



MENTAL
HEALTH
FIRST AID®

Youth Mental Health First Aid
Hawaii Department of Education
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HI MCH LEND Program

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Objectives

- 🇺🇸 What is Project HI AWARE
- 🇺🇸 History of Youth Mental Health First Aid
- 🇺🇸 Benefit of Youth Mental Health First Aid
- 🇺🇸 Sample of Curriculum
 - > Median Age of Onset
 - > Risk Factors
 - > Protective Factors
- 🇺🇸 Outcomes in Hawaii
- 🇺🇸 Becoming a Youth Mental Health First Aider

Project HI AWARE

- 🇺🇸 \$2.5 million/year for 5 years from SAMHSA and UHDOE
- 🇺🇸 State DOE, focusing on 3 Complex Areas
- 🇺🇸 Year 4 focus on addressing and supporting the mental health needs of children
- 🇺🇸 Providing resources and support in complex areas

Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



Government Support

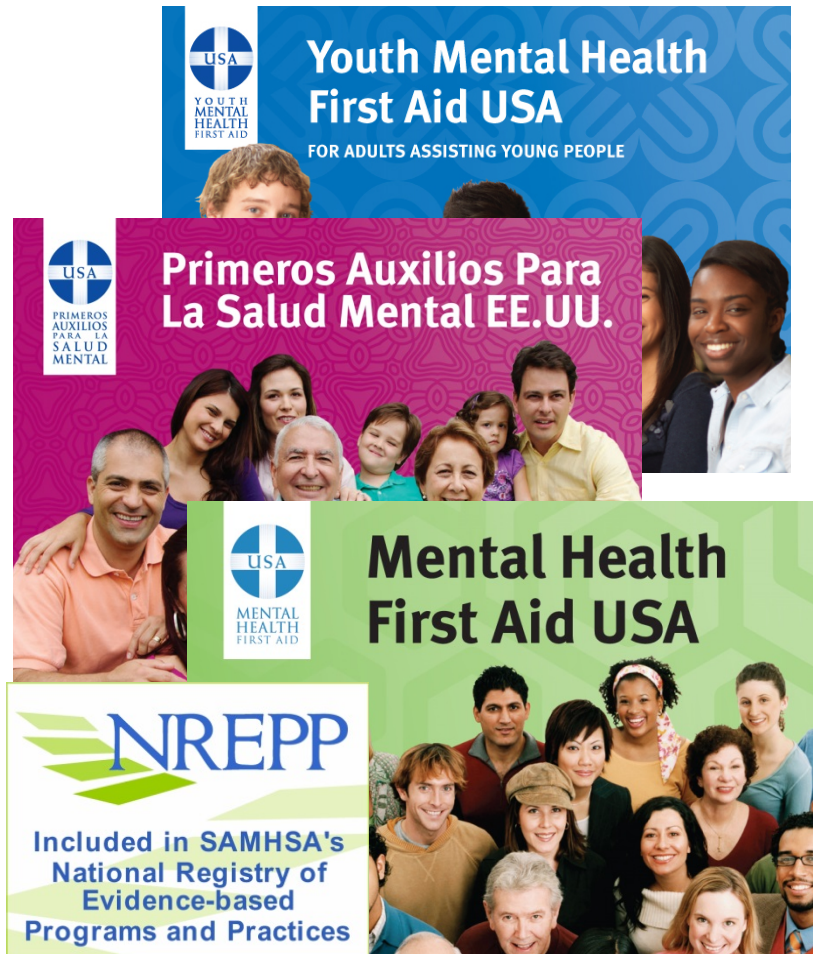


Mental Health First Aid Act of 2015

- ⊕ The Mental Health First Aid Act of 2015 (S. 711/H.R. 1877) would authorize \$20 million for Mental Health First Aid.
 - > Has 49 bipartisan cosponsors
- ⊕ Offered to emergency services personnel, police officers, teachers/school administrators, primary care professionals, students, and others
- ⊕ Introduced in the Senate by Senators Kelly Ayotte (R-NH) and Richard Blumenthal (D-CT) and in the House by Congresswomen Lynn Jenkins (R-KS) and Doris Matsui (D-CA)
- ⊕ \$15 million annually in Mental Health First Aid appropriations



Mental Health First Aid



- Originated in Australia and currently in 23 countries
- Adult course for individuals 18 years of age and older
- Youth Mental Health First Aid is designed to teach caring adults how to help an adolescent who is experiencing a mental health, an addictions challenge or is in crisis
- Mental Health First Aid Included in SAMHSA's National Registry of Evidence-based Programs and Practices

Why Mental Health First Aid?

