



Greater Philadelphia Business Coalition on Health Wellness Summit on Behavioral Health



Background Information on Mental Health First Aid

- ▶ **National Council for Behavioral Health is the nation's voice of mental health and addiction providers who care for eight million adults and children.**



Background Information

- ▶ **Mental Health First Aid is managed and operated by the National Council, Maryland Department of Mental Health and Hygiene, and the Missouri Department of Mental Health.**



DBHIDS

DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES



A Public Health Approach

- ▶ **Healing individuals is good; healing communities is better**
- ▶ **Prevention is more efficient than treatment**
- ▶ **There are many ways to intervene to improve health status**
- ▶ **Health is more than the absence of symptoms**
- ▶ **Health and wellness are being redefined**



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Mental Health First Aid- A *Public Health Approach*

- ▶ Mental Health First Aid aims to **increase early intervention** and access to behavioral health services.
- ▶ Mental Health First Aid aims to strengthen communities supporting **recovery and resilience**.
- ▶ Mental Health First Aid aims to **increase mental health awareness** and reduces stigma.

What is Mental Health First Aid?



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- ▶ **Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis.**
- ▶ **Help is given until appropriate treatment and support are received, or until the crisis resolves.**

Why Mental Health First Aid?



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- ▶ **Mental health problems are common.**
- ▶ **Many people are not well informed and do not know how to respond to a person experiencing mental health problems.**
- ▶ **Most people do not know about available resources or supports.**

A woman with curly hair, wearing a red patterned top, is speaking into a microphone. The background is a blurred teal color.

MHFA Training

Mental Health First Aid is an **8-hour course** that introduces participants to **risk factors and warning signs** of mental health concerns, builds understanding of their impact, and **overviews common treatments.**

MHFA Training

Mental Health First Aid allows for **early detection and intervention** by teaching participants about the signs and symptoms of specific illnesses like **anxiety, depression**, schizophrenia, bipolar disorder, eating disorders, and **substance use**.

MHFA Training

The course uses role-playing and simulations to demonstrate **how to assess a mental health crisis**; select interventions and provide initial help; and **connect persons to professional, peer and social supports** as well as self-help resources.



MHFA Training

The program offers concrete tools and answers key questions like *“What can I do?”* and *“Where can someone find help?”*

MHFA Training

Participants are introduced to local mental health resources, national organizations, support groups, and online tools for mental health and addictions treatment and support. Existing workplace supports are also shared in trainings if requested.

Mental Health First Aid Training Modules



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- ▶ **Adult**
- ▶ **Higher Education**
- ▶ **Youth**
- ▶ **Public Safety**
- ▶ **Veterans**



Facts and Data- Adults

- ▶ **One in four adults-approximately 61.5 million Americans- experiences mental illness in a given year.**
- ▶ **Anxiety disorders and major depressive disorder are the top two diagnosed disorders, and often occur at the same time.**



Facts and Data-Youth:

- ▶ **Half of mental health disorders begin by age 14, and three quarters by age 24.**
- ▶ **Suicide is a leading cause of death for adolescents 15 to 19 years of age.**



Facts and Data-Public Safety:

- ▶ **Due to factors such as cuts to long-term psychiatric beds, improvement in treatment, and the philosophy of integration -more people with a mental illness live in the community.**



Facts and Data-Public Safety:

- ▶ **Officer suicide rates are double that of the general population; in 90% of the cases, the officer has been drinking heavily**



Facts and Data-Veterans:

- ▶ **According to the latest Pentagon study, released in April 2010, nearly 20 percent—or one in five returning war veterans—reported symptoms of PTSD or major depression.**



Facts and Data- Young Adults and Higher Education:

- ▶ 40% of young adults age 18-24 are enrolled in a two or four year educational institute, and statistics show that 75% of mental illnesses develop before age 25.**



MHFA In The Work Place:

- ▶ **Mental Health First Aid is not** a substitute for counseling, EAP services, medical care, peer support or treatment, **but in can be the first step** to encouraging an employee to seek professional care.



