



MENTAL
HEALTH
FIRST AID

MENTAL HEALTH FIRST AID-USA

Webinar



Mental Health First Aid: Outcomes Evaluation Strategies

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Program content based upon Mental Health First Aid USA





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U.S. Adults with a Mental Disorder in Any One Year

Type of Mental Disorder	% Adults
Anxiety disorder	18.1
Major depressive disorder	6.7
Substance use disorder	3.8
Bipolar disorder	2.6
Eating disorders	2.1
Schizophrenia	1.1
Any mental disorder	26.2



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



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 You Learn

- + Overview of mental health problems
 - Depressive/Mood disorders
 - Anxiety disorders
 - Disorders in which psychosis occurs
 - Substance use disorders
 - Eating disorders

- + Mental Health First Aid for crisis situations
- + Mental Health First Aid for non-crisis situations



The Mental Health First Aid Action Plan

- + **A**ssess for risk of suicide or harm
- + **L**isten nonjudgmentally
- + **G**ive reassurance and information
- + **E**ncourage appropriate professional help
- + **E**ncourage self-help and other support strategies



Recovery from Mental Illness

“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, 2003*



Potential Audiences

- Colleges & Universities
- Hospitals and health centers
- Employers / HR / EAP
- Faith communities
- Law enforcement/first responders
- Nursing home staff
- Consumers, families and caring citizens
- Mental health authorities
- Policymakers



By the Numbers

- + 40,000+ Mental Health First Aiders
- + 1500+ instructors certified
- + 45 states (and counting!), DC and Puerto Rico





Mental Health First Aid: Outcomes Evaluation Strategies

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Acknowledgements



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Participating Campuses



Ball State University (IN)

Biola University (CA)

Bridgewater College (VA)

California State University – Long Beach (CA)

College of Idaho (ID)

Eastern Michigan University (EMU)

Hope College (MI)

Illinois Institute of Technology (IL)

Indiana University (IN)

Liberty University (VA)

Loyola University – Chicago (IL)

Mary Baldwin College (VA)

Miami University (OH)

New Mexico Highlands University (NM)

North Dakota State University (ND)

Northern State University (SD)

Oglethorpe University (GA)

Ohio University (OH)

Rhode Island School of Design (RI)

School of the Art Institute of Chicago (IL)

Scripps College (CA)

Southern Utah University (UT)

Texas Woman's University (TX)

University of Alaska-Anchorage (AK)

University of Alaska – Fairbanks (AK)

University of Arizona (AZ)

University of California – Santa Cruz (CA)

University of Colorado – Boulder (CO)

University of Denver (CO)

University of Idaho (ID)

University of Mississippi (MS)

University of Northern Colorado (CO)

University of Washington (WA)

Mental Health First Aid Instructors



- Erin Adams Goldman (AZ)
- Steven Brunwasser (MI)
- William Burns (ND)
- Caroline Davis (IL)
- Tamara DeHay (CO)
- Cassandra Doyle (VA)
- Jennifer DuBose (VA)
- Maurene Flory (CO)
- Elisabeth Hahn (MA)
- Anna Hinman (AK)
- Mimi McFaul (CO)
- Nicole Speer (CO)
- Jessica Tomasko (CO)
- John Ward (OH)



What are outcomes data?

- Any information that gives you an indication of how a program is working
- The data you collect depend on what you want to know
 - Are instructors effective with various populations?
 - What is the best format for the training?
 - Are communities benefitting from MHFA?

Levels of data collection for MHFA



- Instructor level
 - Course info, obstacles, marketing techniques
- Trainee level
 - Knowledge, stigma, perceived utility of MHFA
- Community level
 - Counseling visits, hospital admissions

Gatekeeper Training Programs and College Campuses



- Gatekeeper trainings have become popular on college campuses, but are supported by limited evidence:
 - Applied Suicide Intervention Skills Training (ASIST)
 - Question, Persuade, and Refer (QPR)
 - At-Risk for University Faculty/Students
 - Mental Health First Aid (MHFA)
- Most gatekeeper training programs evaluate effects on trainees, rather than on the community as a whole
- The goal of this study was to evaluate the effects of gatekeeper training on trainees, as well as the larger campus population



Research Question

- What effect does Mental Health First Aid training have on mental health outcomes and usage of mental health services among the residential student population?

