



May 20, 2020

MENTAL
HEALTH
FIRST AID®

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Mental Health First Aid: A Resource for
Mental and Behavioral Health


My MHFA Journey



 Mental Health Center of Denver BOD

 Introduction to MHFA

 Trained as Mental Health First Aider


 Trained as an Instructor

Brief History of MHFA



 Originated in Australia



 Developed in 2001 by Betty Kitchener & Anthony Jorm

 Brought to the US in 2008 by the National Council for Behavioral Health

 State-wide initiatives across the US

What is Mental Health First Aid?



Let's take a look:

<https://vimeo.com/152734349>

Mental Health First Aid



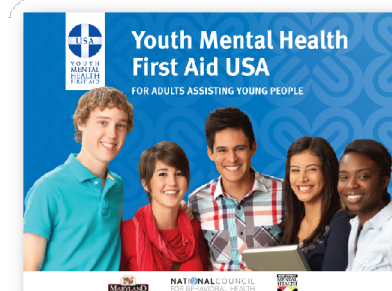
Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



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 is in crisis
- ⊕ Available evidence-based professional, peer and self-help **resources**






Audience Focused Modules


 **Higher Education:** Focuses on the unique experiences and needs of college students.


 **Fire & EMS:** Focuses on the unique experiences and needs of firefighters and EMS personnel.


 **Law Enforcement, Corrections & Public Safety:** Focuses on the unique experiences and needs of public safety personnel.



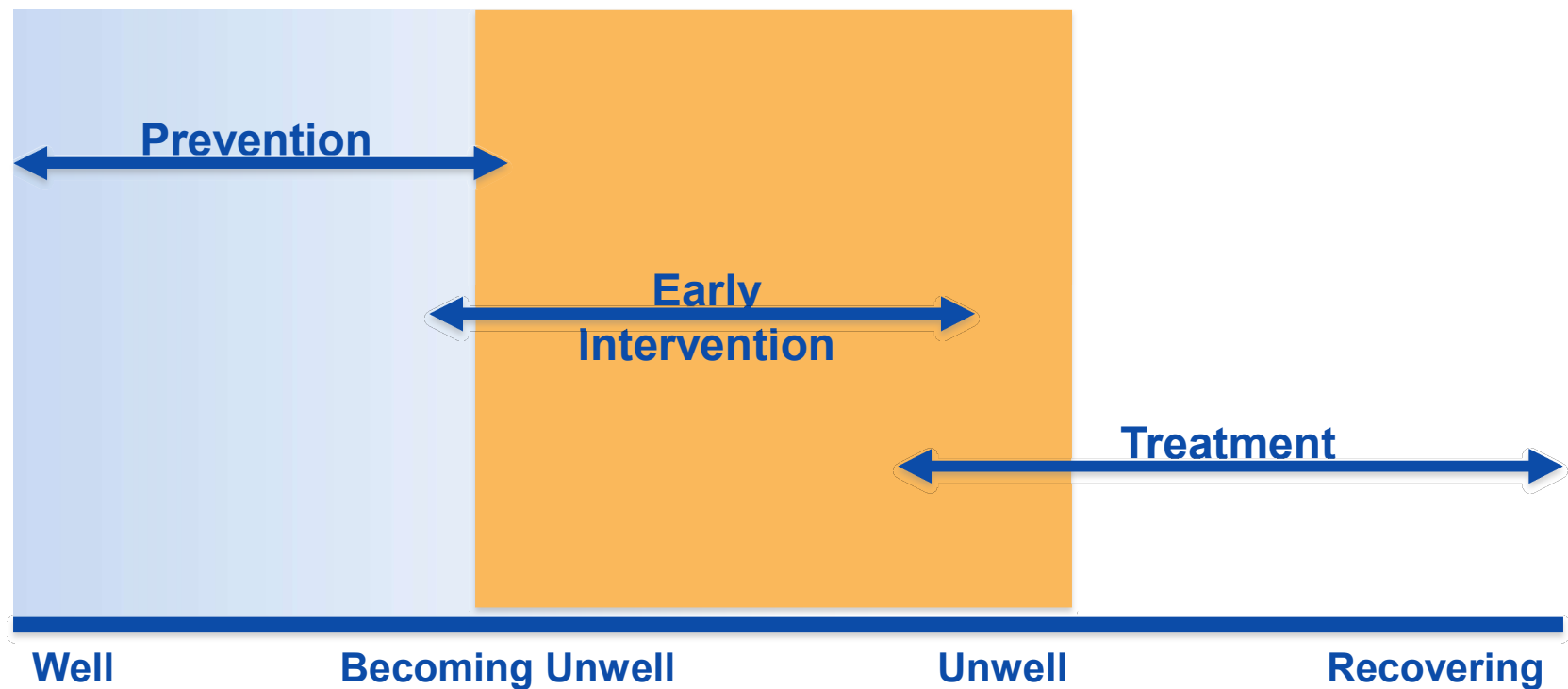
Audience Focused Modules

 **Veterans, Service Members, and Their Families:** Includes discussion of military culture, its relevance to the topic of mental health, and disorders like Post-Traumatic Stress Disorder (PTSD).

