

# **MENTAL HEALTH FIRST AID**

## **Show Me How!**

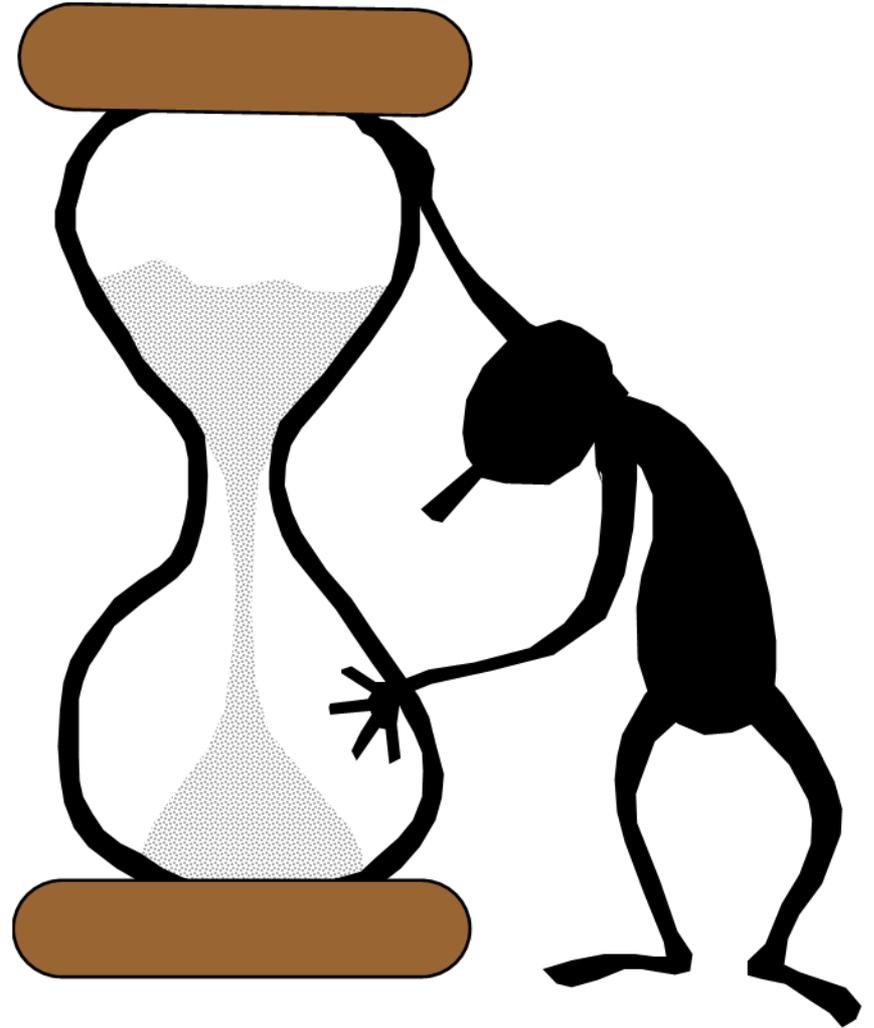


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# Mental Health 101

- **1 in 4 adults has a diagnosable mental disorder in any given year.**
- **Stigma is considered the biggest barrier to recovery for people with mental health disorders**



# Mental Health 101



- **Half of all lifetime cases of mental illness begin by age 14.**
- **At least 1 in 5 children and adolescents has a mental disorder and 1 in 10 has a serious emotional disturbance.**

# HISTORY of MHFA

**In 2001, Betty Kitchener and Tony Jorm developed the Mental Health First Aid (MHFA) Program at the Centre for Mental Health Research at the Australian National University.**



# MENTAL HEALTH FIRST AID

**The concept of first aid by the public for physical health crises is familiar to most of us. This makes it relatively easy to extend this approach to early intervention by members of the public for mental disorders and crises.**



**MENTAL  
HEALTH  
FIRST AID**

# WHAT IS MHFA?



*12-hour course* Participants learn how to:

- **Give first aid in a mental health crisis and/or early stages of mental health problem;**
- **Identify early stages of mental health problems;**
- **Observe signs and symptoms of the most common mental health problems;**
- **Know where and when to get help; and**
- **Understand what types of help have been effective.**

# MENTAL HEALTH FIRST AID CONTENT

**MHFA covers the symptoms and risk factors in**

- ☑ **common mental health issues and**
- ☑ **associated mental health crises situations**
  - **suicidal thoughts and behaviors**
  - **panic attack**
  - **experiencing a traumatic event**
  - **behavior which is perceived as threatening and**
  - **drug overdose.**

