



MENTAL
HEALTH
FIRST AID

Webinar

MENTAL HEALTH FIRST AID-USA

Presenters:

Bryan Gibb, National Council for Community Behavioral Healthcare

David Johnson, The Bert Nash Center

Lea Ann Browning-McNee, Mental Health Association of Maryland



What Is 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.



Program Origins

- + Created in Australia in 2001
- + Auspiced at the University of Melbourne
- + Expanded to 14 countries, including Scotland, China, Canada, Finland, Singapore, Ireland, Wales, England, Cambodia, Japan, South Africa, Thailand and New Zealand.
- + 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

Potential Audiences

- Hospitals and health centers
- Employers
- Faith communities
- Schools/universities
- Law enforcement/first responders
- Nursing home staff
- Families and caring citizens
- Mental health authorities
- Policymakers

By the Numbers

- + 6,000+ Mental Health First Aiders
- + 300+ community trainings
- + 700 instructors certified
- + 38 states
- + 1,000,000 media impressions





How it Works

Training Components

- + 12-hour community program offered by instructors
- + 5-day instructor certification training offered by the National Council, Missouri Department of Mental Health, and Maryland Department of Health & Mental Hygiene

What You Learn

- + Overview of mental health problems
 - Depressive disorders
 - Anxiety disorders
 - Psychotic disorders
 - Substance use disorders
 - Eating disorders
- + Mental Health First Aid for crisis situations
- + Mental Health First Aid for non-crisis situations

Implementation & Sustainability

- + Web-based technical assistance infrastructure
- + Program evaluation
- + Expansion to all 50 states
- + National media campaign





Ready to Implement — What Next?

- + Experience Mental Health First Aid — attend a course.
- + Develop rollout strategy — define key target audiences and how to reach them.
- + Certify instructors.
- + Get key influencers — community partners, policymakers, media, funders — to support and endorse.
- + Offer/organize 12-hour programs.

Mental Health First Aid – A Local Perspective



David E. Johnson
The Bert Nash Center
Lawrence, KS

Bert Nash & MHFA

- + Certified in first instructor training February 2008
- + Trained 117 people in MHFA in 2008.
- + 2009: expanded instructor team in April, offered 10 courses.
- + Offer the course to the general public, also work with community groups, including: Leadership Lawrence, church staff and Stephen Ministers, hospital and law enforcement staff.
- + Advertisements: on Facebook, at public libraries, with community groups (eg, Kiwanis, Rotary, etc), and media outreach

Media



Interested in learning more?

Listen to Kansas Public Radio's story on Bert Nash
and Mental Health First Aid:

<http://kansaspublishradio.org/newsstory.php?itemID=14442>

Questions?

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Mental Health First Aid – State Perspective



Lea Ann Browning McNee

Mental Health Association of Maryland

Mental Health First Aid - Maryland

- + First state in the U.S. to adopt program

- + U.S. founder along with National Council and the State of Missouri
 - Program planning, administration and evaluation
 - Materials development and distribution
 - Certification standards development
 - Ongoing program management

Mental Health First Aid - Maryland

- + By the Numbers
 - 1600+ trained Mental Health First Aiders
 - 100+ 12-hour trainings
 - 75 certified instructors

Mental Health First Aid - Maryland

+ Key Audiences

- Colleges/Universities
- Workplace
- Justice & Law Enforcement
- Cooperative Extension
- Human Services
- Child Care
- Consumers and families
- General population

Marylanders are Saying. . .

“Informative and insightful. The course put me at ease in dealing with crisis.” --- human services worker

“Non-threatening approach to helping people in crisis”
--- healthcare worker

“...opened my eyes to the differences between truths and myths”
--- general participant

Marylanders are Saying. . .

“A course very much needed in today’s society”

--- faith leader

“I will be better able to respond to crisis in a calm way now that I’ve completed the course.”

---college staffer

“I have already recommended this course to others who work with families”

--- family support worker

Mental Health First Aid - Maryland

+ Structure

- Program of the State Department of Health and Mental Hygiene
- Grant to the Mental Health Association to develop, implement and manage
- Contract with four regional coordinators
- Agreement between instructors assigned to regional coordinators
 - Promote program and trainings
 - Schedule, manage and report trainings
 - Order materials
 - Manage payment

Mental Health First Aid - Maryland

- + Funding
 - Transformation Grant
 - Corporate Donations
 - Course Fees
 - \$119 per person
 - Government rates
 - Individual scholarships
 - Instructor Trainings

Mental Health First Aid - Maryland

+ Partners

- State of Maryland
- Core Service Agencies
- Statewide College Network
- University of Maryland
- Consumer and Provider Communities
- Professional Associations
 - Judges
 - Human Resource Professionals
 - Child care providers

Mental Health First Aid - Maryland

- + Keys to Success
 - Adaptability
 - Planned Growth
 - Instructors as partners
 - Partners
 - Promotion
 - Start up funding

Questions?

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Mental Health First Aid USA

- + A recording of this webinar & the powerpoint will be available on the website 48 hours after it has ended.
- + Visit us on the web at www.MentalHealthFirstAid.org for more information.
- + Get updates on trainings, relevant news & more on **Facebook** – become a fan of ***Mental Health First Aid USA***
- + For any further questions, contact Bryan Gibb at bryang@thenationalcouncil.org or Susan Partain at susanp@thenationalcouncil.org or 202.684.3732.