



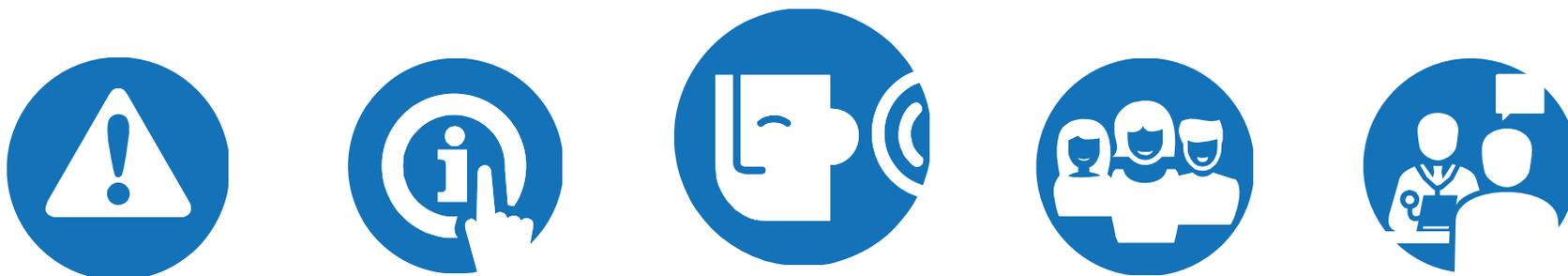
MENTAL
HEALTH
FIRST AID®

Boone County Judicial and Law Enforcement Task Force

Jill Richardson

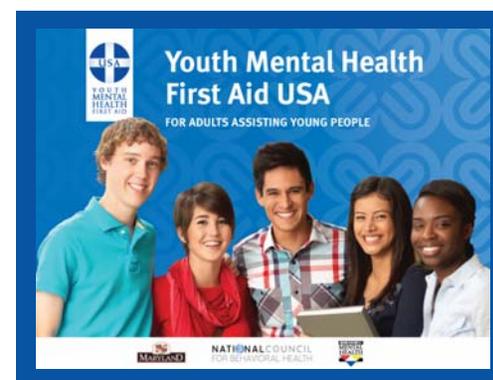
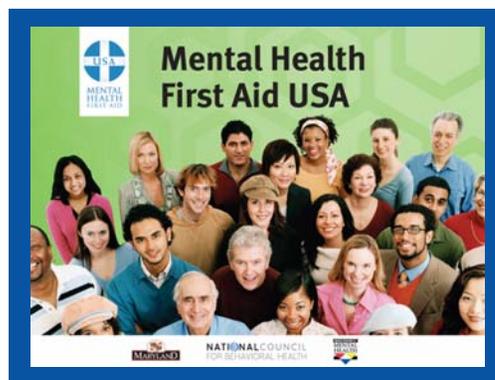
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Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis 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 in crisis
- ⊕ Available evidence-based professional, peer and self-help **resources**



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



Why Mental Health First Aid?

Mental health problems are **COMMON.**

Learn how to **NOTICE** when someone needs help

STIGMA is associated with mental health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always on hand.

Encourage community members to **SUPPORT ONE ANOTHER.**

Individuals with mental health problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP THEY NEED.**

Many people are not well informed and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You might **SAVE A LIFE.**

4 Reasons to Become a Mental Health First Aider



1

BE PREPARED.

Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2

MENTAL ILLNESSES ARE COMMON.

1 in 5 people will experience one in a given year.

3

YOU CARE.

Be there for a friend, family member or colleague. Learn how to start a conversation.