Mental health problems are
COMMON.

Learn how to **NOTICE** when
someone needs help

STIGMA is associated with mental
health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always
on hand.

Encourage community members to
SUPPORT ONE ANOTHER.

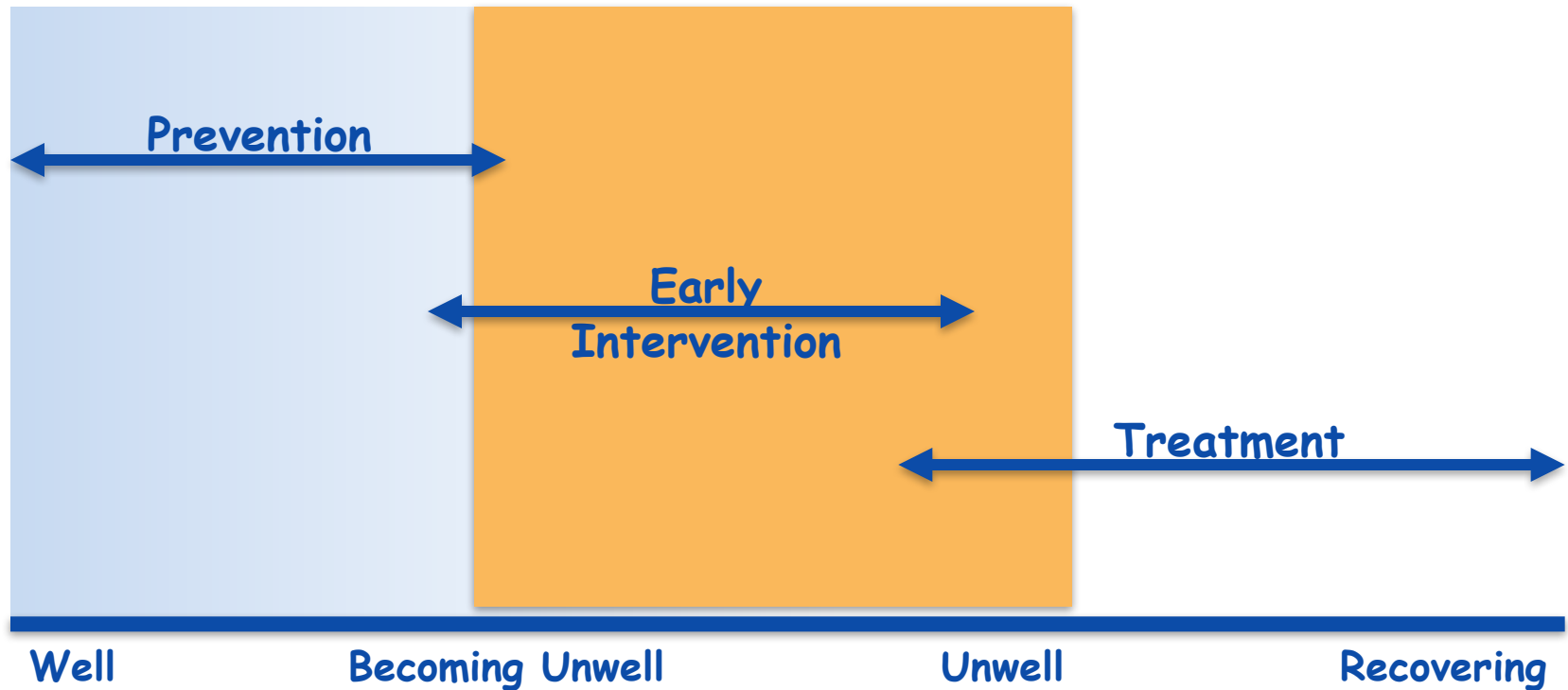
Individuals with mental health
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP
THEY NEED.**