 **Older Adults:** Focuses on the unique experiences and needs of adults over the age of 65.

 **Rural Communities:** Focuses on building rural community level capacity to identify mental health and substance abuse issues early and for rural residents to increase their confidence to intervene and refer people to the resources that do exist.

Where Mental Health First Aid Can Help



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

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

Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



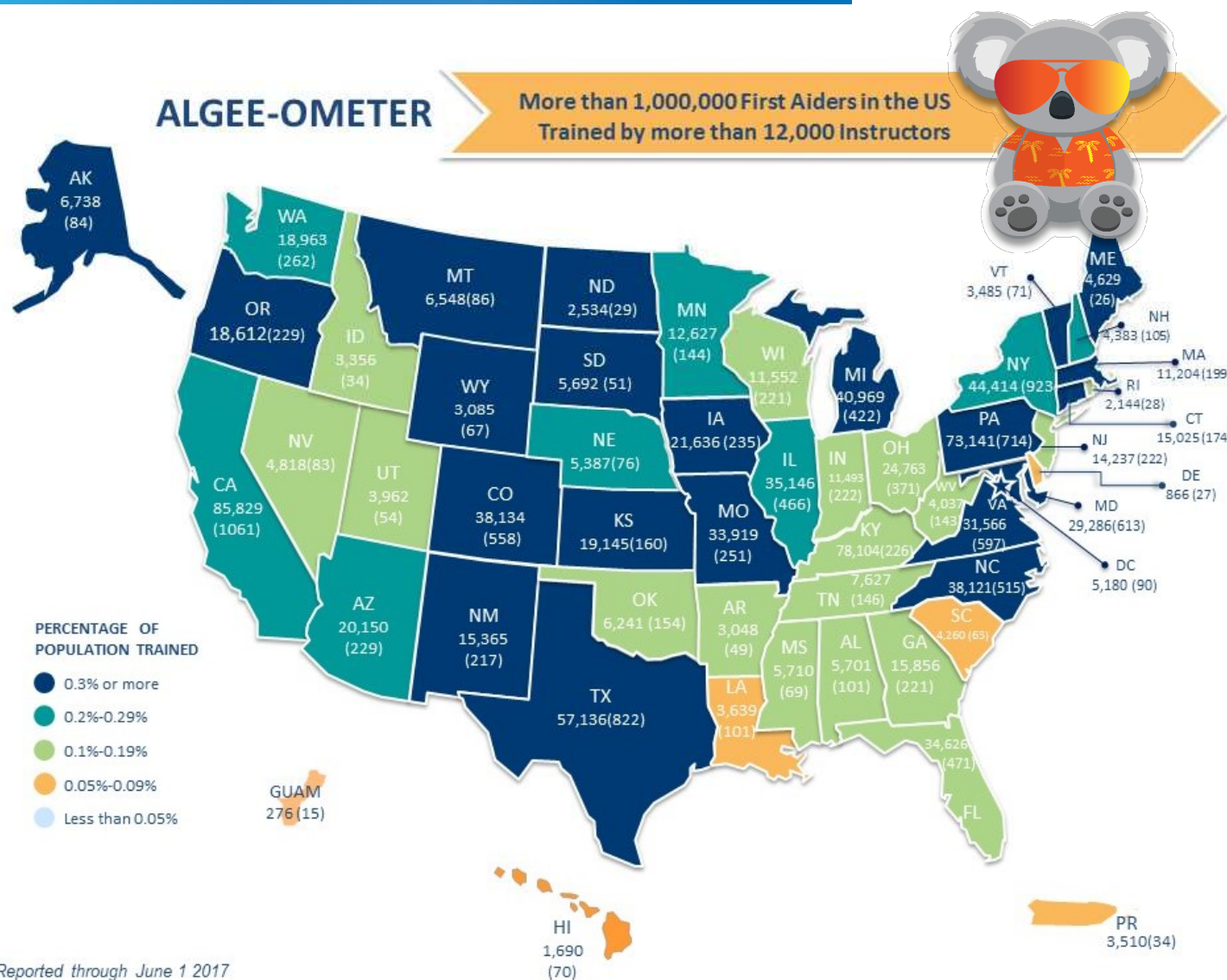
Encourage appropriate professional help



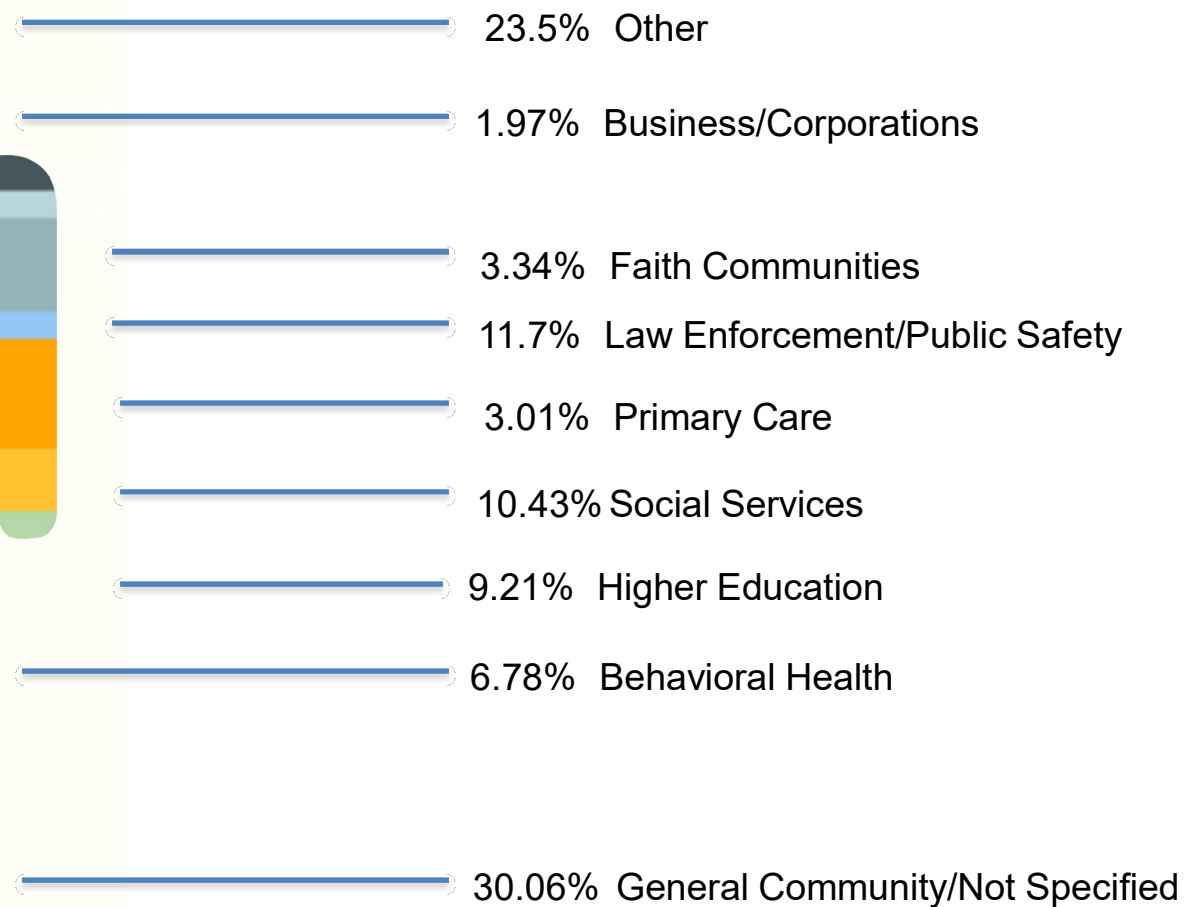
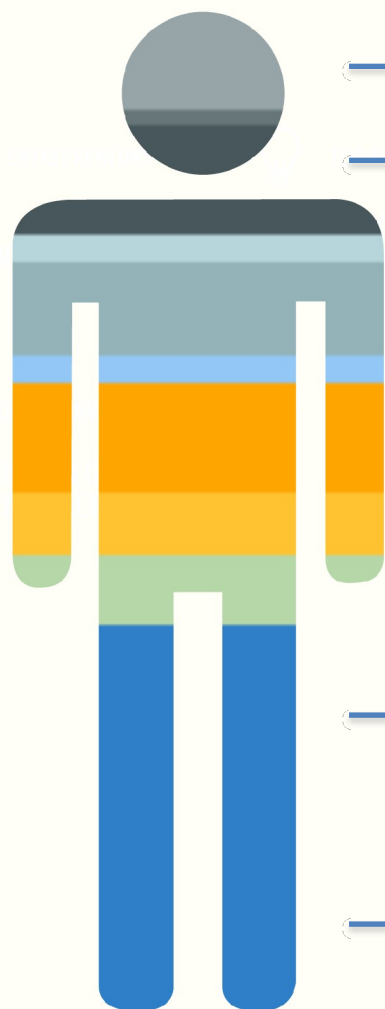
Encourage self-help and other support strategies



