



MHFA IN A CIT WORLD

Is there room for both?

W O R D L E

Five empty white boxes with gray borders, arranged horizontally, intended for a five-letter word.

Q W E R T Y U I O P

A S D F G H J K L

ENTER Z X C V B N M 



WHAT BRINGS YOU HERE?



TODAY'S HOSTS...

**Alison Boudreaux
Gulf Coast Center**

- **Retired Law Enforcement Lieutenant**
- **CIT Instructor**
- **Adult/Youth/Teen MHFA Instructor**

**Shari Forward
Gulf Coast Center**

- **Retired Law Enforcement Captain**
- **CIT Instructor**
- **Adult MHFA Instructor**

AGENDA



Identify the differences and similarities between Crisis Intervention Team (CIT) training and Mental Health First Aid (MHFA) training



Understand benefits of both trainings



Identify ways to market MHFA to public safety organizations



The background of the image is a dark, starry night sky. Numerous small, bright stars are scattered across the black expanse. In the foreground, the dark silhouettes of trees and branches are visible, creating a sense of depth and framing the central text.

MENTAL HEALTH CRISES IN THE COMMUNITY

MENTAL HEALTH PROFESSIONALS

Basic Requirements to become
Licensed Professional
Counselor:

- ✓ Bachelors Degree
(approximately 4 years)
- ✓ Graduate Degree
(approximately 2 years)
- ✓ Complete 3,000 hours of
supervised experience



TEXAS PEACE OFFICER

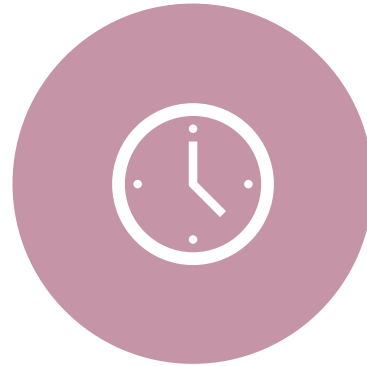
- Must be 21 years old to be licensed (or at least 18 with 60 college hours; 2 years of active military service)
- At least 643 hours of instruction in TCOLE approved academy
- Pass the TCOLE Peace Officer licensing examination



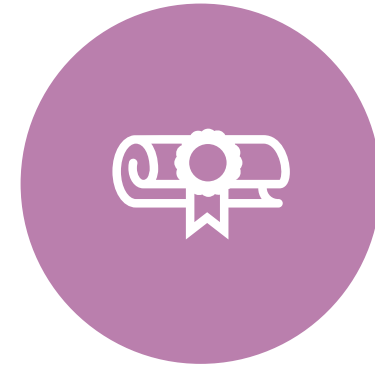
MENTAL HEALTH TRAINING IN LAW ENFORCEMENT



**40 HOURS OF BASIC MENTAL
HEALTH TRAINING**



**OPTIONAL ADDITIONAL 40
HOURS TO BECOME CERTIFIED
MENTAL HEALTH OFFICER**



**CONTINUING EDUCATION IS
BASED ON A 4 YEAR CYCLE.**

C.I.T.

- 40-hour officer training
- Covers a variety of topics including signs/symptoms of mental illness, veterans and PTSD, verbal de-escalation, tactical response, etc.





MENTAL HEALTH FIRST AID (MHFA)

- Evidence based training program
- Skills-based training teaches people how to identify, understand, and respond to signs and symptoms of a mental health or substance abuse challenge
- Comparable to physical first aid and CPR

WHAT DOES MHFA TEACH?



The Mental Health First Aid Action Plan can be used in any order.



1. **A** **APPROACH, ASSESS** for risk of suicide or harm.
2. **L** **LISTEN** nonjudgmentally.
3. **G** **GIVE** reassurance and information.
4. **E** **ENCOURAGE** appropriate professional help.
5. **E** **ENCOURAGE** self-help and other support strategies.



Learn more at **[MHFA.org](https://mhfa.org)**



ADULT CURRICULUM OVERVIEW

- Describe the purpose of MHFA and the role of the Mental Health First Aider
- Impact of mental health challenges faced by adults in the U.S.
- Explain the possibility of recovery
- Describe the principles of safety and privacy
- Explain the 5 steps of the MHFA Action Plan

YOUTH CURRICULUM OVERVIEW



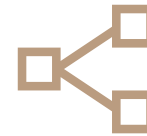
Describe

Describe the purpose of YMHFA and the role of the Youth Mental Health First Aider



