

MENTAL HEALTH FIRST AID OVERVIEW

RURAL NEVADA COUNSELING

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This publication was supported in whole or in part by the BHPT - Behavioral Health Prevention & Treatment/ through State General Funds and/or the Substance Abuse Prevention and Treatment (SAPT) Block Grant from the Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA).

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MENTAL HEALTH
FIRST AID
OVERVIEW
is required

at Orientation and
annually

for all RNC staff



Disclaimer

- ▶ *This is NOT the Mental Health First Aid class.* It is only an overview of the MHFA to help participants build an understanding of what MHFA is, and to determine which, if any, Mental Health First Aid classes are most suited for them.
- ▶ Note that most of the content of this slideshow is either copied directly from the Mental Health First Aid website at <https://www.mentalhealthfirstaid.org/> or taken directly from the Mental Health First Aid manual that is provided in the 1-day MHFA class.
- ▶ Participants are encouraged to contribute to the mental health needs in the community by pursuing Mental Health First Aid training and encouraging others to do so as well.



What is Mental Health First Aid?

- ▶ Taught by non-professionals to the non-professional community
- ▶ “Just as CPR teaches how to assist an individual having a heart attack, Mental Health First Aid teaches how to assist someone experiencing a mental health or substance use-related crisis.”
- ▶ “In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.”
- ▶ MHFA covers Depression and mood disorders, anxiety disorders, trauma, psychosis, and substance use disorders
- ▶ “It teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders. It teaches the skills needed to reach out and provide initial help and support to someone who needs it.”



Class Outline for the One-Day Training

- ▶ Session 1 Part 1: What is Mental Health First Aid: Mental health problems in the US. MHFA Action Plan. Understanding depression. Understanding anxiety disorders
- ▶ Session 1 Part 2: First aid for suicidal behavior. What is non-suicidal self-injury? First aid for depression and anxiety.
- ▶ Session 2 Part 1: First aid for panic attacks. First aid for traumatic events. Understanding disorders in which psychosis may occur. First aid for acute psychosis.
- ▶ Session 2 Part 2: Understanding substance abuse disorders. First aid for overdose. Opioid crisis. First aid for withdrawal. Final quiz.
- ▶ Certificates



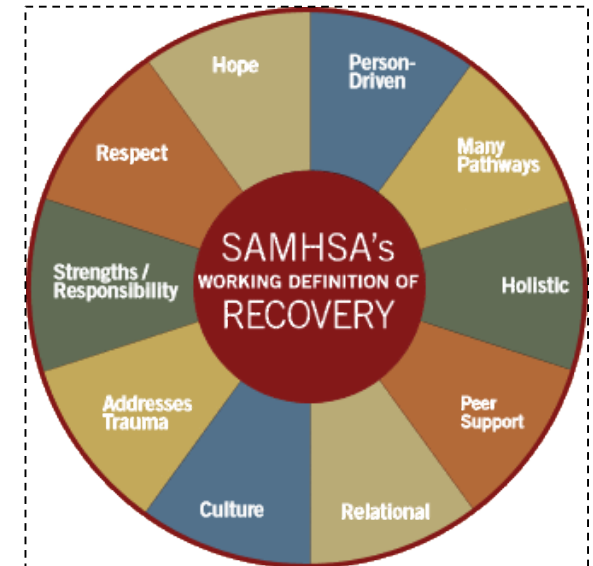
Workbook Contents

1. Mental Health Problems in the US pp 1-8
2. Mental Health First Aid pp 11-13
3. Depression pp 19-35
4. Anxiety Disorders pp 39-49
5. Psychosis pp 55-67
6. Substance Use Disorders pp 71-85
7. Eating Disorders pp 89-100
8. First Aid for Mental Health Crises pp 105-121
9. References pp 124-133



Recovery-based

- ▶ “MHFA is grounded in recovery and resiliency - the belief that individuals experiencing behavioral health challenges can get better, and use their strengths to stay well.”
- ▶ A section of the training and workbook challenges the myths associated with mental health issues including: Mental disorders are signs of weakness or personality flaws. If someone wants to be happy they can be happy. If you ignore the problem and use willpower, the problem will go away. People with mental disorders are violent. And so forth.
- ▶ The class introduces the recovery paradigm as reflected in this graphic. Note RNC requires and provides Recovery training.