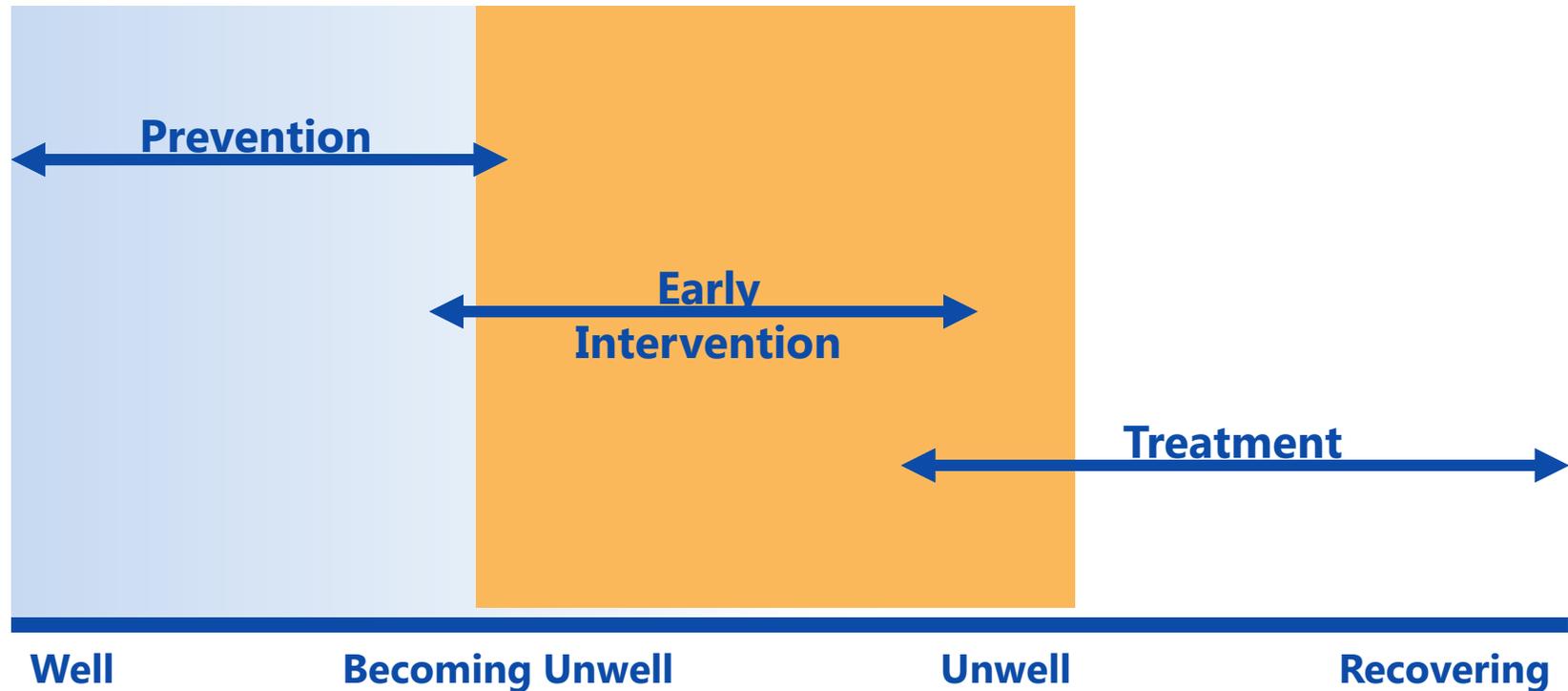
4

YOU CAN HELP.

People with mental illnesses often suffer alone. Learn when and how to step in and offer support.



Where Mental Health First Aid Can Help



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



Mental Health First Aiders Are...

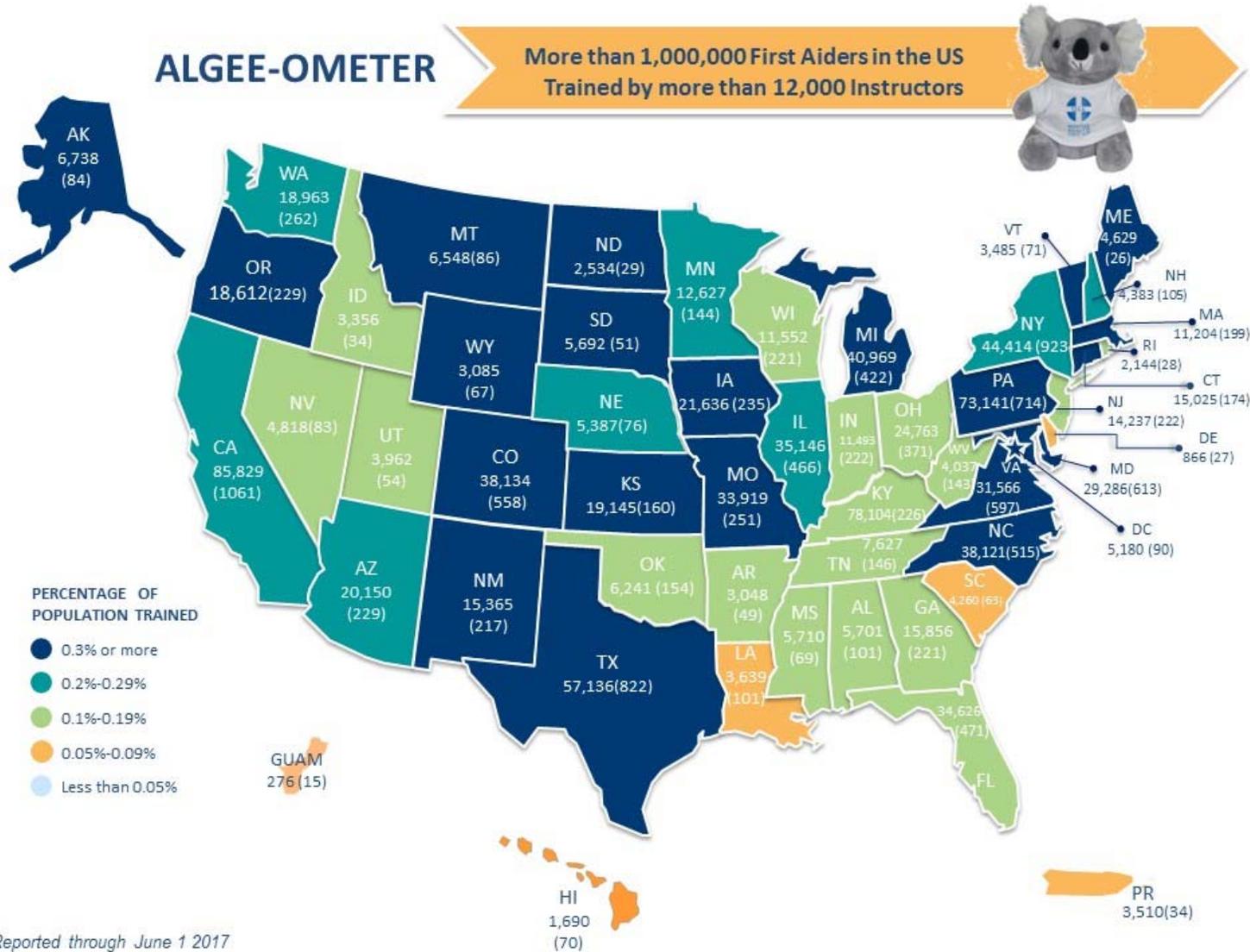
Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents, friends and siblings. They're even **First Ladies...**

It really gives you the skills you need to identify—and ultimately help—someone in need.