Many people are not well informed
and don't know **HOW TO RESPOND.**





Learn how to **INTERVENE.** You
might **SAVE A LIFE.**

Where Mental Health First Aid Can Help



 Where Mental Health First Aid can help on the spectrum of mental health interventions

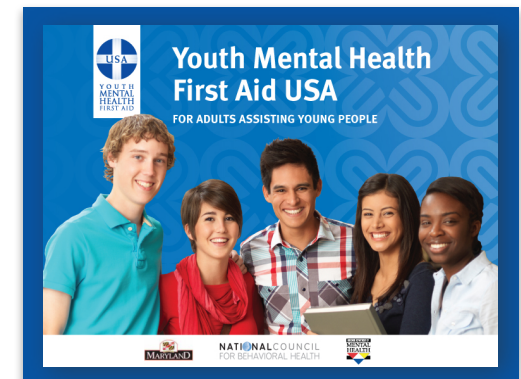
Youth Mental Health First Aid

-  Introduces participants to the unique risk factors, protective factors and warning signs of mental health problems in adolescents
-  Builds understanding of the importance of early intervention
-  Teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge
-  The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.)



What Participants Learn

- ⊕ Risk factors and warning signs of mental health and substance use problems
- ⊕ Information on depression, anxiety, trauma, psychosis and substance use
- ⊕ A 5-step action plan to help someone who is developing a mental health problem or in crisis
- ⊕ Available evidence-based professional, peer and self-help resources



Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

Median Age of Onset

?

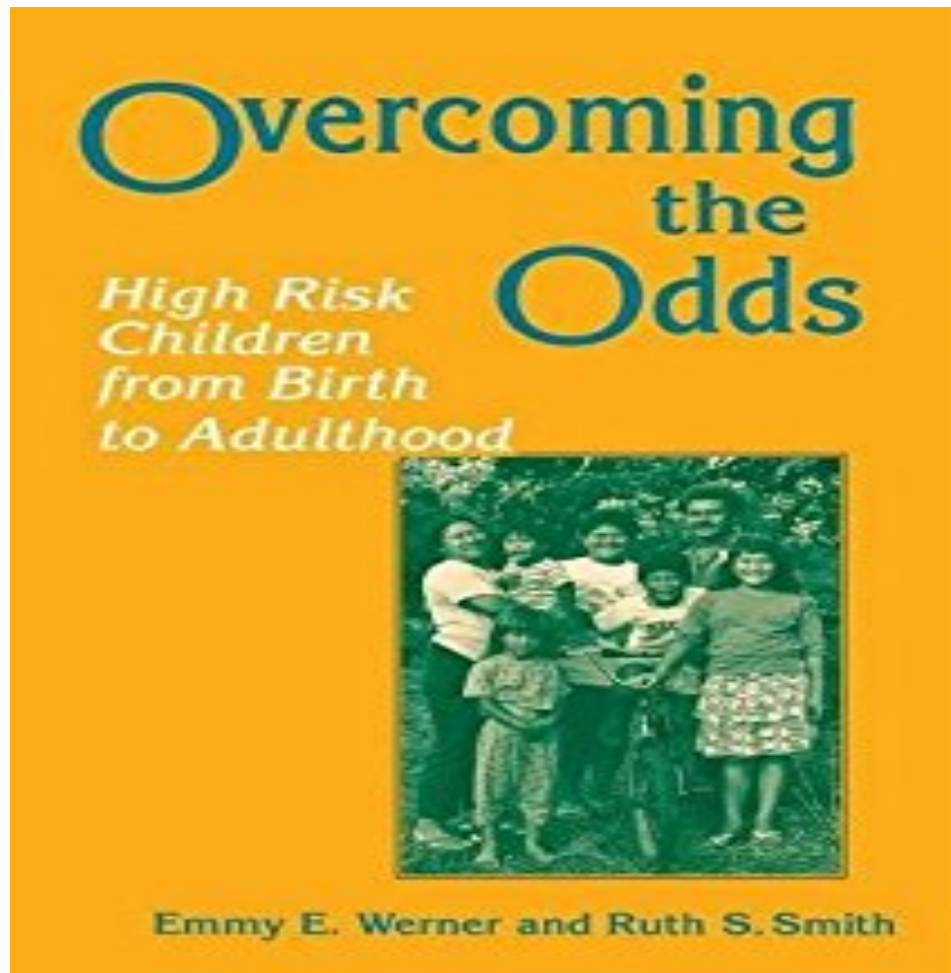
Median Age of Onset

 One-half of all lifetime cases of mental illness

 begin by age 14, three-quarters by age 24

- > Anxiety Disorders – Age 11
- > Eating Disorders – Age 15
- > Substance Use Disorders – Age 20
- > Schizophrenia – Age 23
- > Bipolar – Age 25
- > Depression – Age 32

