Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Jana Spalding, MD, CPSS
Peer & Family Career Academy Coordinator
Arizona State University
jana.spalding@asu.edu

Ali De La Trinidad, State Advocate
Ali.DeLaTrinidad@azahcccs.gov
www.azahcccs.gov
Mental Health First Aid is the initial help offered to a person developing a mental health 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

- Originated in Australia and currently in 23 countries
- Adult course for individuals 18 years of age and older; available in both Spanish and English
- Youth Mental Health First Aid is designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health, an addictions challenge or is in crisis; available in both Spanish and English.
- Mental Health First Aid is included in SAMHSA’s National Registry of Evidence-based Programs and Practices
- Partnership with Maryland and Missouri State Governments
What Participants Learn
Mental Health First Aid USA
What Participants Learn

- 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
What Participants Learn

- Prevalence of mental health problems
- Signs and symptoms of depression, anxiety, psychosis and substance use disorders
- Crisis first aid for:
  - Traumatic events
  - Acute psychosis
  - Overdose and withdrawal
  - Suicidal thoughts and behaviors
  - Panic attacks
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
Where Mental Health First Aid Can Help on the spectrum of mental health interventions
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…
  - Are not well informed about mental health problems
  - Do not know how to respond
ALGEE-OMETER

More than 440,000 First Aiders in the US
Trained by more than 8,000 Instructors

Reported through September 2015

PERCENTAGE OF POPULATION TRAINED

- 0.25% or more
- 0.15%-0.249%
- 0.075%-0.149%
- 0.026%-0.074%
- Less than 0.025%

AK
3,388 (59)

WA
10,761 (166)

MT
2,805 (49)

ND
1,415 (30)

MN
6,193 (80)

WI
3,444 (109)

MI
25,534 (335)

PA
41,619 (623)

NY
13,324 (356)

NC
14,660 (333)

VA
15,046 (389)

VA
14,660 (333)

SC
1,101 (21)

HI
37 (2)

GUAM
37 (2)

AL
2,697 (72)

FL
6,162 (187)

GA
4,827 (107)

NC
14,660 (333)

SC
1,101 (21)

HI
208 (6)

Reported through September 2015
Audiences
12,600 Courses (through April 2014)

- 31.4% General Community/Not Specified
- 24.7% Behavioral Health
- 15.9% Higher Education
- 7.0% Social Services
- 6.9% Primary Care
- 6.7% Law Enforcement/Public Safety
- 5.6% Faith Communities
- 4.5% Youth-focused entities
- 0.6% Business/Corporations
- 2.2% Other
Audiences

- 38.7% General Community/Not Specified
- 10.7% Social Services
- 6.4% Higher Education
- 2.6% Primary Care
- 3.0% Faith Communities
- 9.3% Law Enforcement/Public Safety
- 7.0% Behavioral Health
- 11% Schools
- 1.2% Business/Corporations
- 9.7% Other

30,000 Courses (through September 2015)
Mental Health First Aid Curricula and Modules

- Mental Health First Aid USA
  - For Older Adults and Those Dealing with Later-Life Issues
- Mental Health First Aid USA
  - For Higher Education
- Mental Health First Aid-USA™
  - For Military Members, Veterans and Their Families
- Mental Health First Aid-USA™
  - For Law Enforcement, Corrections and Public Safety

- Primeros Auxilios para la Salud Mental de los Jóvenes en Estados Unidos
  - Para Adultos Que Ayudan a Jóvenes
- Mental Health First Aid USA
  - For Young People and Adults Who Help Young People
- Primeros Auxilios Para La Salud Mental EE.UU.
  - For Young People and Adults Who Help Young People
Evidence

Mental Health First Aid….

...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness
Mental Health First Aid Instructor Course

The 5-day training teaches you how to:

> Teach the Mental Health First Aid course, including the 5-step action plan, evidence-supported treatment and self-help strategies and prevalence data
> Present the program with fidelity to the tested, core model
> Apply the program to a range of adult learning styles
> Tailor presentations to diverse audiences and learning environments

Approved for CEUs:

> Adult Mental Health First Aid Instructor Training: 32 hours for NASW, NAADAC
> Youth Mental Health First Aid Instructor Training: 32 hours for NASW
Youth Mental Health First Aid USA

FOR ADULTS ASSISTING YOUNG PEOPLE
Program Roadmap: Part One

- What is Youth Mental Health First Aid?
- Adolescent Development & Mental Health Problems in Youth
- What you may see:
  - Signs and Symptoms
  - Risk Factors and Protective Factors
- Mental Health First Aid Action Plan
Program Roadmap: Part Two

Using the Mental Health First Aid Action Plan

> In Non-Crisis Situations
> In Crisis Situations
What is Your Role?

