



Mental Health
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from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid

For All Ohioans

Laurie Donley
Statewide MHFA Collaborative
Certified Adult MHFA Instructor
Mental Health America of Ohio

Agenda

- The impact and importance of mental health
- Challenges and barriers
- What is Mental Health First Aid (MHFA)
- How participants and organizations benefit from MHFA



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Introduction

- Presenter:
 - Laurie Donley
 - Pronouns: She/Her
 - Role: Certified Instructor
- Statewide Mental Health First Aid Collaborative
 - Funded by OhioMHAS, SAMHSA, CareSource
 - Provide monthly open classes
 - Support organizations in hosting MHFA trainings
 - Serve all 88 counties



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My Story

- Why I believe in Mental Health First Aid
 - My lived experience
 - My 'day job'
 - Impact on community and on stigma



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Mental Health in the US

- Mental illness and substance use disorders are common
 - 1 in 5 will be impacted
- Profound impact of the Coronavirus Pandemic
 - Census data: 1 in 3 adults are showing signs of clinical anxiety or depression
Impact across all age groups (youth, adults, and seniors)
 - Mental illness is the #1 cause of disability in the U.S.
 - Those of oppressed identities are most at risk for delayed treatment/care



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Disability Weights Activity



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The Stakes

- Suicide is the 10th leading cause of death in the US with increases in suicidal ideations over the past decade, overdose related deaths rose by 28.5% during a 12-month period from ending in April 2021 from the year before (CDC)



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The Challenges

- Symptoms often present first during adolescence or young adulthood and go unnoticed/recognized
- **Barriers to Treatment:**
 - Stigma
 - Cost
 - Availability
 - lack of accessible/affirming providers
 - Unwilling to seek support
 - Lack of awareness of supports
 - Lack of education on signs/symptoms



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Discussing Health & Recovery

Physical Injury or Illness

Mental Illness



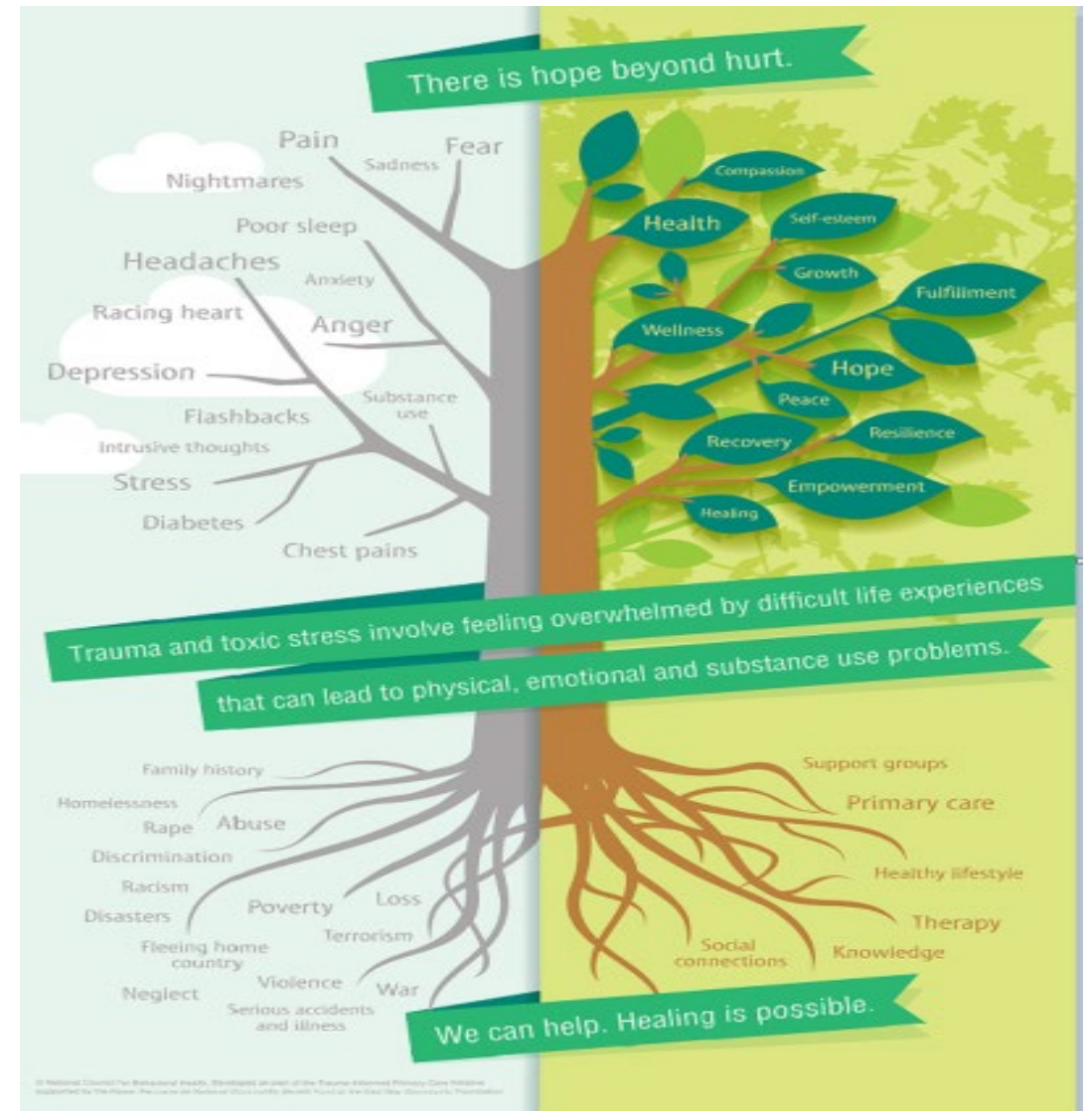
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Recovery