ALGEE

The 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



ALGEE: ASSESS

- ▶ MHFA states: “Assess for risk of suicide or harm. When helping a person going thru a MH crisis, it is important to look for signs of suicidal thoughts and behaviors, non-suicidal self-injury, or other harm. Warning signs include threatening to hurt or kill self; seeking access to a means to hurt or kill self; talking or writing about death, dying, or suicide; feeling hopeless; acting recklessly or engaging in risky activities; increased use of alcohol or drugs; withdrawing from family, friends, or society; appearing agitated or angry; having a dramatic change in mood.”
- ▶ MHFA states: “Always seek emergency medical help if a person’s life is in immediate danger.”
- ▶ RNC staff are trained in Suicide Screening and Prevention. We use the CSSRS. The National Suicide Prevention Lifeline is 1 800 273 8255, and other suicide resources are listed at the end of this deck.



ALGEE: LISTEN

- ▶ MHFA states: “Listen nonjudgmentally. It may seem simple, but the ability to listen and have a meaningful conversation requires skill and patience. Listening is critical in helping an individual feel respected, accepted, and understood. MHFA teaches you to use a set of verbal and nonverbal skills such as open body posture, comfortable eye contact, and other strategies to engage in appropriate conversation.”



ALGEE: GIVE REASSURANCE & INFORMATION

- ▶ MHFA states: “It is important to recognize that mental illnesses and addictions are real, treatable illnesses from which people can and do recover. When talking to someone you believe may be experiencing symptoms of a mental illness, approach the conversation with respect and dignity and don’t blame the individual for their symptoms. MHFA provides information and resources you can offer to someone to provide emotional support and practical help.”
- ▶ Resources are listed at the end of this deck.



ALGEE: ENCOURAGE APPROPRIATE PROFESSIONAL HELP

- ▶ MHFA states: “There are many professionals who can offer help when someone is in crisis or may be experiencing the signs and symptoms of a mental illness or addiction. Types of professionals include doctors, social workers, counselors, other mh professionals, certified peer specialists, Types of professional help include talk therapies, medication, other professional support.”
- ▶ When taking the class, the instructor provided us with some local and national resources to help us be more effective.



ALGEE: ENCOURAGE SELF-HELP & OTHER SUPPORT STRATEGIES

- ▶ MHFA states: “Individuals with mental illness can contribute to their own recovery and wellness through exercise; relaxation and meditation; participating in peer support groups; self-help books based on cognitive behavioral therapy; engaging with friends, family, faith, and other social networks”
- ▶ RNC offers peer-led wellness groups, NAMI Support Groups, cognitive-behavioral therapy, and resource connection and coordination.



Available MHFA Classes

- ▶ <https://www.mentalhealthfirstaid.org/2019/02/what-makes-mental-health-first-aid-unique/>
 - ▶ MHFA Adults
 - ▶ MHFA Youth
 - ▶ MHFA Veterans
 - ▶ MHFA Public Safety
 - ▶ MHFA Older Adults
 - ▶ MHFA Fire and EMS
 - ▶ MHFA Rural Communities
 - ▶ MHFA Higher Education

The screenshot shows the top navigation bar of the Mental Health First Aid website. The navigation links are: TAKE A COURSE (highlighted in blue), BE AN INSTRUCTOR, BE THE DIFFERENCE, ABOUT, and NEWS. Below the navigation bar, there is a section titled 'WHAT YOU LEARN' with sub-sections: WHO WE SERVE, COURSE TYPES, ADULT, YOUTH, ONLINE RE-CERTIFICATION, and ONE MIND PLEDGE. To the right of this section is a search box with the text 'Sign up for a class near you' and a blue button labeled 'FIND A COURSE'. Below the search box, there is a partial view of a news article titled 'WALL STREET JOURNAL' with a sub-headline 'Mental Health program that trains'.

