



MENTAL  
HEALTH  
FIRST AID

# MENTAL HEALTH FIRST AID

September 2013

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# MENTAL HEALTH FIRST AID

## Choosing a campaign...

### **New Mexico is a statewide Systems of Care Site:**

- 3 “Anchor Site” communities:
  - Rural, Grant County
  - Urban, Albuquerque, NM
  - Tribal, Santa Clara Pueblo

### **Varying messages and ideas about social marketing**

- Coming up with a message
- Getting buy in
- Educating the public





# MENTAL HEALTH FIRST AID

## Choosing a campaign...

### **Social Marketing goal:**

Stigma reduction campaign “Mental Health First Aid” provide trainings in each county (33 total), within each tribe (22 total in NM) and create sustainability within each community and within state agencies (focusing on Collaborative agencies primarily) and other key stakeholders (such as fire department, county detention, police department, schools, etc.).

### **Outcomes:**

- Better recognition of mental disorders and more confidence and increased likelihood in providing help to others
- Better understanding of treatments
- Improved mental health for participants
- Decreased social distance from people with mental disorders
- Increased guidance to professional help and concordance with health professionals about treatment
- Lessened stigmatizing attitudes and fewer negative attitudes towards people with mental disorders
- Greater confidence and increased likelihood in providing help to others





# MENTAL HEALTH FIRST AID

## ADULT CURRICULUM

### **A 12-hour (moving to a 8-hour) training course designed to:**

Give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

### **Mental Health First Aid certification provides trainees with:**

Knowledge of the potential risk factors and warning signs for a range of mental health problems, including: **depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury**

A five-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care





# MENTAL HEALTH FIRST AID YOUTH CURRICULUM

**Youth Mental Health First Aid is a 8-hour training course designed to:**

Introduce participants to the **unique risk factors and warning signs of mental health problems in adolescents.**

Build an understanding of the importance of early intervention, and teach individuals how to help an adolescent in crisis or experiencing a mental health challenge.

Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.





# MENTAL HEALTH FIRST AID YOUTH CURRICULUM

**Youth Mental Health First Aid is a 8-hour training course designed to:**

Teach participants the risk factors and warning signs of a variety of mental health challenges common among adolescents including: **anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.**

Participants **do not learn to diagnose**, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- ★ Assess for risk of suicide or harm
- ★ Listen non-judgmentally
- ★ Give reassurance and information
- ★ Encourage appropriate professional help
- ★ Encourage self-help and other support strategies





# MENTAL HEALTH FIRST AID YOUTH CURRICULUM

- The Youth Mental Health First Aid curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-21.
- The course is designed for adults who regularly interact with adolescents, but is being tested for appropriateness within older adolescent groups (16 and older) so as to encourage youth peer-to-peer interaction.
- The core Mental Health First Aid course has been successfully offered to 50,000+ people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.





# MENTAL HEALTH FIRST AID PUBLIC SAFETY CURRICULUM

## **The 8 hour Public Safety Mental Health First Aid version is designed to:**

Provide those in the public safety and law enforcement sector with information about the signs and symptoms of mental illnesses and substance use disorders and how to deescalate crisis and refer individuals to help.

An awareness of the particular needs of the mentally ill can help officers better serve the public (7% of contact involves the mentally ill), work more efficiently, and increase officer safety.

## **Did you know?**

The largest psychiatric facility isn't a hospital, it's a prison. Rikers Island, NY, holds 3,000 inmates struggling with mental illness at any given point.





# MENTAL HEALTH FIRST AID

**The evidence behind Mental Health First Aid demonstrates that it makes people;**

- feel more comfortable managing a crisis situation
- builds mental health literacy - helping the public identify, understand and respond to signs of mental illness