There is reason to be hopeful and act:

- 90% recovery rate with treatment
- What works:
 - Early detection
 - Timely referrals
 - Access to appropriate services
 - Social supports



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Mental Health First Aid Program

- Originated in Australia in 2000
- Currently taught in over 25 countries
- Over 2.5 million people trained in the US alone
- Participants receive a 3-year national certification from the National Council for Mental Wellbeing upon completing their training



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Mental Health First Aid Course

It is an evidence-based, highly interactive course that teaches anyone how to identify, understand and respond to signs of mental illnesses and substance use disorders in real, actionable ways.

It is NOT counseling



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Mental Health First Aid

- Like CPR training, MHFA empowers individuals to respond and assist until the professionals are available
- Expands your toolkit
- Empowers noticing and action
- Opens the conversation



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Mental Health First Aid Course



- Comprehensive
- Included in SAMHSA's National Registry of Evidence-based Programs and Practices



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Mental Health First Aid Course



- Available Formats
 - Fully In-Person (8 hours)
 - Virtual (self-paced online pre-work, 6 hours online facilitated course)
 - Blended (self-paced online pre-work, 6 hours in-person facilitated course)



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Curriculum Options

- ✓ Adult Mental Health First Aid
For adults that work/interact with adults 18+
- ✓ Youth Mental Health First Aid
For adults that work with youth ages 12 to 18
- ✓ Teen Mental Health First Aid
For students in grades 10-12 (ages 12-18)



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Action Plan (ALGEE)

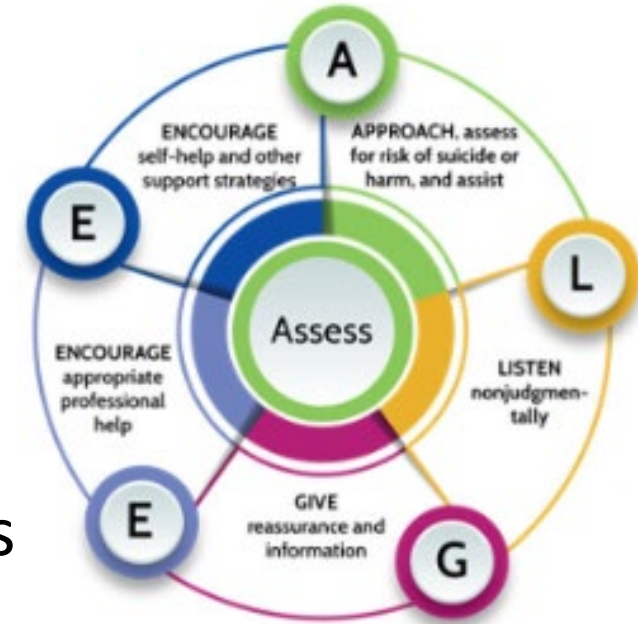
Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies



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Scenarios

- **Co-Worker:** a co-worker who is typically very engaged and reliable no longer seems interested in their work. They have not had lunch or coffee with the usual group for a few weeks. Their work is less accurate than before.
- **Guest:** a park visitor appears to be confused and wondering around aimlessly. They are talking as if they are having a conversation, but there is no one with them.
- **Questions:**
 - How would you proceed?
 - Do you feel confident you have the skills/resources to support them?
 - What supports does your organization already have?
 - What supports are you aware of in your community?



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Outcomes of Training for Participants

- Peer-reviewed studies show that participants:
 - Grow their knowledge of signs, symptoms and risk
 - Can identify multiple types of professional and self-help resources
 - Increase their confidence in and likelihood to help
 - Show increased mental wellness themselves
 - Contribute to a reduction in stigma



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When Organizations Are Trained

Mental Health First Aid becomes part of the culture:

- Creating a shared language
- Enhancing the skills/confidence-level to have open discussion about issues and challenges
- Enhancing awareness of mental well-being and of support resources
- Building relationships with local resources/providers



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Questions? Comments.



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