Recognize

Recognize the signs and symptoms of mental health challenges the impact youth



Explain

Explain the impact of traumatic experiences



Apply

Apply the steps of ALGEE to non-crisis and crisis situations

COMMUNITY SPECIFIC CURRICULUM

Adult MHFA for
Fire/EMS

Adult MHFA for
Military, Veterans
and their Families

Adult MHFA for
Public Safety

Adult MHFA for
Corrections

Adult MHFA for
Higher Education

Adult MHFA for
Rural Communities

Adult MHFA for
Older Adults

Youth MHFA for
Tribal Communities
and Indigenous
Peoples

YOU WILL LEARN HOW TO:



Identify the unique needs of your audience to achieve a higher quality of interaction



Deliver engaging and compelling messages that resonate more deeply with your audience



Gain access to updated statistics and scenarios relevant to your community



Use community-specific marketing materials provided by MHFA to achieve marketing goals



MHFA FOR PUBLIC SAFETY

- **8-hour training curriculum specifically for law enforcement officers with the goal of increasing mental health awareness**
- **Evidenced-based**
- **Provides an overview of mental health disorders, suicide, and intervention strategies**

**WHY DO WE
WANT TO REACH
THIS AUDIENCE?**





Police officers report higher rates of depression, anxiety, and post-traumatic stress disorder (PTSD)

More police officers die by suicide than in the line of duty

Productivity is negatively affected by poor mental health

Most law enforcement officers do not seek care for mental health issues

Despite lack of treatment, mental health illnesses are prevalent among those with law enforcement jobs



An underwater scene with blue water and many bubbles rising from the bottom left towards the top left. The bubbles are of various sizes and are illuminated by light from above, creating a shimmering effect.

PUBLIC SAFETY PROFESSIONALS

- **Encounter high levels of stress, trauma and critical incidents**
- **Mental health can impair decision-making and situational awareness**
- **90% of law enforcement officers report stigma as a barrier**
- **25% of police officers have experienced suicidal ideation at least once in their lifetime**

AN ANONYMOUS SURVEY OF MORE THAN 400 DALLAS POLICE DEPARTMENT PERSONNEL, FOUR PRIMARY BARRIERS TO MENTAL HEALTH SERVICE ACCESS WERE IDENTIFIED:

- Inability of police officers to recognize when they are experiencing a mental health issue
- Concerns regarding confidentiality
- Belief that mental health professionals cannot relate to those working in law enforcement jobs
- The notion that those who seek mental health services are unfit to serve as officers in the criminal justice system
- Less than 20% with mental health challenge sought services in a year



RESEARCH IN THE FIELD...

For these professionals, the perception of support from peers and superiors is essential

This population is especially vulnerable to poor psychological health if they lack support networks (family, friends, and trust from coworkers and supervisors)

Poor mental health has been associated with job loss, marital problems, and difficulty sleeping

Good emotional and mental health is just as important as physical health for police officers to be effective in keeping the nation and communities safe from violence and crime



**MHFA DOES NOT
REPLACE CIT
TRAINING**

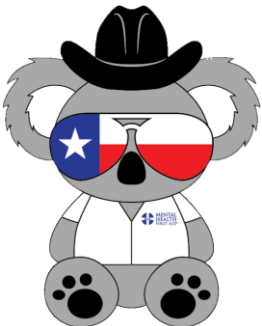
HOW ARE THE TRAININGS SIMILAR:

CIT

- TCOLE credit
- Discusses common mental health disorders and substance use challenges
- Scenario/role playing activities involved

MHFA

- TCOLE credit
- Discusses common mental health disorders and substance use challenges
- Scenario/role playing activities involved



HOW ARE THE TRAININGS DIFFERENT:

CIT

- Mandated in Texas for Peace Officers
- 40 hours long
- Focus on the crisis already occurring
- Focus is on the community
- Mostly provided in the Academy by their instructors
- Really in-depth focus on mental health
- Courses vary across regions

MHFA

- Not mandated
- 8 hours long
- Focus on early signs/symptoms
- Focus is on peer support
- Can be taught by LMHA and connected to local resources
- Youth option
- Great refresher for officers

A background image showing a group of business professionals in an office setting. A woman in a grey blazer is holding a smartphone and looking at it, while a man in a dark suit and striped tie stands next to her. Another person is partially visible on the right. The scene is brightly lit, suggesting a modern office environment.