**Specifically, studies found that those who trained in Mental Health First Aid have;**

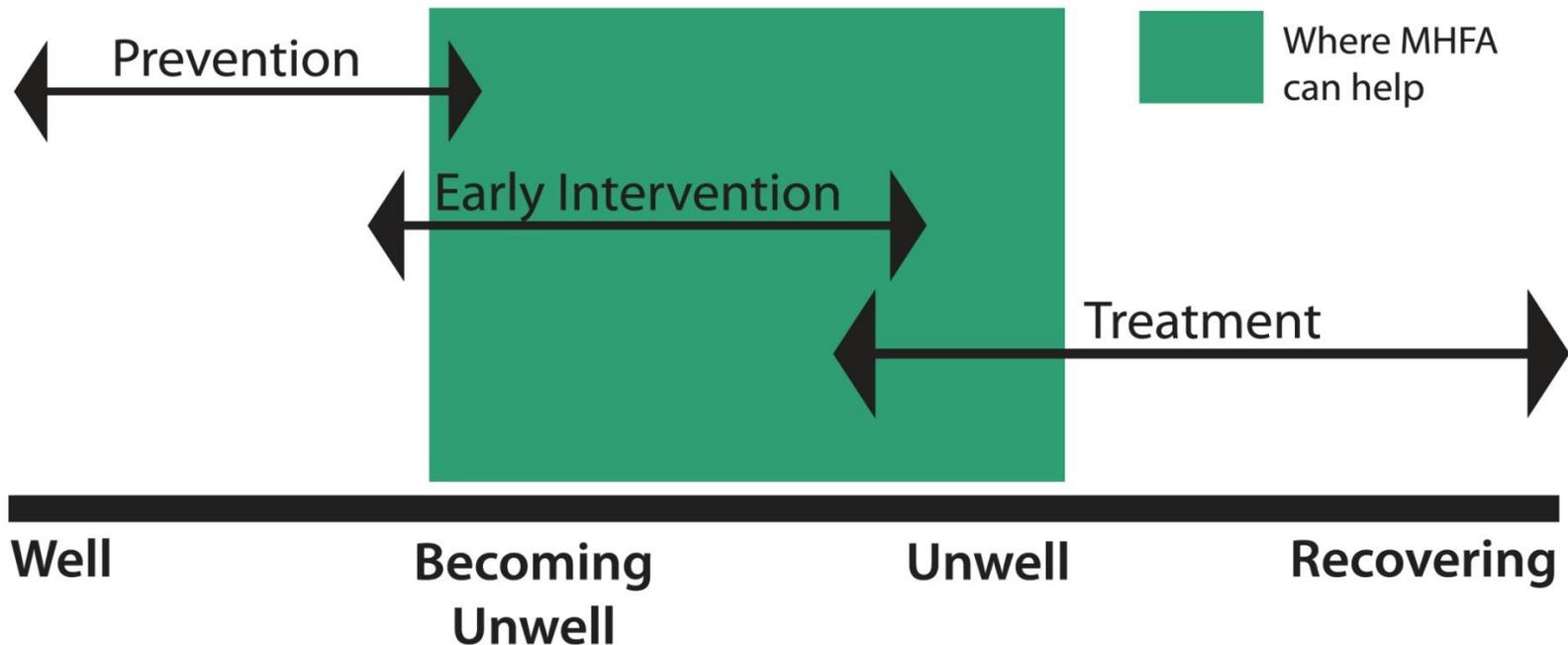
- greater confidence in providing help to others
- greater likelihood of advising people to seek professional help
- improved concordance with health professionals about treatments
- decreased stigmatizing attitudes





# MENTAL HEALTH FIRST AID

## WHERE CAN IT HELP?



Spectrum of mental health interventions from wellness to mental disorders and through to recovery, showing the contribution of MHFA





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# MENTAL HEALTH FIRST AID

## ***From SAMHSA...***

- 50% of all mental health disorders begin by age 14.
- In any given year, only 20% of children with mental health disorders are identified and receive mental health services.
- Approximately 50% of students age 14 and older who are living with a mental illness drop out of high school. This is the highest dropout rate of any disability group.
- Mental health disorders in children and adolescents are real and can be effectively treated, especially when identified and treated early.
- Early treatment enables children and adolescents to succeed in school, to develop socially and to fully experience the developmental opportunities of childhood.





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## ***From NM YRRS 2011 High School Data...***

- 29.1% felt persistent sadness or hopelessness.
- 8.6% reported a recent suicide attempt.

## ***From NAMI NM...***

### Mental Illness Is Common

- Of New Mexico's approximately 2.1 million residents, about 22,000 children live with serious mental health conditions.

### Untreated Mental Illness has Deadly and Costly Consequences

- In 2006, 352 New Mexicans died by suicide. Suicide is almost always the result of untreated or under-treated mental illness.
- During the 2006-07 school year, approximately 40 percent of New Mexico students aged 14 and older living with serious mental health conditions who receive special education services dropped out of high school





# MENTAL HEALTH FIRST AID

## New Mexico...

- Developed a Mental Health First Aid Task Force in May of 2012
  - Task Force developed to support many Collaborative agency priorities including:
    - training/development of local crisis systems
    - training recommendations of House Joint Memorial 17 and House Joint Memorial 45 (both calling for more training and education toward mental health awareness and stigma reduction)
    - better tracking/gathering data
    - developing training opportunities for future sustainability
- February 1, 2013 launched first ever NM statewide crisis line:

1-855-NMCRISIS  
(662-7474)





# MENTAL HEALTH FIRST AID

## **Trained to date:**

- Total # of MHFAers trained in New Mexico, to date: **3,255**
- Total # MHFAers certified July 31, 2012-July 31, 2013 in NM: **684**

## **Resources:**

- Currently New Mexico has 70 Instructors
- 27 can offer the Youth Curriculum
- 39 can offer the Public Safety Curriculum

## **CEU's:**

- 8 hour courses: 8 CEU's
- 12 hour course: 12 CEU's

To learn more about Mental Health First Aid: [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)





THANK YOU!

**To contact Suzanne Pearlman:  
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To learn more about Mental Health First Aid: [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