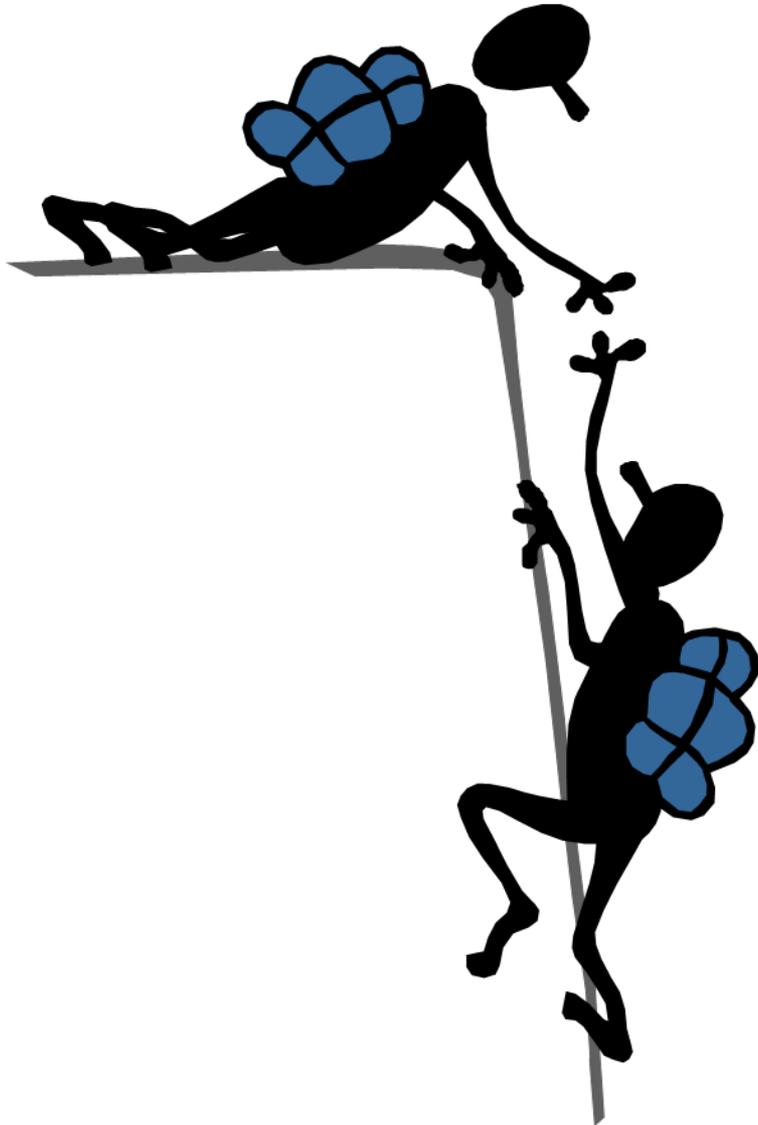


# Mental Health Topics

- **Depression**
- **Anxiety Disorders**
- **Schizophrenia**
- **Bipolar Disorder**
- **Eating Disorders**
- **Self-Injury**
- **Substance Use Disorders**



# MHFA ACTION PLAN



- A.** Assess Risk of Suicide or Harm
- L.** Listen Non-judgmentally
- G.** Give Reassurance and Information
- E.** Encourage Person to Get Appropriate Professional Help
- E.** Encourage Self-help Strategies

# DMH VISION:

**Hope \* Opportunity \*  
Community Inclusion**

*Missourians receiving mental health services will have the opportunity to pursue their dreams and live their lives as valued members of their communities.*



# OUR HOPE:

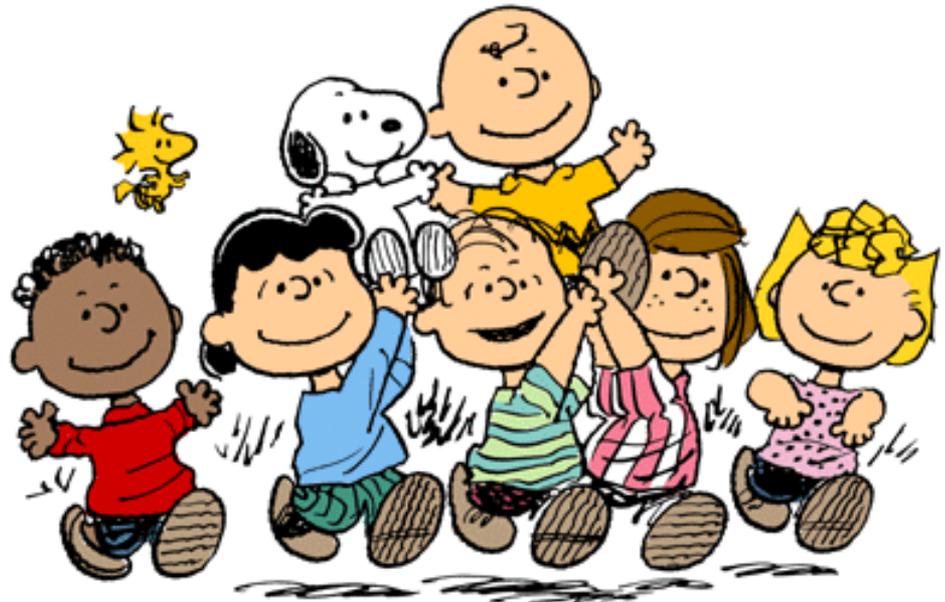


- **Stigma regarding mental health disorders will be reduced**
- **People will seek services earlier**
- **Issues will be “nipped in the bud”**
- **Hope will spread through our communities**