Kaua'i Longitudinal Study



Risk Factors and Protective Factors

Environments
Supports
Behaviors

Who we've trained: On all Hawaiian Islands



- 1) Hawaii Department of Education Staff/Schools: Administrators, Counselors, Teachers, Special Education, SBBH, Security, Staff, EAs, SHAs (50% Trained/Instructors)
- 2) First Responders: Doctors, Nurses, Public Health Nurses, FBI, Police Department, Fire Dept., Pre-Med and Pre-Health Career College Students
- 3) Community Members: Non-Profit Agencies, State Agencies, Colleges, Faith Based Organizations, Parents, Families, Grandparents, Caregivers

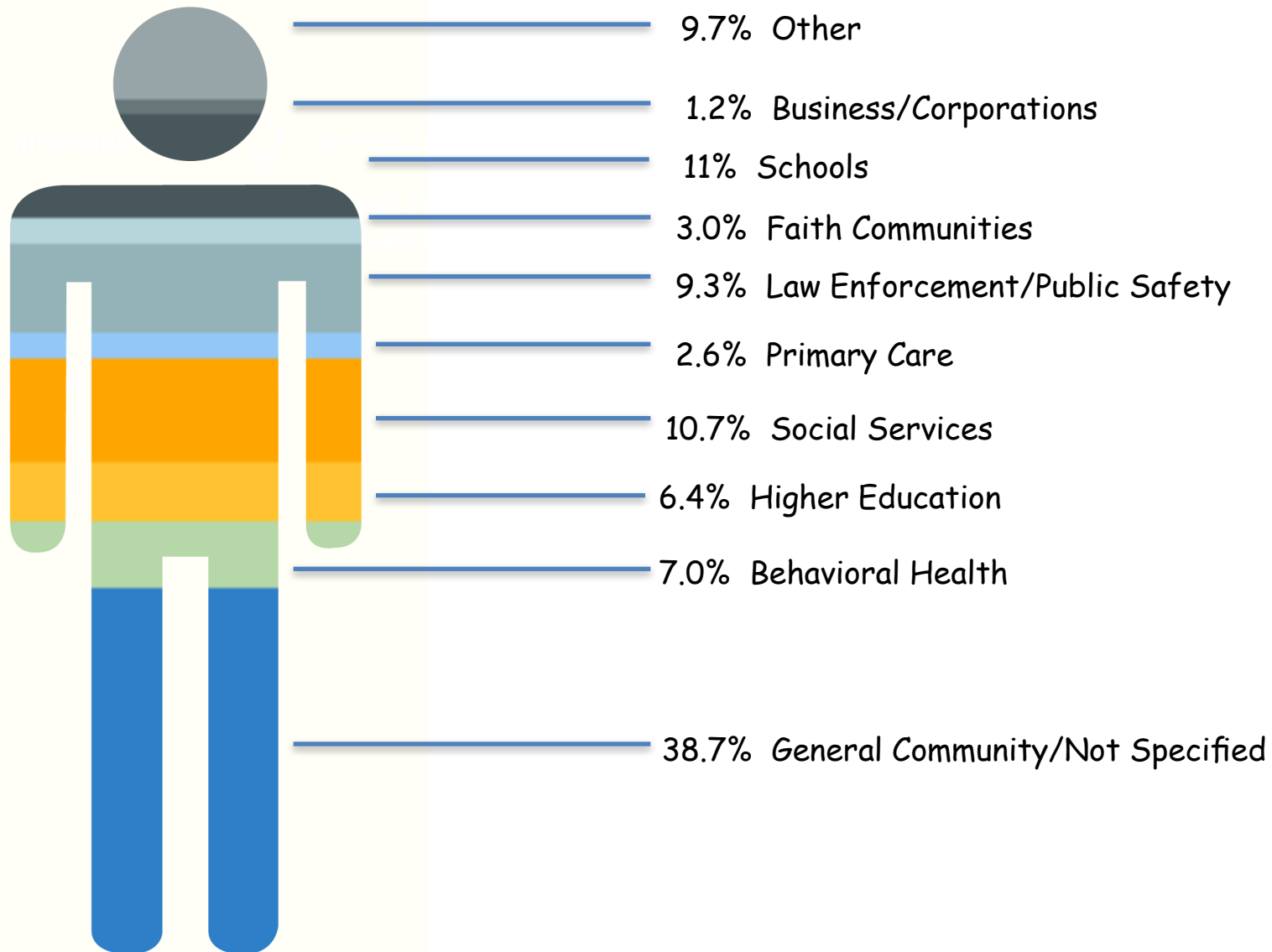
Hawaii Youth Mental Health First Aid Current Statistics

