



MENTAL
HEALTH
FIRST AID

MHFA Webinar
February 24, 2010

MENTAL HEALTH FIRST AID

For Law Enforcement

Presenters:

Bryan Gibb, National Council for Community Behavioral Healthcare

Carole Bernardo, MS, Lifewatch EAP, Pawtucket, RI

Lt. Joseph C. Coffey, Warwick, Rhode Island Police Department

Chief Anthony J. Silva, Rhode Island Police Academy





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.





A Collaborative Project

- + National Council for Community Behavioral Healthcare
- + Maryland State Department of Health and Mental Hygiene
- + Missouri Department of Mental Health



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
- + 39 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.



Law Enforcement/ Mental Health

Rhode Island's Partnership

- + Rhode Island Municipal Police Academy
- + LifeWatch/Gateway Health Inc.



Rhode Island Statistics

- + 8 trainings since May 2008
- + 217 Trained police officers, state troopers and correction officers
- + Specialized class for dispatchers and college and university officers
- + 34 of the 38 Rhode Island municipalities



Building The Foundation

- + Who should attend
- + Outreach/Communication
- + Location
- + Presenters



Effective Strategies

- + Focus Group
 - What worked
 - Adjustments
- + Compatible Instructors



Challenges

- + Build Trust and Demonstrate Creditability
- + Create a Learning Environment
 - Non-Threatening



Classroom Success

- + Direct Support/ Recognition from Leadership
- + Present Mental Health First Aid Material
- + Keep it relevant
- + Keep it real
- + Maintain positive atmosphere
- + Be flexible
- + Use videos, interactive activities, speakers



Outcome

- + [Standoff between boy, Providence police ends peacefully](#)
- + Warwick West Shore Road
- + Jamestown Incident on Bridge

- + [Police & Security News](#)
- + Law & Order Magazine (March 2010)
- + South County Independent (February 25th, 2010)



Questions?

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In Orlando at the National Council's 40th Annual Conference –
Tuesday, March 16th 4pm:

Influencing Public Opinion In Tough Times: Mental Health First Aid USA



Bryan Gibb, Director of Public Education, National Council for Community Behavioral Healthcare;

George DelGrosso, Executive Director, Colorado Behavioral Healthcare Council, Denver, Colorado;

David Johnson, Executive Director, The Bert Nash Center, Lawrence, Kansas;

Rich LeClerc, President & CEO, Gateway Healthcare, Pawtucket, Rhode Island;

Don Miskowiec, CEO, North Central Behavioral Health Systems, Inc., LaSalle, Illinois.

GAINS Center Conference in Orlando— Thursday, March 18th:



Thurs. 10:30 - 12:00

Mental Health First Aid for Law Enforcement

Presenter(s):

Carole Bernardo, MS

Anthony J Silva

Bryan V Gibb

<http://www.gainscenter.samhsa.gov/html/conference/>



Upcoming Instructor Courses

- + Blue Bell, PA (outside of Philadelphia) — May 3-7
- + Washington, DC — June 28-July 2
- + Houston, TX — July 12-16
- + Chicago, IL - August 2-6
- + San Francisco, CA — September 13-17
- + Atlanta, GA - September 27 - October 1

Applications on www.MentalHealthFirstAid.org, on the “Become an Instructor” page.



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.