MARKETING TO THE PUBLIC SAFETY COMMUNITY

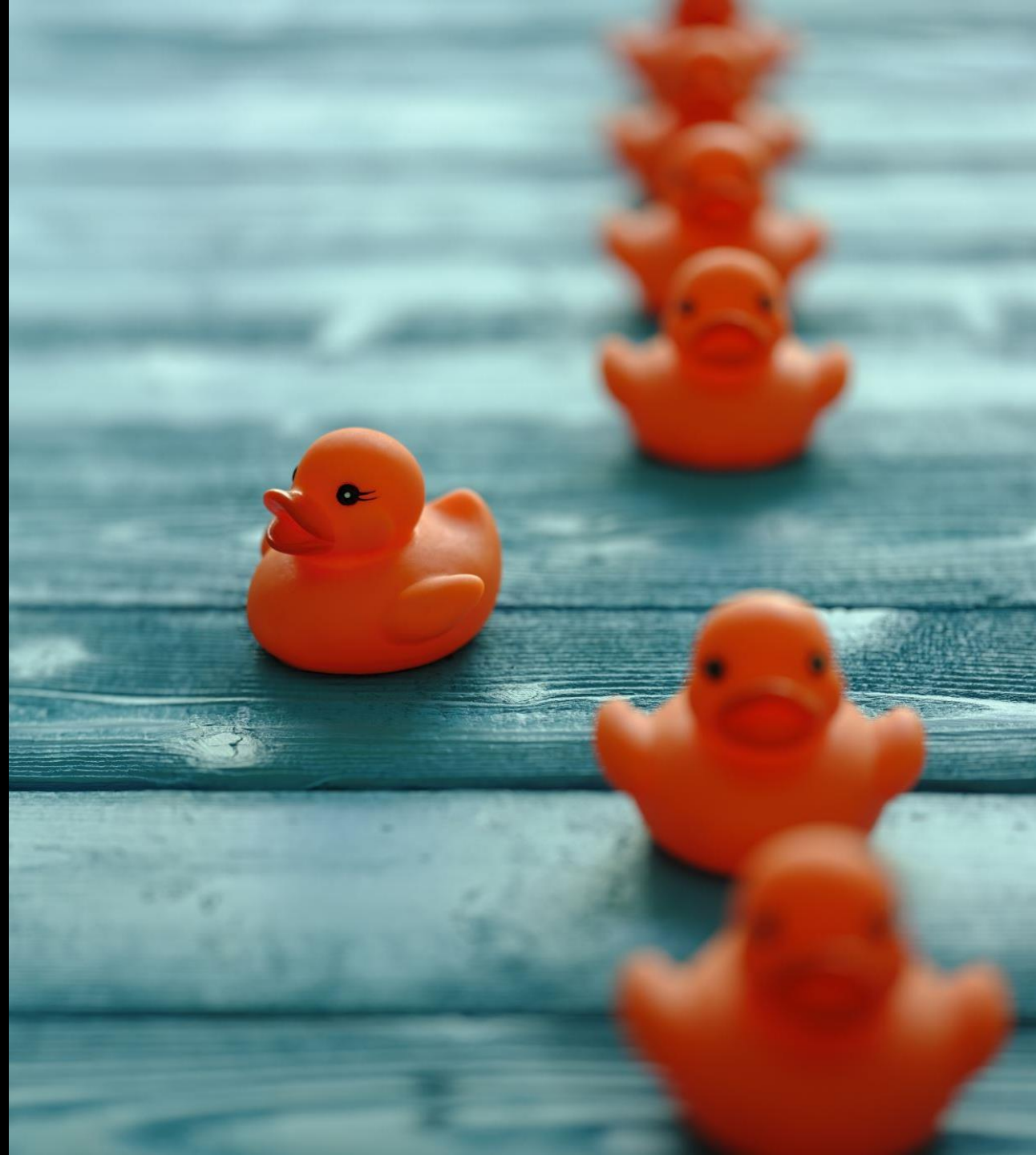


MHFA FOR PUBLIC SAFETY

Gives these professionals the skills
needed to reach out and provide
initial support.

APPROACHES

- Great complement to CIT
- Officers trained in MHFA show increased mental health literacy
- Preventative
- Provides peer support to help
- Youth option
- Great for non-licensed staff (dispatchers, front desk staff, administration, etc.)
- One Mind Campaign



THE VALUE OF THE MHFA

\$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.

THE WHO?

- Chief/Sheriff
- Department Leadership
- Training Coordinators
- Chaplains
- Peer Support Teams/CISM
- County Judges or JP's
- Public Safety Academies
- Citizen Academies



OTHER CONSIDERATIONS

- Law enforcement officers are a challenging group to train
- If possible, have an officer as an instructor – Credibility is crucial
- Voluntary options vs. mandated training
- This can be a very stigmatizing group
- Need to be comfortable confronting their challenges and turn them to teachable moments
- Encourage officers to think about their roles outside of law enforcement.
- Do not get sucked into an argument



REMEMBER!

There are side effects to
being in the helper role.





**Make sure
to
prioritize
self-care!!!**

W O R D L E

TEXT: 33EAB42-0981

QUESTIONS?

THANK YOU!



REACH US @

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