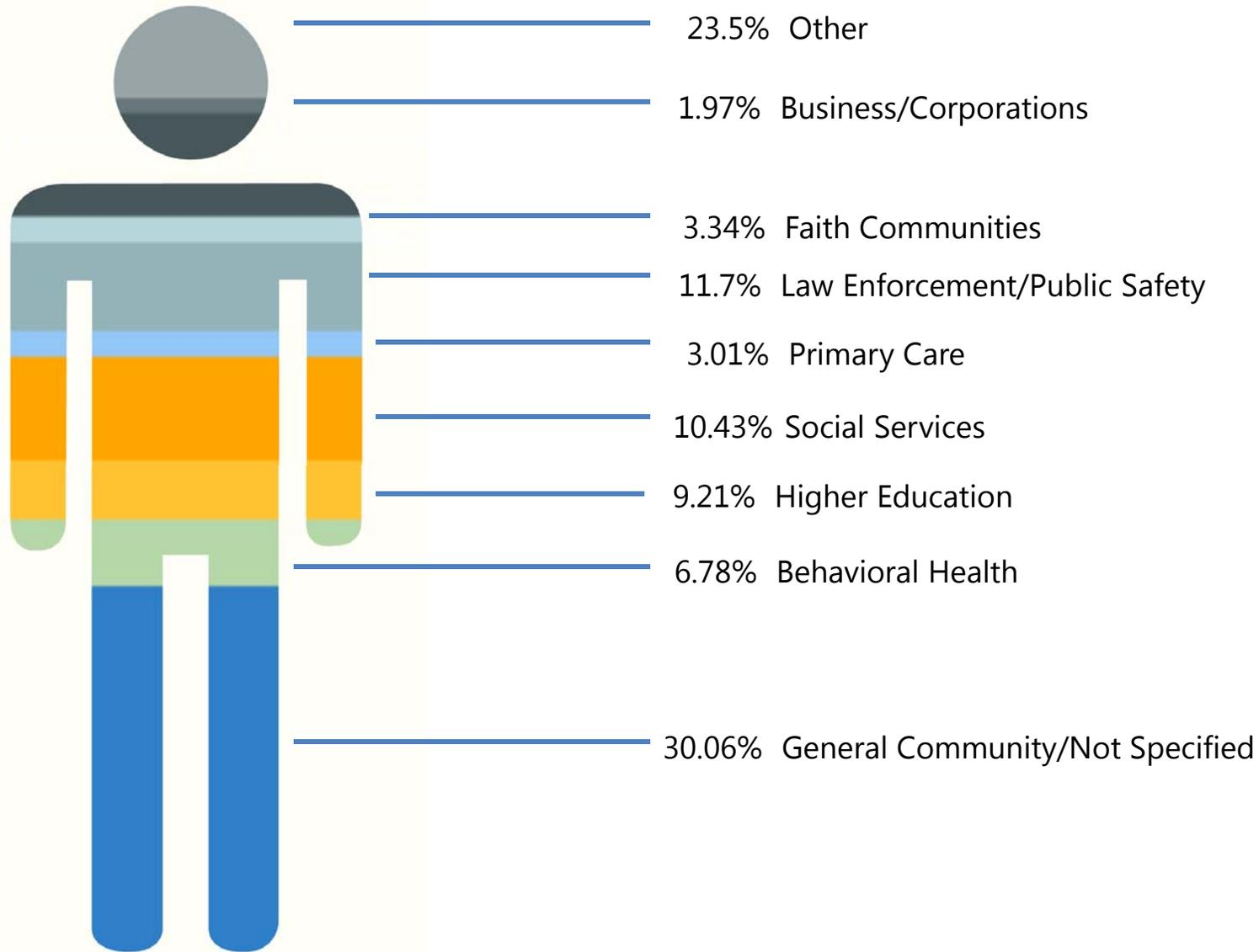
First Lady
Michelle Obama
trained



Who We're Reaching



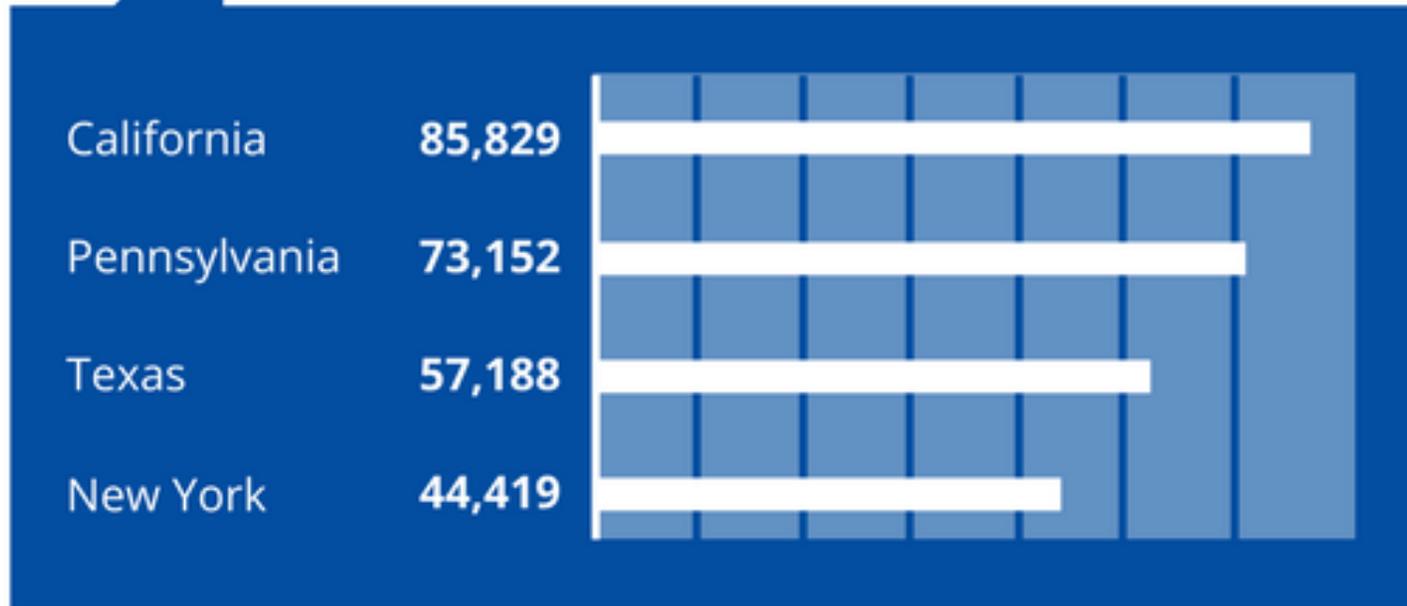
Who We're Reaching



Who We're Reaching



States with the most people trained



There are currently Mental Health First Aiders in **all 50 states, Puerto Rico and Guam.**

From a Phone Call to a Movement



Be the Difference



-  Campaign launched by the National Council in April 2017 to encourage people to learn the skills to help people experiencing a mental health or substance abuse challenge, because anyone, anywhere can be the difference in someone's life.

Be the Difference



The Value of Mental Health First Aid

\$20 =



MANUALS

Each participant manual for the Mental Health First Aid course costs \$20.

\$75 =



SUPPLIES

The cost of supplies for one Mental Health First Aid course is approximately \$75. Supplies include pens, paper, markers and other office supplies necessary for the teaching of the course material.

\$170 =



ONE NEW FIRST AIDER

The total cost of training one new Mental Health First Aider is \$170.

\$1,800 =



ONE NEW INSTRUCTOR

The cost of training one new instructor is \$1,800. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of 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



"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



"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



What People Are Saying About Mental Health First Aid...



Chirlane McCray @Chirlane · Feb 12

This @MHFirstAid class prepared me to better help those around me struggling w/ mental health issues. Read about it:



 **NJYMCA StateAlliance** @njymca · Mar 16
First aid for mental health is as important as first aid for our bodies. Learn: mentalhealthfirstaid.org/cs/ @MHFirstAidUSA @MHANJ1 #firstaid

 **DGC** @DGCsays · Apr 10
The @MHFirstAidUSA course I took was a training I believe EVERY SINGLE PERSON should complete. #ALGEE #MentalHealthMatters #EndTheStigma

Mental Health First Aid Shatters Stigma With Standardized Training
"In reality, it's far more common to find people struggling with emotional problems than choking on a steak."
thinkprogress.org

@MHFirstAidUSA



Rabbi Fred Greene @rabbigreene · Mar 16

Tip to my faith leader friends... bring a @MHFirstAidUSA training to your staff! We did with @MHFACO!

Why Should I Train My Employees?



- 1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
- Employers face an estimated \$80 to \$100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism
- 10.8 million full time workers have a substance use disorder
- The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses



