Mental Health First Aid Arizona

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Why public education about mental health?

Nearly 1 million people a year suffer a heart attack - making teaching CPR an important element in public health education.

One in four Americans experience depression, anxiety or other mental illness in any given year. ...The rate is **one in five** among children!

You're much more likely to encounter someone having a mental health crisis than someone having a heart attack.
AZ mental health public education goals...

• Increase awareness of mental and behavioral health issues
• Reduce the stigma attached to mental illness
• Educate everyone on the symptoms of mental illness
• Promote early detection and intervention
What is MHFA?

Mental Health First Aid is the 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 obtained or until the crisis resolves.
Mental Health First Aid ARIZONA

• Rolled out in 2011 – a public education effort to teach the public to identify, understand and respond to signs of mental illness and substance use disorders.

Three five-day training-of-trainer sessions were held, preparing more than 76 instructors to teach Mental Health First Aid throughout the state.
MHFA Arizona...

• Over 100,000 trained in the USA
• Nearly 4,000 Arizonans have completed the 12-hour course through this initiative!
  – Community members, men, women, all ages & minority groups
  – Families and caring citizens
  – Staff from hospitals and health centers
  – Faith communities
  – Law enforcement / Justice system staff
  – Nursing home staff
  – Public sector professionals
  – Policymakers
  – Private & public employers
  – Colleges / Schools / After school programs
Mental Illness in the U.S.

Let’s see what we know...
WHY MHFA?

• Mental health problems are common.
• Stigma is associated with mental health problems.
• Many people are not well informed about mental health problems.
• Professional help is not always on hand.
• People often do not know how to respond.
• People with mental health problems often do not seek help.
**GOALS OF MHFA**

**Program:**
- Increase mental health literacy
- Reduce stigma surrounding mental illness
- Increase early help-seeking behaviors
- Build community resilience

**Attendees:**
- Increase awareness and information
- Enhance skills, confidence and willingness to approach and assist those needing help
MHFA Trainings Available

• Iterations / Versions (all 8 hours)
  – MHFA (available in Spanish as well)
    • To assist adults
  – Youth MHFA
    • For adults who want to help youth 12 to 20 years old
  – First Responders (pilot phase)
    • Intended for law enforcement and medical professionals
  – Military and Veterans (pilot phase)
    • To assist these populations and their families
MHFA Arizona Highlights...

• Northern Counties

• Maricopa County

• Southern Counties

• Pima County
www.mentalhealthfirstaidaz.com

- Statewide course schedule and registration
- Program overview
- Photos from past classes
- Quotes from attendees
The MHFA AZ Line

• 1-855-331-6432
• Dedicated phone line
• Trained call center professionals
• Overview & referrals (warm hand-off to instructors)
• Partnership with the Crisis Response Network
A Taste of MHFA
MENTAL HEALTH FIRST AID
Day 1

- 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
Day 2

- 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
**THE ACTION PLAN - ALGEE**

- **Assess** for risk of suicide or harm
- **Listen** non-judgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies
**REDUCEING STIGMA**

- Know the facts about mental illness and substance use disorders
- Understand the sometimes debilitating impact of mental illness
- Utilize person-first language
- Be an advocate and change agent in challenging stigma-perpetuating language, ideas and attitudes in others
- Be aware of your own attitudes and behaviors - always be willing to learn and grow...
EXAMINING MENTAL ILLNESS...

Anxiety Disorders

Mood Disorders
EXAMINING MENTAL ILLNESS...

Substance Use Disorders

Schizophrenia and Psychosis
EXAMINING MENTAL ILLNESS...

Applying MHFA and ALGEE to Crises Situations

• Suicidal thoughts and behaviors
• Non-suicidal self-injury
• Panic attacks
• Adult affected by traumatic events
• Children affected by traumatic events
• Acute psychosis
• Medical emergency from alcohol abuse
• Aggressive behavior
“Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.

For some, this is the ability to live a fulfilling and productive life despite a disability.

For others, recovery implies the reduction or complete remission of symptoms.”

- President’s New Freedom Commission on Mental Health
Questions?

• For Arizona trainings and general program information:

  www.mentalhealthfirstaidarizona.com

Call the MHFA AZ line at 1-855-331-6432

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