Find a MHFA Class

- ▶ <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Search for Courses

FIND BY LOCATION

Enter Your City and State (eg. Arlington)

DISTANCE FROM ME

25 miles ▼

25 miles

50 miles

100 miles

300 miles

FIND COURSES

[Find courses by instructor name](#)

Be a MHFA Instructor

- ▶ <https://www.mentalhealthfirstaid.org/become-an-instructor/>
- ▶ 3-5 day training to learn the 8-hour class and curriculum facilitation
- ▶ Includes a written exam, and evaluates candidate to present the material.
- ▶ You must be certified to teach the class.
- ▶ Training runs about \$1800-\$2000 depending on if you are a member of the National Council

Apply for Mental Health First Aid Instructor Training

FIND INSTRUCTOR TRAINING 

Who else is offering the training in your area?
Find a Course

Thinking big picture or starting from square one?
Start a Local Program

Resources on their Website

► <https://www.mentalhealthfirstaid.org/mental-health-resources/>

GENERAL MENTAL HEALTH RESOURCES

Mental Health America
 National Council for Behavioral Health
 National Empowerment Center
 National Institute of Mental Health (Mental Illness Among U.S. Adults)
 President's New Freedom Commission on Mental Health
 World Health Organization (Disability from Mental Illness)
 National Alliance on Mental Illness

DEPRESSION AND SUICIDAL INTENTIONS

American Association of Suicidology
 American Foundation for Suicide Prevention
 Brain & Behavior Research Foundation
 Mental Health America
 Depression Screening
 MoodGYM
 Postpartum Support International
 Progressive Relaxation
 Suicide Prevention Resource Center

SUBSTANCE USE DISORDERS

Centers for Disease Control and Prevention (Smokefree.gov)
 National Council on Alcoholism and Drug Dependence, Inc.
 National Institute on Alcohol Abuse and Alcoholism
 Start Your Recovery
 National Institute on Drug Abuse (NIDA)
 Substance Abuse and Mental Health Services Administration (SAMHSA)
 DrugScreening.org
 AlcoholScreening.org

SUPPORT GROUPS

Al-Anon and Alateen
 American Self-Help Group Clearinghouse
 Depression and Bipolar Support Alliance
 Eating Disorders Anonymous
 Narcotics Anonymous and Alcoholics Anonymous
 Overeaters Anonymous
 Recovery International
 Schizophrenia and Related Disorders Alliance of America (Schizophrenics Anonymous)

NONSUICIDAL SELF-INJURY

Focus Adolescent Services
 S.A.F.E. Alternatives (Self-Abuse Finally Ends)

ANXIETY DISORDERS

Anxiety and Depression Association of America (ADAA)
 Benson-Henry Institute for Mind Body Medicine
 E-couch
 Freedom From Fear
 Obsessive-Compulsive Foundation
PSYCHOSIS AND PSYCHOTIC DISORDERS
 Brain & Behavior Research Foundation
 Pendulum
 Schizophrenia.com

EATING DISORDERS

National Association of Anorexia Nervosa and Associated Disorders (ANAD)
 National Eating Disorders Association
 National Institute of Mental Health (NIMH)

Test

- ▶ Name, email address, and date on a piece of paper
 1. Name three components of Recovery
 2. What does ALGEE stand for?
 3. True or False: Only licensed mental health professionals can teach Mental Health First Aid.
 4. Turn in your answers to the Training Coordinator. You will receive a Certificate of Completion, which will also be retained in your employee file.