Government Support

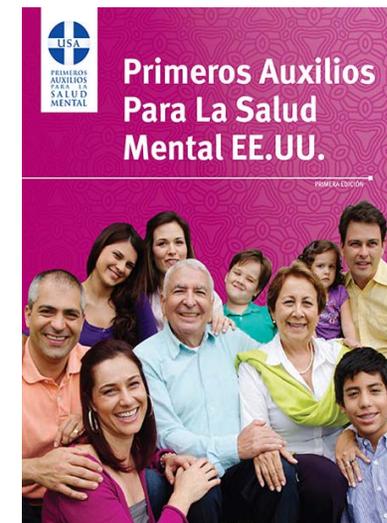
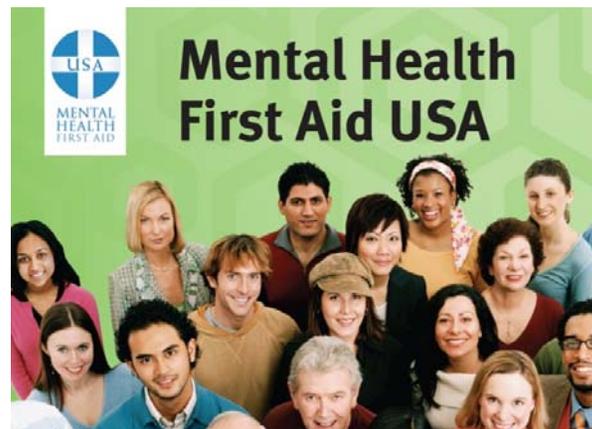
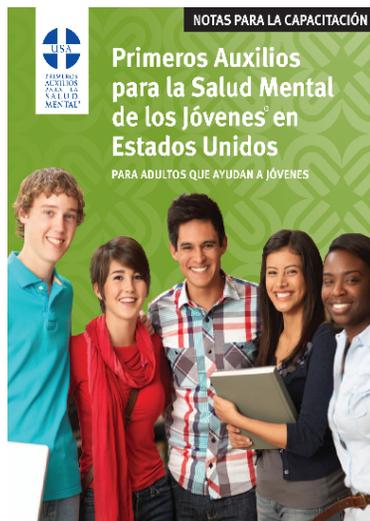
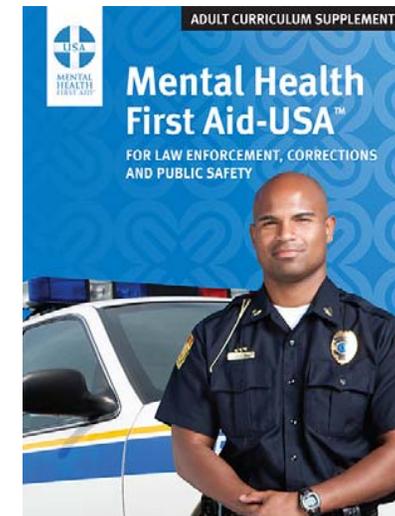
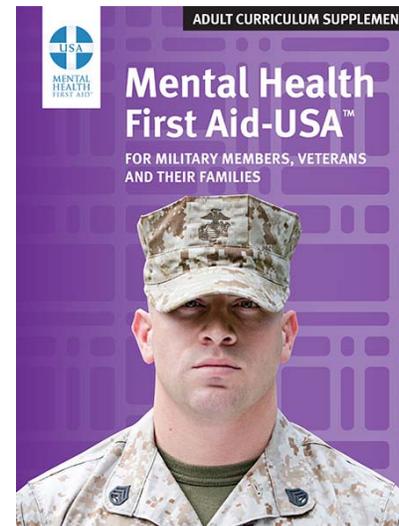
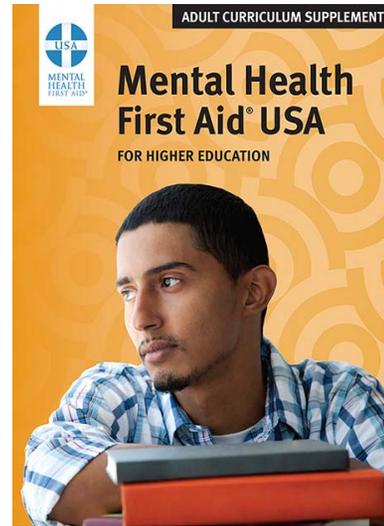
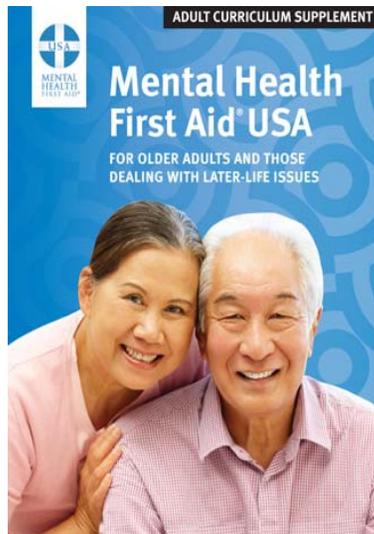


Mental Health First Aid Act of 2015

- ✚ The Mental Health First Aid Act of 2015 (S. 711/H.R. 1877) would authorize \$20 million for Mental Health First Aid.
 - > Has 49 bipartisan cosponsors
- ✚ Offered to emergency services personnel, police officers, teachers/school administrators, primary care professionals, students, and others
- ✚ Introduced in the Senate by Senators Kelly Ayotte (R-NH) and Richard Blumenthal (D-CT) and in the House by Congresswomen Lynn Jenkins (R-KS) and Doris Matsui (D-CA)
- ✚ \$15 million annually in Mental Health First Aid appropriations



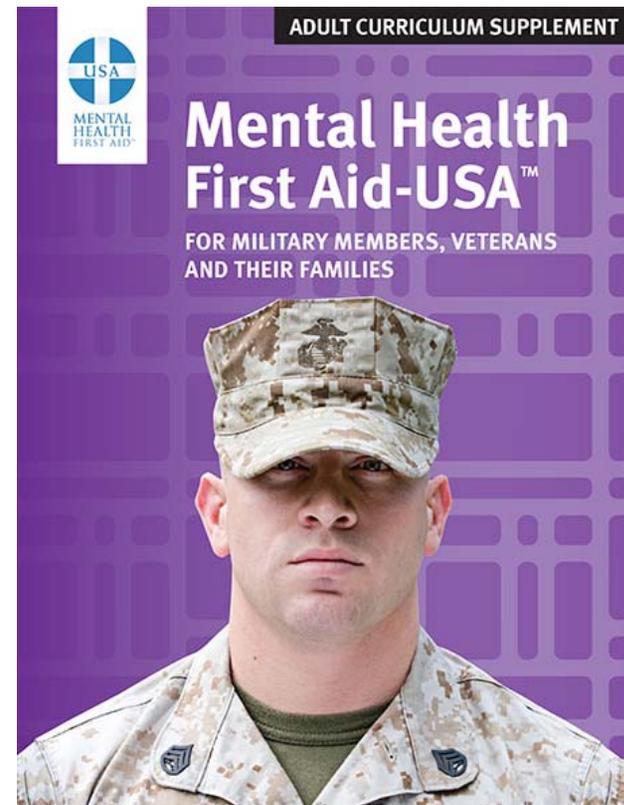
Mental Health First Aid Curricula and Modules