- Parent/Guardian/Grandparent
- Clergy
- Friend or Neighbor
- Peer
- Professional: “In the place of the parent”

Be aware of:

- Mandatory reporting laws
- Privacy rights of young people
- When to communicate with parents and other caregivers
WHAT YOU MIGHT SEE

Look!
What are Some of the Disorders we Might Hear About?

- ADD/ADHD/ODD
- Anxiety Disorders
- Bipolar Disorder
- Depression
- Eating Disorders
- Psychosis
- Substance Use Disorders
Typical Adolescent Development

Physical Changes
- Changes in hormones
- Increases in height and weight
- Becoming more focused on physical concerns

Mental Changes
- Developing more abstract thinking skills
- Using logic and reason more in decision making
- Developing own beliefs
- Beginning to question authority
Typical Adolescent Development

**Emotional Changes**
- Can be quick to change
- Feel more intensely
- Can lead to risk taking and impulsive behavior

**Social Changes**
- May experiment with different levels of social and cultural identity
- Peer influence increases
- Notice sexual identity
- Learn to manage relationships, including romantic relationships
Resiliency

Most youth pass through adolescence with relatively little difficulty despite all of these challenges.

When difficulties are encountered, youth tend to be quite resilient:

> Thrive
> Mature
> Increase their competence
WHAT YOU MIGHT DO
MHFA ACTION PLAN

*Mental Health First Aid* teaches a *five-step* action plan, ALGEE, for individuals to provide help to someone who may be in crisis.

A – Assess for risk of suicide or harm
L - Listen non-judgmentally
G - Give reassurance and information
E – Encourage appropriate professional help
E - Encourage self-help & other support strategies
Taking Care of the First Aider

- Have I decided what I will do for self care?
- Who can I debrief with now?
- If I feel upset or distressed later, who can I call?
- If I share with others, how do I ensure the confidentiality of the young person?
- Do I or my family need a break?
Kevin Hines

Mental Health First Aid

The film, developed for Youth Mental Health First Aid, features Kevin sharing his struggle with mental illness and substance use. In his junior year of high school, Kevin was diagnosed with bipolar disorder.

"In September 2000 Kevin became one of only 34 people to survive a suicide attempt by jumping off the Golden Gate Bridge."
Mental Health First Aid in the News

January 8, 2014 | by Jennie Grabel
What has changed since Jan. 8, 2011, in Tucson and beyond?

January 2, 2014 | by Patrick Skahill
A "First-Aid" Response to Mental Illness

December 27, 2013 | by Kathleen Megan
After Newtown, Building A Stronger System Of Mental Health Services

October 13, 2013 | by T. Rees Shapiro
Mental Health Program Helps Fairfax County Teens Cope

March 12, 2012 | by Kim Painter
Classes Teach ‘First Aid' for Mental Health Crises

October 18, 2011 | For Your Health
N.Y.U. has also added a **mental health first aid** training course. Employees who work in campus hot spots learn to identify mental illness symptoms as well as how to defuse a tense situation until help arrives. A hot spot is any place prone to frustrate, including the financial aid office, the bursar’s office, and the registrar’s office.

Attend a traditional first aid class, and you will learn checklists for assessing and responding to cuts, burns and strokes. [In Mental Health First Aid] students consider how they would respond to...a stranger having a panic attack, a friend expressing hopelessness, or a client distressed over an illness.
“It really gives you the skills you need to identify—and ultimately help—someone in need.”

- First Lady Michelle Obama on being trained in Mental Health First Aid
Find or Host a Course

Find a course or instructor near you at

www.MentalHealthFirstAid.org
Take a Course.
You could be the help someone needs.

Find a Course or Instructor near you:
www.MentalHealthFirstAid.org

Contact Us:
info@mentalhealthfirstaid.org
202.684.7457
Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Jana Spalding, MD, CPSS
Peer & Family Career Academy Coordinator
Arizona State University
jana.spalding@asu.edu

Ali De La Trinidad, State Advocate
Ali.DeLaTrinidad@azahcccs.gov
www.azahcccs.gov