- 85 Youth Mental Health First Aid Instructors over four islands and fourteen complex areas.
- Trained a total of more than 2500+ Youth Mental Health First Aiders

Who We're Reaching



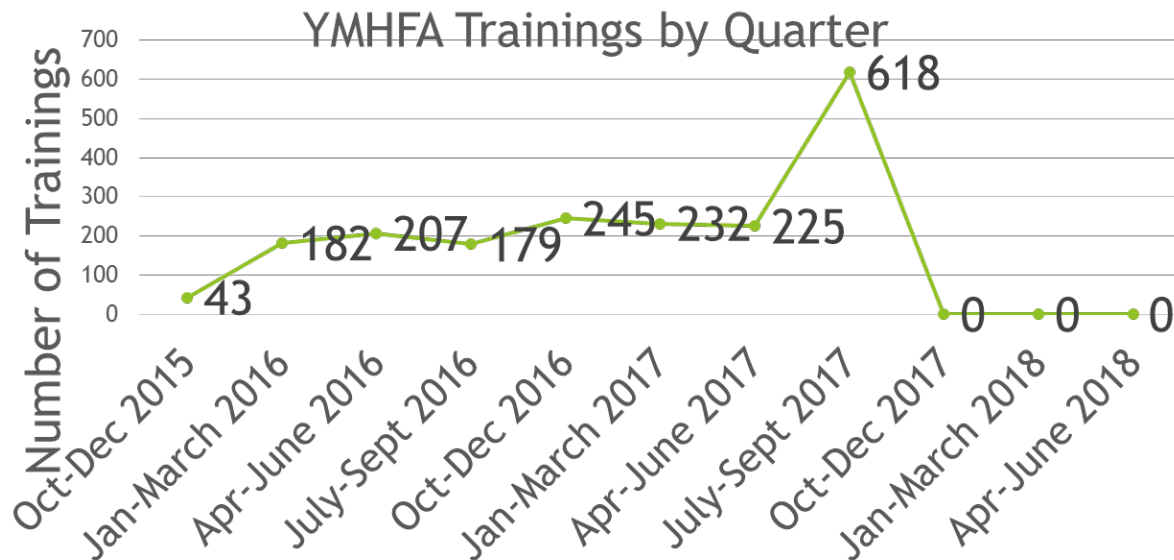
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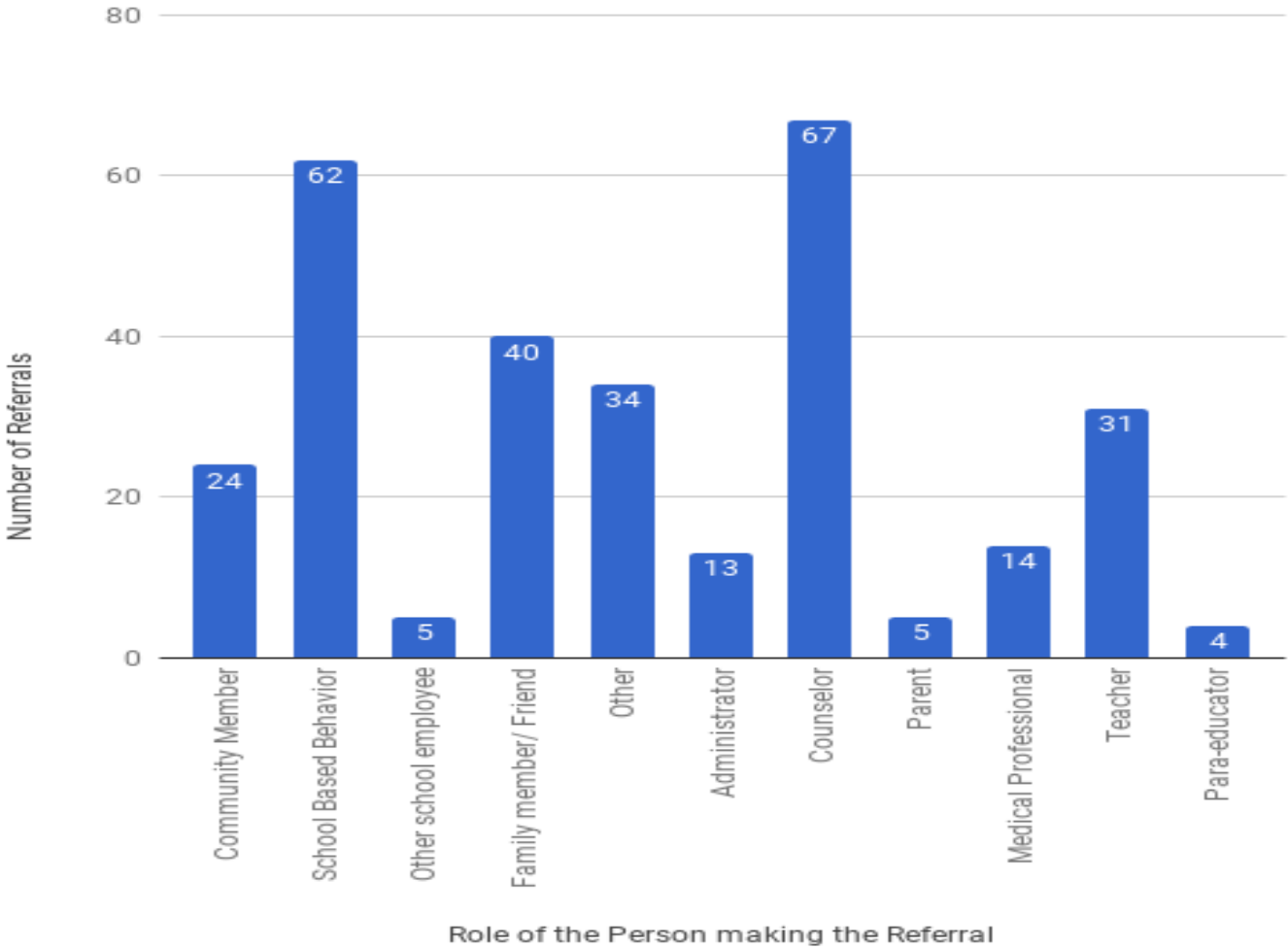
Hawaii Statistics: 2,500+ Trained in 2 Years