Mental Health First Aid for Military Members, Veterans and their Families



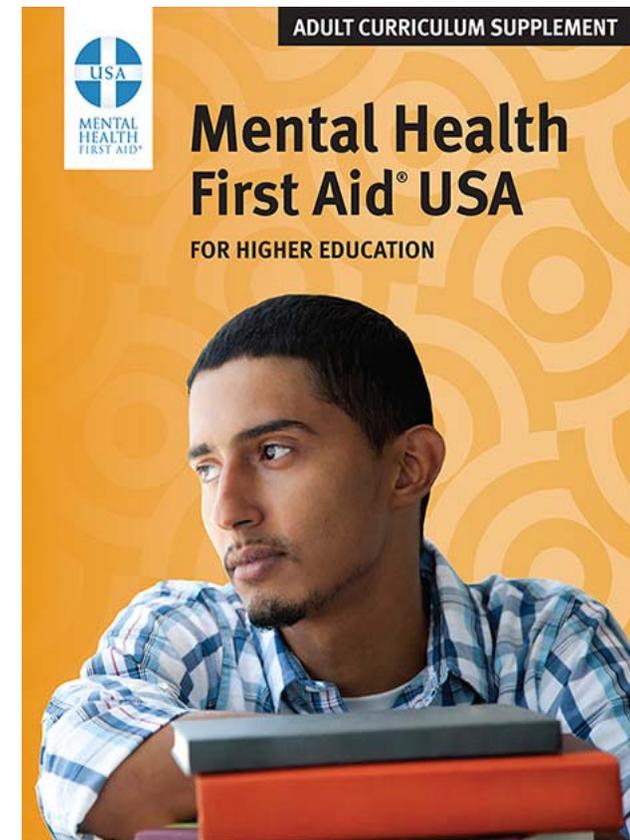
- 30 percent of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health condition requiring treatment – with many experiencing post-traumatic stress disorder and major depression.
- The Veterans Administration reports that approximately 22 veterans die by suicide each day.
- Mental Health First Aid for Veterans focuses on the unique experiences and needs of the veteran and military populations.



Mental Health First Aid for Higher Education



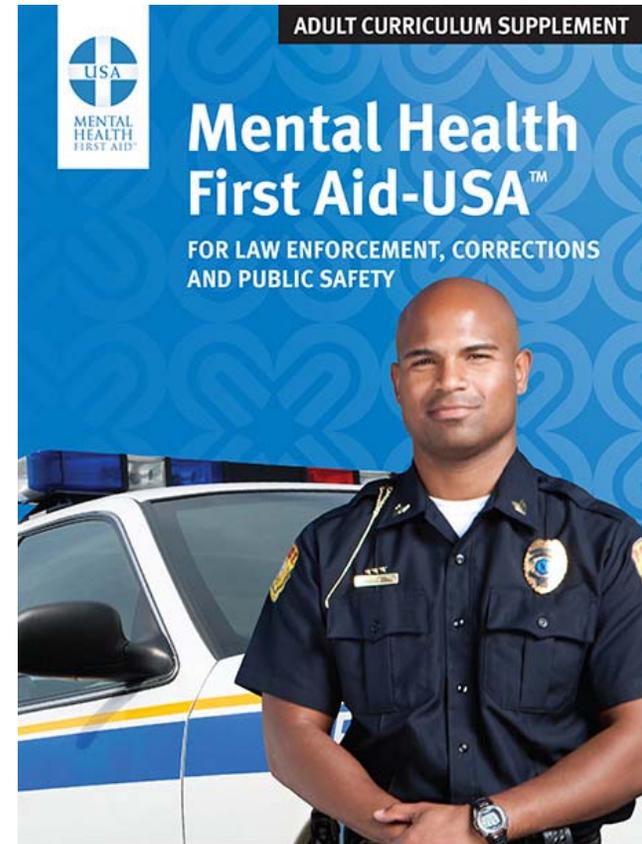
- ⊕ College and university students have unique stress and risk factors related to the demands of school
- ⊕ Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification
- ⊕ Mental Health First Aid for Higher Education is designed with colleges' and universities' unique culture and resources in mind
- ⊕ Training students, faculty and others in higher education settings in Mental Health First Aid can lessen the severity and impact of mental health problems on campus



