

**02/20/14  
PRESENTA-  
TION:  
MENTAL  
HEALTH  
FIRST AID**


<TARGET><BILL></BILL><SUBJECT>02-20-14 PRESENTATION  
MENTAL HEALTH FIRST  
AID</SUBJECT><COMM>HHSS28</COMM></TARGET>

SP2 MENTAL HEALTH FIRST AID USA

**Mental Health First Aid**

House H&SS Committee  
February 20, 2014

*Nancy Merriman, APCA*  
*Jill Ramsey, TTC*  
*David D'Amato, APCA*



USA  
MENTAL HEALTH FIRST AID

THE MENTAL HEALTH FIRST AID ACTION PLAN  
Aims to reduce the risk of suicide in the workplace  
Early identification and intervention  
Encourage employees to seek help  
Encourage supervisors to seek help  
Encourage self-help and other support strategies

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SP4 MENTAL HEALTH FIRST AID USA

Alaska Primary Care Association Sites



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SP5 MENTAL HEALTH FIRST AID USA

**MHFA Presentation Today**

- What is MHFA?
- Where did it come from?
- Who are its targets?
- Why do we need it?
- How does it help?

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### What Is Mental Health First Aid?

- + *Help offered to a person developing a mental health problem or experiencing a mental health crisis*
- + *Given until appropriate treatment and support are received or until the crisis resolves*
- + *Not a substitute for counseling, medical care, peer support or treatment*

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Assess for risk of suicide or harm  
Listen nonjudgmentally  
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### What You Learn

- + Overview of mental health problems
  - Depressive/Mood disorders
  - Anxiety disorders
  - Disorders in which psychosis occurs
  - Substance use disorders
  - Eating disorders
- + Mental Health First Aid for crisis situations
- + Mental Health First Aid for non-crisis situations

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### MHFA 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**

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### Program Milestones

- + Created in Australia in 2001  
*(University of Melbourne)*
- + Currently in 17 countries
- + Piloted in the U.S. in 2008
- + Youth program Pilot in 2012



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### Why Mental Health First Aid?

- + Mental disorders are more **common** than heart disease and cancer combined (the top leading causes of death)
- + **1 in 4** adults and **10%** of children in the US will suffer from a mental health illness this year
- + **Stigma** is associated with mental health problems
- + **Provider shortage**/professional help is not always on hand
- + **Public is not informed**
- + **Expense**
  - not everything has to rise to the level of a professional intervention
  - Prevention and early intervention changes illness trajectory and expense

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### Workplace Impact of Mental Illness

- + Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15-44
- + An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year
- + Serious mental illnesses (SMIs), which afflict about 6% of American adults, cost society \$193.2 billion a year in lost earnings
- + Behavioral health issues cause 217 million missed workdays annually
- + Depression was identified as the most costly health condition among a group of 10 large employers when combining costs from medical, pharmacy, absenteeism, and presenteeism

*(Source: 2010 Disability Management Employer Coalition Report)*

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**Stigma**

- ✦ *The root of stigma surrounding mental illnesses is fear of not understanding the problem, fear of doing or saying the "wrong" thing, and fear of not knowing what to do when someone needs help.*

THE MENTAL HEALTH FIRST AID ACTION PLAN  
 A model for use of course or later  
 • Self-empowerment  
 • Recognition and validation  
 • Problem management and coping skills  
 • Promote self-care and other helpful strategies

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**How Families are Affected**

- ✦ When a loved one has heart disease or cancer, families rally around — they cook, clean, drive their loved ones to doctor's appointments, give pep talks, and much more.
- ✦ But when someone is struggling with depression, anxiety, trauma, or other mental conditions, family members are not sure what to do, which can be heartbreaking when what they want more than anything is to help their loved one. When that happens, people with mental illness are left feeling that much more alone and at risk to do something destructive to themselves.
- ✦ Families are often our first responders and can be a person's primary support network, whether they are ill with a medical or mental illness.

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**Spectrum of Mental Health Interventions**

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

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### Targets of Proposed State Legislation with MHFA:

- Emergency services personnel and first responders
- Police officers
- Teachers and school administrators
- Human resource professionals
- Faith community leaders
- Nurses and other primary care personnel
- High school and college students
- Parents of above
- Veterans
- All those receiving Standard First Aid

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 @ usage opportunity or 1st aid of AID  
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### Vision



By 2020, Mental Health First Aid in the USA will be as common as CPR and First Aid

If enough people are trained to detect mental health problems and intervene early on, not everything has to rise to the level of a professional intervention. MHFA creates a better-educated community where people can take care of themselves and take care of each other.

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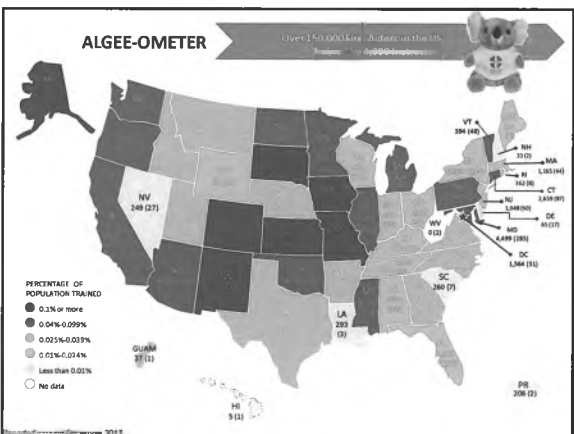
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**Mental Health First Aid USA**

**For More Information:**

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)  
[info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org)  
(202) 684-7457

**In Alaska:** Contact Jill Ramsey  
[jill@alaskachd.org](mailto:jill@alaskachd.org)  
(907) 264-6228

 **Mental Health First Aid-Alaska**



**THE MENTAL HEALTH FIRST AID ACTION PLAN**  
Always use the 5 actions in order:  
1. Assess the situation and ensure your safety.  
2. Listen non-judgmentally.  
3. Encourage the person to seek professional help.  
4. Encourage the person to accept the help.  
5. Encourage the person to follow through and use the support available.



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