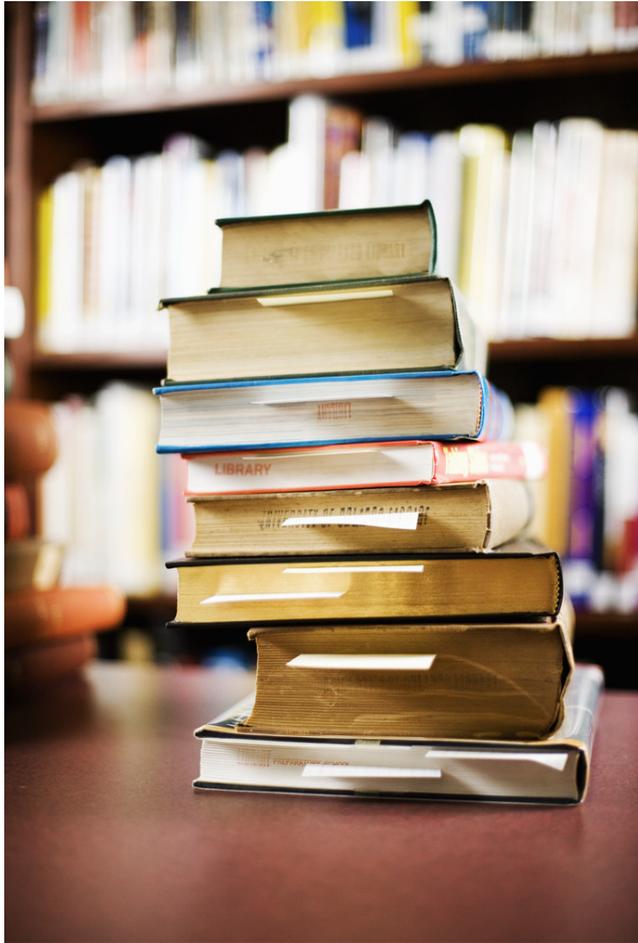
# MHFA/USA

- **National Council for Behavioral Healthcare**
- **Maryland MHFA Team**
- **Missouri MHFA Team**

Working in conjunction with SAMHSA for national unity



# MHFA is RESEARCHED-BASED



- **Formal evaluation**
- **Publication in peer-reviewed journals**

# MHFA EVALUATION RESULTS

- improved recognition of mental disorders
- changed beliefs about treatment - more like those of health professionals
- decreased social distance from people with mental disorders
- increased confidence in providing help
- an increase in the amount of help provided to others.



# All Health, Physical and Mental, Impacts Productivity

- Major depression is associated with high sick days use.
- People suffering from depression have high rates of absenteeism (in some cases, three times more sick days than non-depressed workers) and are less productive at work.



# So Do Something!



- Rates of undetected depression among drug and alcohol users are estimated to be as high as 30 percent.
- In a study comparing depression treatment costs to lost productivity costs, 45 to 98 percent of treatment costs were offset by increased productivity.

# Are You Serious?

- **Treatment success rates for serious mental illnesses range from 60-80%, while treatment success for heart disease is 40-50%.**
- **Nearly 2/3 of people with a diagnosable mental disorder do not seek treatment due to lack of knowledge & fear of discrimination.**
- **45% of benefits managers and middle managers report they know little or nothing about depression as an illness.**
- **By 2020, clinical depression is expected to rank as the 2nd leading cause of disability worldwide.**

# Enter Mental Health First Aid



**A program  
that works;  
that makes a  
difference**

# OUR VISION:

**Missouri's Mental Health Show Me Series of programs is designed to improve public knowledge, eliminate stigma and empower people to move their lives forward regardless of their illness or disability.**



# OUR GOALS:



**Thousands of Missourians will be trained how to:**

- (1) Identify a mental health emergency and emerging mental illness; and**
- (2) be effective responders to these situations.**

# **MENTAL HEALTH FIRST AID**

## **Show Me How!**



**an important  
strategy along  
the way ...**

# What Is YOUR Role?

- Understand you DO have a role
- Be committed to reducing stigma surrounding mental health issues
- Talk, talk, talk about mental health and providing services differently



# Take Action ...



- **Take the 12-hour MHFA course yourself**
- **Recruit others to take MHFA**
- **Seek groups to sponsor a MHFA course (faith community, civic group, PTA, scout leaders, businesses, teachers, librarians, first responders...)**

# For More Information:

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