Mental Health First Aid for Public Safety

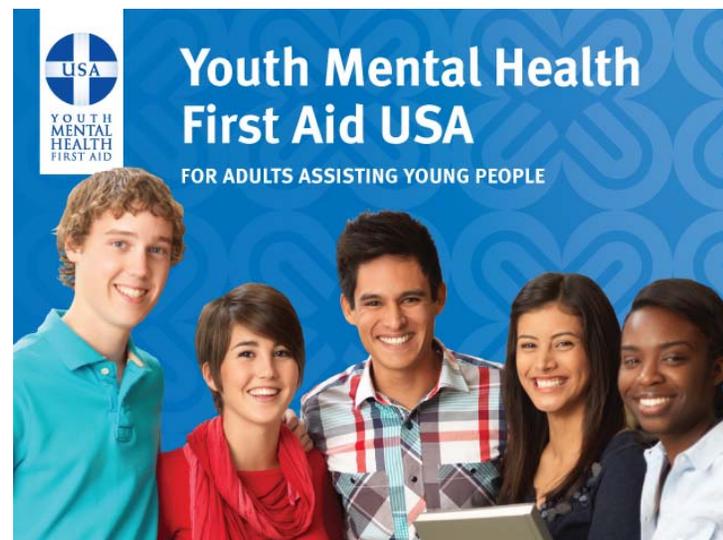


- ⊕ Mental Health First Aid for Public Safety provides officers with more response options to help them better understand mental illnesses so they can respond to mental health related calls appropriately without compromising safety.
- ⊕ The course is taught to police, first responders, corrections officers, and other public safety audiences around the country
- ⊕ Approximately 20,000 public safety professionals have taken the course, including at police academies in Philadelphia, DC, Seattle and numerous smaller and rural departments.

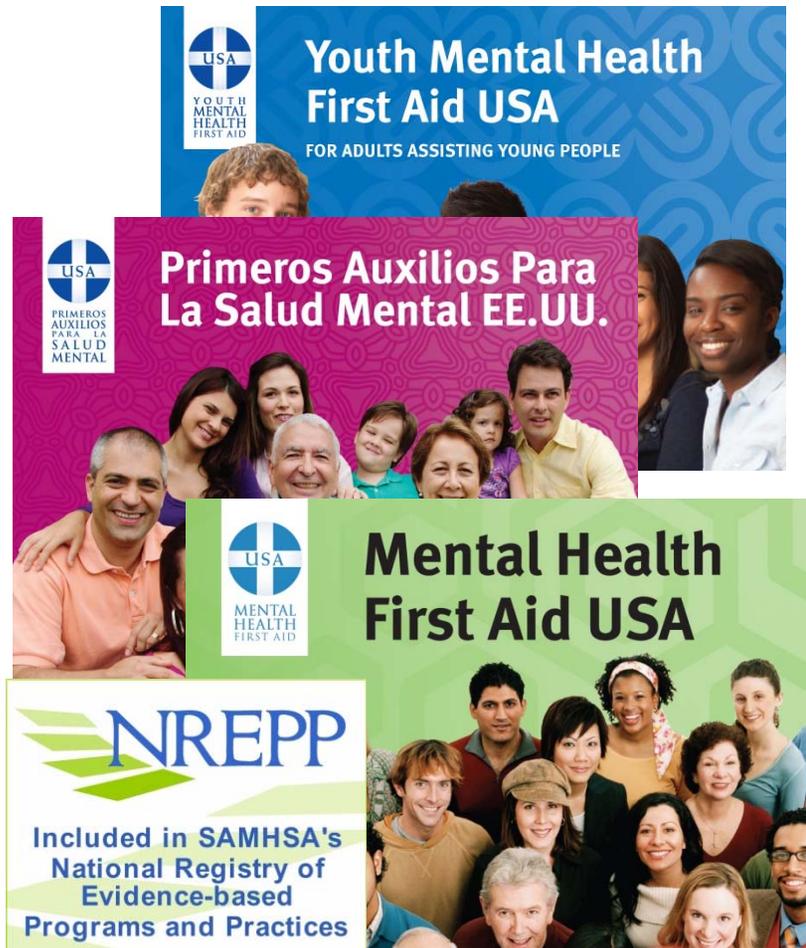


Youth Mental Health First Aid

- Introduces participants to the unique risk factors and warning signs of mental health problems in adolescents
- Builds understanding of the importance of early intervention
- Teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge
- The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.)



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 Included in SAMHSA's National Registry of Evidence-based Programs and Practices

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

Evidence

Mental Health First Aid....



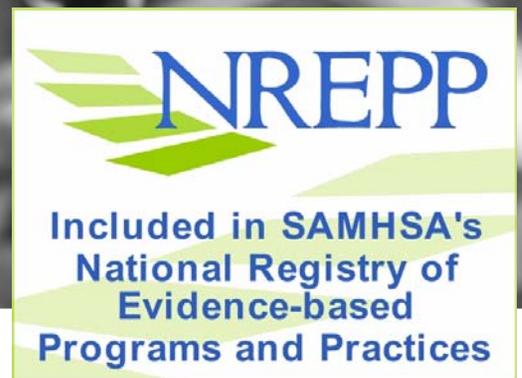
...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



Mental Health First Aid in the News



The Atlantic

The Washington Post

THE
HUFFINGTON
POST

The Philadelphia Inquirer

USA
TODAY

March 22, 2016 | NJ.com

[500k – and counting – have had mental health ‘first aid’ training](#)

February 12, 2016 | The Atlantic

[A First-Aid Class for Mental Health](#)

January 22, 2016 | The Philadelphia Inquirer

[A first-aid program – to prevent suicide](#)

January 6, 2016 | The Huffington Post

[Why Do We Fear Mental Illness?](#)