180+ Trainings and 85 Instructors over 6 islands

Last Quarter Oct-Dec 2017: 340 Trained

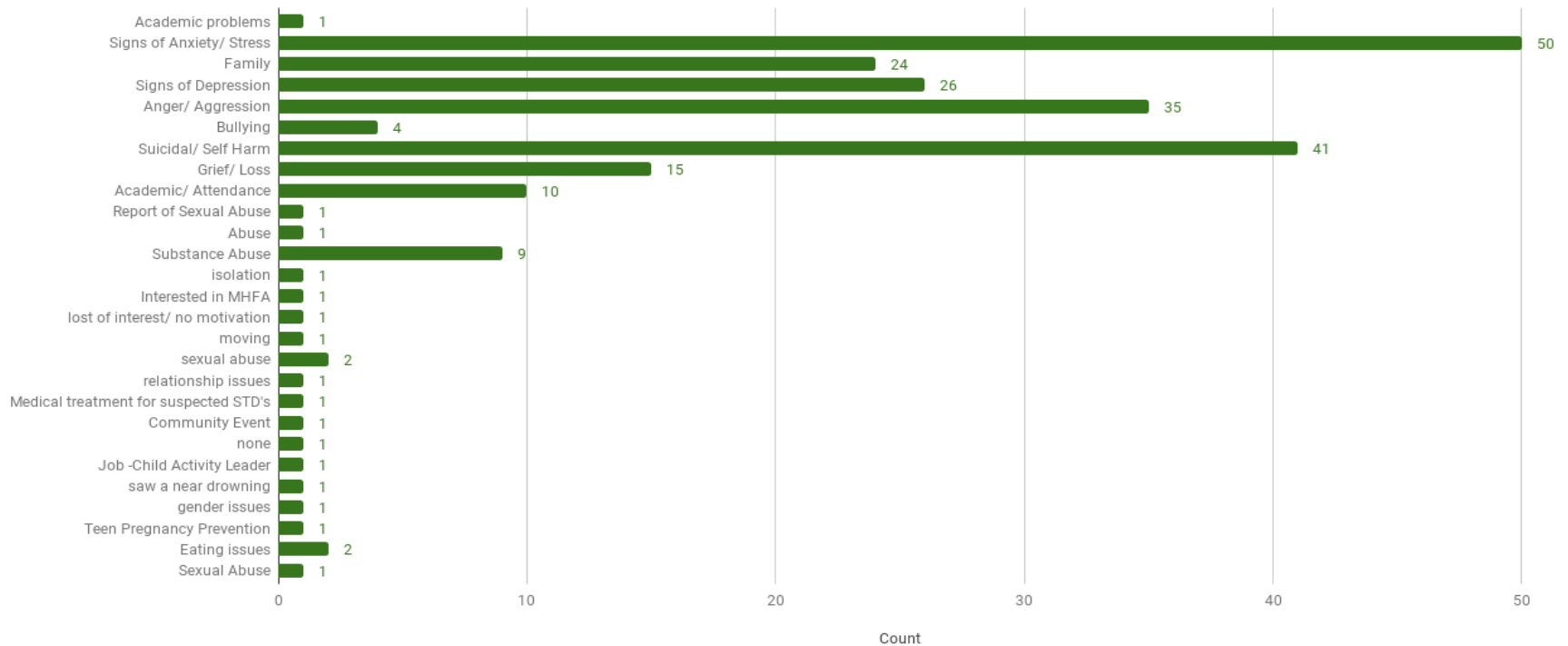


Number of Referrals by Role



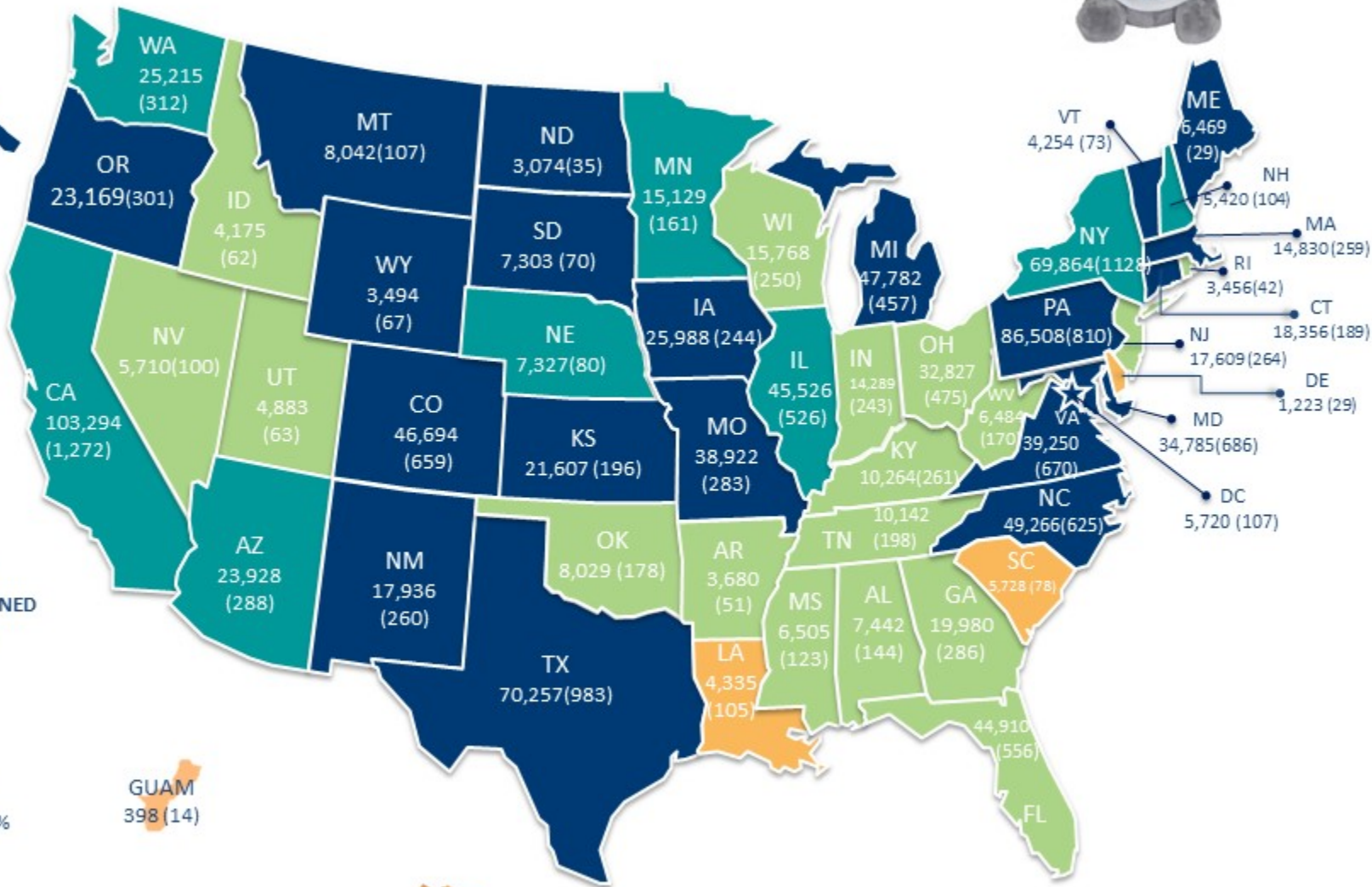
Referrals from Mental Health First Aiders: Youth-1. Anxiety/Stress, 2. Suicide/Self Harm

Reasons for Referral



ALGEE-OMETER

More than One Million First Aiders in the US
Trained by more than 12,000 Instructors



PERCENTAGE OF POPULATION TRAINED

- 0.3% or more
- 0.2%-0.29%
- 0.1%-0.19%
- 0.05%-0.09%
- Less than 0.05%



4 Reasons to Become a Mental Health First Aider

1

BE PREPARED.

Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2

MENTAL ILLNESSES ARE COMMON.

1 in 5 people will experience one in a given year.

3

YOU CARE.

Be there for a friend, family member or colleague. Learn how to start a conversation.

4

YOU CAN HELP.

People with mental illnesses often suffer alone. Learn when and how to step in and offer support.



Who should be trained?

Any adult working with, having contact with youth

Training will be open to all school staff

Community

**Look for Youth Mental Health First Aid events in Hawaii
on www.eventbrite.com and
www.mentalhealthfirstaid.org**

The Value of Mental Health First Aid

\$20 =



MANUALS

Each participant manual for the Mental Health First Aid course costs \$20.

\$75 =



SUPPLIES

The cost of supplies for one Mental Health First Aid course is approximately \$75. Supplies include pens, paper, markers and other office supplies necessary for the teaching of the course material.

\$170 =



ONE NEW FIRST AIDER

The total cost of training one new Mental Health First Aider is \$170.

\$1,800 =



ONE NEW INSTRUCTOR

The cost of training one new instructor is \$1,800. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.

Takeaways?

- 1) Early identification! Please take the training!
- 2) MAMA - **Meaningful Adult, Meaningful Activity**

ASK YOUR CHILDREN

Who can they talk to in the school? Community?

What activity is meaningful to them?

“ It really gives you the skills you need
to identify—and ultimately help
—someone in need. ”

- First Lady Michelle Obama
on being trained in Mental
Health First Aid



Take a Course

You could be the help someone needs

Find a Course or Instructor near you:

www.MentalHealthFirstAid.org

www.Eventbrite.com

goo.gl/AR4Ogz

Contact Us in Hawaii:

DOE Project HI-AWARE

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