In The Work Place:

- ▶ **Mental Health Conditions- a leading cause of short and long term disability.**
- ▶ **Mental Health Conditions result in absenteeism, **less than fully productive employees**, and a cost to organizations and employers.**



In The Work Place:

- ▶ **Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers (provided they have been trained to recognize signs and symptoms).**



Your MHFA trained employees:

- ▶ **Will help equip your organization to recognize and understand the symptoms of mental health and substance use problems.**
- ▶ **Provide help to prevent the mental health problem from developing into a more serious state.**



Your MHFA trained employees:

- ▶ **Promote the recovery of good mental health by accommodating employees in distress or recovering from a crisis.**
- ▶ **Increase productivity and reduce absenteeism and overall pressure on benefits.**



Studies show- those trained in MHFA have:

- ▶ Significantly greater recognition of the most common mental health illnesses and problems.**
- ▶ Decreased social distance from people with mental health illnesses and problems.**



Studies show- those trained in MHFA have:

- ▶ **Increased confidence providing help to others.**
- ▶ **Demonstrated increase in helpful actions.**

Impact and Evaluation



- ▶ During FY 2014 Drexel University's evaluation of MHFA Philadelphia consisted of quantitative and qualitative data-collection through on-line surveys, interviews and a focus group
- ▶ The 2014 MHFA evaluation surveys and interviews demonstrated the following:

Impact and Evaluation



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- ▶ High rates of mental health knowledge and awareness among First Aiders.
- ▶ High rates of confidence in, and use of skills learned.

Impact and Evaluation



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- ▶ High rates of referrals to professional, community supports and informational resources.
- ▶ Positively changing attitudes related to stigma and social distance.

What people are saying about the training...



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- ▶ **A public safety employee:** *“Needs to be more widespread (mandatory) for first responders.”*
- ▶ **A community member:** *“It was a great course; it provided excellent tools for any member of the community to use in a mental health crisis or situation”*

What people are saying about the training...



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- ▶ **A healthcare worker:** *“This course was extremely helpful, and really hits close to home. This gives me lots of useful information that I can use”*
- ▶ **A fire fighter:** *“Good course. Definitely will help with my handling of emergencies”*

What people are saying about the training...



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- ▶ **A school police officer:** *“This training was way overdue. Those situations have been issues that I deal with on a regular basis.”*
- ▶ **A paraprofessional:** *“Very important; a must for all noon-time aides and for parents.”*

What people are saying about the training...



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- ▶ **An emergency responder:** *“This course will help me be a better EMT”.*
- ▶ **A member of the faith community:** *“I learned so much today that I feel I may be able to help others.”*

What people are saying about the training...



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- ▶ **A teacher:** *“It was great, very informative, loaded with techniques I will use with my students.”*
- ▶ **A community member:** *“It was a great course; it provided excellent tools for any member of the community to use in a mental health crisis or situation”*

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- ▶ **Social Security Administration:** *“The course has proven to be invaluable in giving managers the tools they need to assist someone experiencing a mental health related crisis.”*
- ▶ **A manager, hospitality services:** *“This is such a valuable training for people on the front lines.”*



MHFA trainings in Philadelphia

- ▶ Sponsored by DBHIDS at no cost to individuals who **live, work, or study** in Philadelphia.
- ▶ Group Trainings can be “off site” or at **your place of work**, taught as a one-day training, or two half-day trainings.



MHFA trainings in Philadelphia

- ▶ Each training class has two, certified Mental Health First Aid instructors
- ▶ All materials, take-home manuals and resources are delivered to your location
- ▶ All attendees receive a three-year certification as a “Mental Health First Aider”



Contact Information:

- ▶ Maria Boswell mboswell@pmhcc.org
- ▶ Office Number: [\(215\) 790-4996](tel:(215)790-4996)
- ▶ mentalhealthfirstaid.org (general)
- ▶ HealthyMindsPhilly.org (local)
- ▶ DBHIDS.org - behavioral health resources for providers and community



Connect with [PhillyMHFA](#)



Register:

HealthyMindsPhilly.org

215.790.4996