January 4, 2016 | The Washington Post

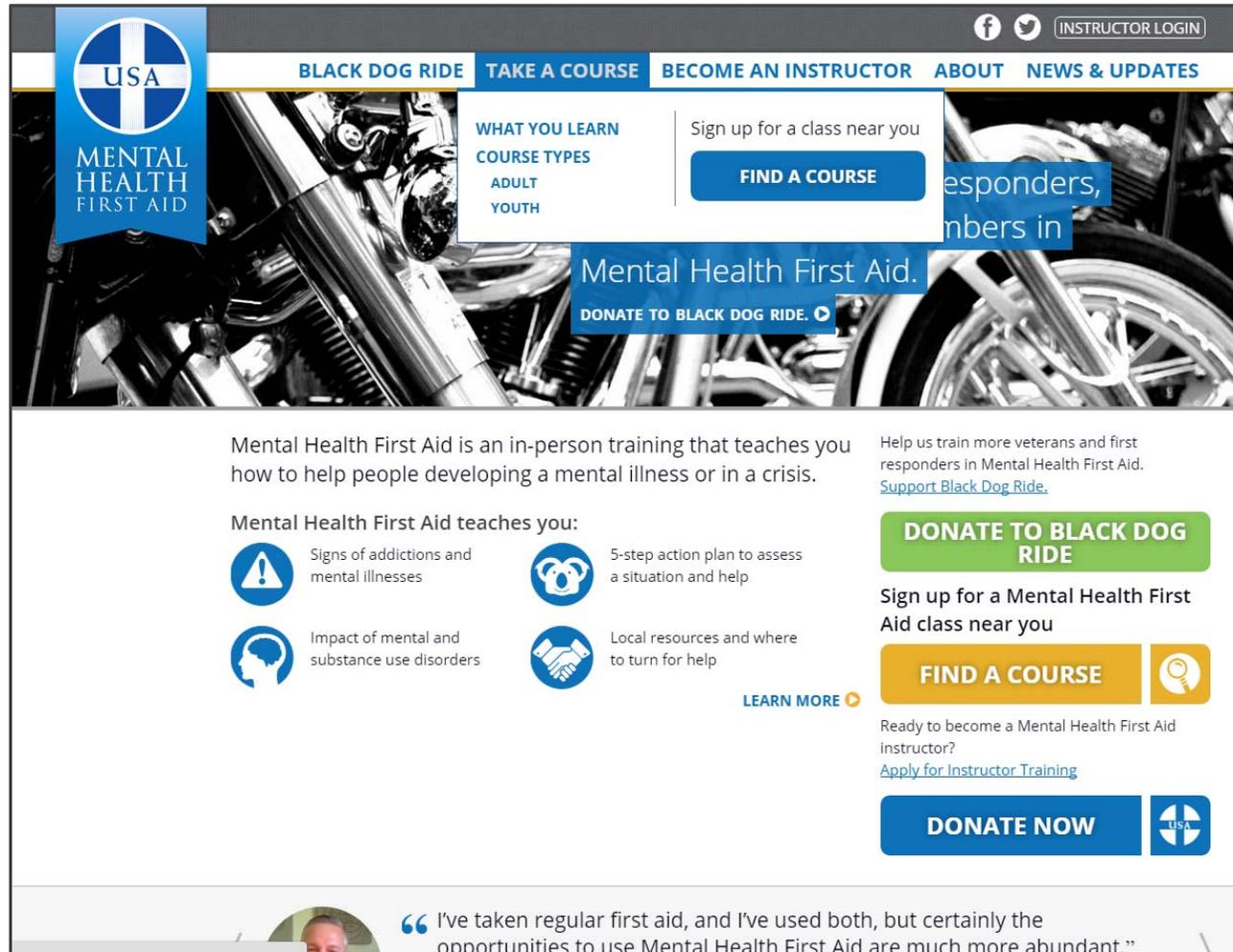
[Trying to make mental health first aid as familiar as CPR](#)

November 25, 2015 | Al Jazeera America

[NYC to adopt ‘first aid’ program for mental health](#)

Find or Host a Course

www.MentalHealthFirstAid.org



The screenshot shows the homepage of the Mental Health First Aid website. At the top, there is a navigation bar with the USA logo, 'BLACK DOG RIDE', 'TAKE A COURSE', 'BECOME AN INSTRUCTOR', 'ABOUT', and 'NEWS & UPDATES'. Below this is a hero section with a motorcycle background, featuring a 'FIND A COURSE' button and a 'DONATE TO BLACK DOG RIDE' button. The main content area includes a description of the training, a list of topics taught, and buttons for 'DONATE TO BLACK DOG RIDE', 'FIND A COURSE', and 'DONATE NOW'. A quote from a participant is at the bottom.

USA
MENTAL HEALTH FIRST AID

BLACK DOG RIDE TAKE A COURSE BECOME AN INSTRUCTOR ABOUT NEWS & UPDATES

WHAT YOU LEARN
COURSE TYPES
ADULT
YOUTH

Sign up for a class near you
FIND A COURSE

esponders,
nbers in

Mental Health First Aid.
DONATE TO BLACK DOG RIDE.

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Help us train more veterans and first responders in Mental Health First Aid.
[Support Black Dog Ride.](#)

DONATE TO BLACK DOG RIDE

Sign up for a Mental Health First Aid class near you

FIND A COURSE

Ready to become a Mental Health First Aid instructor?
[Apply for Instructor Training](#)

DONATE NOW

USA

“ 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.”

**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