classes per year throughout the CMHCM catchment area

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Mental Health First Aid at CMHCM

Feedback from participants:

Having had the training she suspected something was very wrong with how her mother had spoke with her on the phone and contacted her father. He was able to get home and call 911 in time to save her mother.
CMU student

This training is much needed in my field as a police officer. It covers the topics I was looking for and also how to deal with people with mental illness. Tpr. Michael White

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Vision



By 2020, Mental Health First Aid in the USA will be as common as CPR and First Aid

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To Schedule a MHFA Class:

+ Contact:

Karen Bressette

989.772.5938 or

kbressette@cmhcm.org

For more information about MHFA

www.mhfa.org

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