Who We're Reaching



Who We're Reaching



Support for Mental Health First Aid

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents and even **international superstars** and **First Ladies** love Mental Health First Aid.



Lady Gaga  @ladygaga · May 7



Lady Gaga Wants You To #BeKindBeTheDifference For Mental Health

As a celebrity who always strives to be at the forefront of social change and activist causes, it should come as no surprise that Lady Gaga's

elitedaily.com



Michelle Obama talks about the importance of Mental Health First Aid

Support for Mental Health First Aid

Lady Gaga's Foundation, Born This Way, partnered with the National Council for Behavioral Health to pilot a teen Mental Health First Aid program in schools across the country.



In the News



REFINERY29

May 3, 2018 | Refinery29

[Why We Need Mental Health First Aid Training](#)



INDEPENDENT

May 11, 2018 | The Independent

[Why Learning Mental Health First Aid Can Change a Life](#)

BUSTLE

May 12, 2018 | Bustle

[Cynthia Germanotta, Lady Gaga's Mom, Wants Mental Health First Aid To Be A Priority With The "Be Kind Be The Difference" Campaign](#)

In the News



CU nursing students now getting trained in mental health first aid

by: [Kim Posey](#)

Posted: May 19, 2020 / 08:17 PM

MDT / **Updated:** May 19, 2020 / 08:17 PM
MDT

AURORA, Colo. (KDVR) — The University of Colorado College of Nursing is now training front-line providers in mental health first aid. It's a way to help nurses recognize mental health issues and find resources for patients and themselves.

What People Are Saying



Born This Way  @BTWFoundation · 16 Apr 2016

#BeBrave and take advantage of these training opportunities from @MHFirstAidUSA. You could save a life:



Geraldine @WithStarsOn · 3h

Pretty poignant that I've completed my #MHFA training during #MentalHealthAwarenessWeek thanks to @AwareNI and @UNISONNI. Mental health first aid is something that everyone should be trained in as you never know when or where it'll be needed 💜



@skoop ❤️ @skoop · Apr 20

Done. I think this was probably the training course that I learned most in in the past 20 or so years. Very proud of this one #mhfa



Michelle Molina Cruz @MicMolinaCz · 29 Aug 2017

Replying to @MHFirstAidUSA

I loved the certification program and now I feel more confident in opening the conversation to help others. #MHFirstAidUSA #mentalhealth

What People Are Saying



"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



"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



"When a loved one has cancer, families rally around — they cook, clean, drive their loved ones to doctor's appointments, and much more. But when someone is struggling with depression, anxiety, trauma, or other mental conditions, family members are not sure what to do." — Lisa, Washington DC





Updates – Curricula

For the past year or so, new curricula for MHFA has been in development that includes expanded content on:

 Trauma

 Addiction

 Self-care

Youth MHFA will include:

 New content applicable to adults working with elementary-age children

 Content on the impact of social media

 Content that is gender neutral and culturally relevant



Update - Course Delivery

As COVID-19 changes our daily reality, there's an important need for MHFA to be available virtually.

The National Council is preparing to release a virtual MHFA Course based on the newly expanded curricula.

 **Virtual Mental Health First Aid Course** - A 2-hour, self-paced class, and then participate in a 4-hour, instructor-led class using videoconferencing technology.

 **Release Date TBD**



Update - Course Delivery

Placed on pause due to COVID-19:

 **Blended Learning Mental Health First Aid Course** - A 2-hour, self-paced class, and then participate in a 4-hour, in-person, instructor-led class.

 **In-Person Mental Health First Aid Course** – 8-hour, in-person, instructor-led class.

Stay Tuned!



Please visit
Patientnavigatortraining.org
for updated Mental Health First
Aid training information.

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