Creating a Research Network



- Building a research team
 - Researchers, MHFA Instructors, Data Specialists
- Getting campuses involved
 - Mailing lists, webinars, multiple levels of support
- Obtaining Funding

Overall Study Design



- Focus on residences and Resident Advisors (RAs)
- Fellow students may be the most effective gatekeepers
- Random assignment of treatment and control conditions both across campuses and within campuses
- Outcomes measured by pre- and post-training surveys, training evaluations, as well as counseling center usage

Random Assignment



	Control Campuses	Treatment Campuses
Treatment Residences	0%	50%
Control Residences	100%	50%

- Treatment and control conditions for campuses and residence halls were pseudo-randomly assigned
- Campus matching: % of first generation students, # of full-time undergraduates, and % of residential undergraduates
- Residence matching: # of students, % of students per RA, and % of first-year students
- 8 campuses in Cohort 1 (2009-2010 Academic Year) + 25 additional campuses in Cohort 2 (2010-2011 Academic Year)

Study Timeline



	Fall 2009/2010	Winter Break	Spring 2010/2011
Treatment	Pre-test	MHFA Training	Post-test
Control	Pre-test		Post-test

Counseling Center Usage



- Pre- and post-test surveys measured
 - symptoms of mental illness
 - use of treatment and/or support for mental health issues
 - knowledge and attitudes about mental illnesses.
- Counseling center usage data measured the number of students seeking on-campus mental health services during each semester.

Surveys conducted by the Center for Student Studies (Ann Arbor, MI)

Measured Outcomes



Primary outcomes:

RAs trained in MHFA

of peers with whom MH was discussed

of peers referred to MH services

perceived mental health knowledge & skills

Residential students

MH service utilization (from campus counseling centers)

Help for MH from nonprofessional

Secondary outcomes:

Level of stigma, psychological distress, depressive symptoms, symptoms of anxiety disorders, suicidal ideation, substance use



Daniel Eisenberg, Ph.D.



Survey data collection

- Survey data collection based on Healthy Minds Study
- Healthy Minds Study
 - National, online survey of college student mental health and help-seeking behavior (www.healthymindsstudy.net)
 - Started in 2005, has included over 50,000 respondents and over 75 colleges and universities
 - More information about research: www.healthymindsstudy.net/additionalresources/publishedresearch.html



RA participation in the intervention

- 469 RAs participated in the intervention (71% of those invited; approximately 19 per treatment campus)
- 99% of RAs who completed the intervention said they would recommend it to others
- RAs reported the training increased their confidence in recognizing and responding to developing mental health problems, and crisis situations

Survey Response Rates



- 7,650 students responded to the Fall pre-test surveys (60% response rate)
- 5,314 students responded to the Spring post-test surveys (69% response rate)
- RA response rates were 5-10% higher than response rates for residential students

Some intervention effects on RAs (pre- vs. post- test results)



- Relative to pre-training, RAs reported increased
 - Positive affect (happiness)
 - Reported knowledge of mental illnesses relative to average person
 - Positive beliefs about treatment
 - Confidence in assisting with a mental health problem and assisting them in getting needed services
 - Current use of therapy/counseling

No intervention effects on students (pre- vs. post- test results)



- No change
 - Reported service use
 - Interactions with RAs regarding mental health
 - Symptoms of mental illnesses
 - Usage of campus counseling centers



Summary of Results

- Some small but statistically significant impacts on RA knowledge and beliefs about mental illnesses and treatment (not among students)
- No change in reports of referrals from RAs, or interactions with RAs by students
- No change in usage of campus counseling centers



Conclusions

- As in previous studies, the MHFA program increases trainees' perceived knowledge of mental illnesses and ability to effectively guide students experiencing a mental health crisis.
- The training has observable effects on the mental health and service use of RAs trained in MHFA, but does not appear to change RAs' helping behaviors at the level of the campus community.



Questions?

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Mental Health First Aid in your Community



- + A recording of this webinar & the power point will be available on the National Council website 48 hours after it has ended.
- + Visit www.MentalHealthFirstAid.org for further information on the course and to find an instructor near you.
- + Become a fan of Mental Health First Aid USA on Facebook & get updates and information on a variety of mental health topics.
- + For any further questions, contact Bryan Gibb at bryang@thenationalcouncil.org or Susan Partain at susanp@thenationalcouncil.org or 202.684.3732.