MENTAL HEALTH FIRST AID

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What is the most debilitating?

> Hold your assigned sign with the name of an illness or disorder in front of you.

> Arrange yourselves from least debilitating (right facing group) to most debilitating (left facing group)
<table>
<thead>
<tr>
<th>Weight</th>
<th>Disease stage, severity level</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00-0.01</td>
<td><strong>Gingivitis, dental caries</strong></td>
</tr>
<tr>
<td>0.01-0.05</td>
<td>Mild asthma, mild vision loss, mild hearing loss, basal cell skin cancer</td>
</tr>
<tr>
<td>0.05-0.10</td>
<td><strong>Low back pain, uncomplicated diabetes</strong>, mild stable angina</td>
</tr>
<tr>
<td>0.10-0.15</td>
<td>Mild depression, osteoarthritis of hip or knee, epilepsy</td>
</tr>
<tr>
<td>0.15-0.20</td>
<td>Mild/moderate panic disorder, spina bifida, HIV seropositive</td>
</tr>
<tr>
<td>0.20-0.30</td>
<td><strong>Non-invasive breast cancer</strong> or tumor &lt;2cm, anorexia, mild/moderate OCD</td>
</tr>
<tr>
<td>0.30-0.40</td>
<td><strong>Moderate depression</strong>, multiple sclerosis-relapsing-remitting phase, severe asthma, chronic Hepatitis B with active viral replication</td>
</tr>
<tr>
<td>0.40-0.50</td>
<td><strong>Severe vision loss</strong>, medium-level spina bifida, osteoarthritis, operable small cell lung cancer, moderate intellectual disability (IQ 35-49)</td>
</tr>
<tr>
<td>0.50-0.65</td>
<td><strong>Severe PTSD, paraplegia, AIDS (first stage), severe chronic bronchitis or emphysema</strong></td>
</tr>
<tr>
<td>0.65-0.80</td>
<td>Disseminated breast cancer, <strong>severe depression</strong>, moderately severe brain injury with permanent impairments, extreme intellectual disability (IQ&lt;20)</td>
</tr>
<tr>
<td>0.80-1.00</td>
<td><strong>Severe schizophrenia</strong>, disseminated colorectal cancer, <strong>severe dementia</strong>, alcoholic psychosis, quadriplegia, stroke with multiple permanent impairments, end-stage Parkinson's disease.</td>
</tr>
</tbody>
</table>
MENTAL HEALTH FIRST AID

A Collaborative Partnership of
National Council for Community Behavioral Healthcare,
Maryland State Department of Mental Hygiene and Missouri Department of Mental Health
Mental Health First Aid

The help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.
Mental Health First Aid

> Created in Australia in 2001
> Auspiced at the University of Melbourne
> Expanded to more than 14 countries: Cambodia, Canada, England, Finland, Hong Kong, Japan, New Zealand, Northern Ireland, Scotland, Singapore, South Africa, Thailand, and Wales
> Piloted in the U.S. in 2008
Evidenced Effectiveness

> Four published randomized control trials and a qualitative study (in Australia)
  > Increases mental health literacy
  > Expands individuals’ knowledge of how to help someone in crisis
  > Connects individuals to needed services
  > Reduces stigma
Vision for MHFA in U.S.

Mental Health First Aid will be as commonplace in 15 years as CPR and First-Aid are today.
MHFA by the Numbers
(2008-Mid 2010)

> 800 instructors certified
> 41 state presence
> 180+ community trainings to date
> 10,000 people trained
> 1,000,000 media impressions
People are Saying . . .

> “Just weeks after attending the training, I’ve already used the skills I learned in Mental Health First Aid...”  -- Hospital employee

> “I think any professionals who deal with people should take this course, especially emergency personnel, teachers, . . .”
  -- Employment Services Professional

> “I now feel better prepared for what might happen.”
  -- Homeless Shelter volunteer

> “This info can help a person to become more understanding, rather than judgmental, of someone with a mental illness”
  -- Community Member
Key Audiences

- Hospitals and Health Centers
- Employers
- Faith communities
- Schools
- Law Enforcement / Justice
- Nursing home staff
- Families and caring citizens
- Key Professions
- Mental Health Authorities
- Policymakers
Technical Assistance

> Consultation
> Webinars
> Instructor Listserve
> Technical Assistance Website
Mental Health First Aid, with its new focus on recovery, has the power to transform communities, the power to change beliefs and the ability to connect people in ways they never would have connected otherwise.

--- Larry Fricks
National Consumer Leader
What Is Mental Health First Aid?

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 received or until the crisis resolves.
Why Mental Health First Aid?

- 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.
What Is a Mental Disorder?

A mental disorder or mental illness is a diagnosable illness that:

- Affects a person’s thinking, emotional state, and behavior
- Disrupts the person’s ability to
  - Work
  - Carry out daily activities
  - Engage in satisfying relationships
# U.S. Adults with a Mental Disorder in Any One Year

<table>
<thead>
<tr>
<th>Type of Mental Disorder</th>
<th>% Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety disorder</td>
<td>18.1</td>
</tr>
<tr>
<td>Major depressive disorder</td>
<td>6.7</td>
</tr>
<tr>
<td>Substance use disorder</td>
<td>3.8</td>
</tr>
<tr>
<td>Bipolar disorder</td>
<td>2.6</td>
</tr>
<tr>
<td>Eating disorders</td>
<td>2.1</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>1.1</td>
</tr>
<tr>
<td>Any mental disorder</td>
<td>26.2</td>
</tr>
</tbody>
</table>
Program Overview:
Session 1

> What is Mental Health First Aid?
> Mental Health Problems in the United States
> Mental Health First Aid Action Plan

> Understanding Depression
> Mental Health First Aid Action Plan

> **Suicidal Behavior**

> **Depressive Symptoms**
Session 2

- Mental Health First Aid Action Plan
  - Nonsuicidal Self-Injury
- Understanding Anxiety Disorders
- Mental Health First Aid Action Plan
  - Panic Attacks
- Traumatic Events
- Anxiety Symptoms
Session 3

- Understanding Psychotic Disorders
- Mental Health First Aid Action Plan
  - Acute Psychosis
  - Aggressive Behavior
  - Psychotic Symptoms
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
  - Overdose
  - Withdrawal
  - Substance Use Disorders
Session 4

> Understanding Eating Disorders
> Mental Health First Aid Action Plan
  > Acute Crisis
  > Eating Disorder Symptoms
> Using Your Mental Health First Aid Training
Additional Information

www.MentalHealthFirstAid.org

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