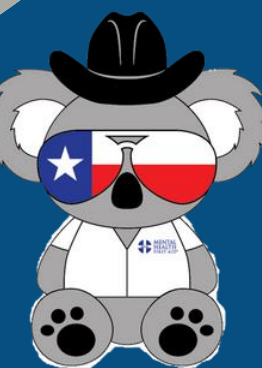


THE POWER OF MENTAL HEALTH FIRST AID TRAINING: EXPLORING THE BENEFITS OF MHFA

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OBJECTIVES



History of
Mental
Health First
Aid in Texas



Define
Mental
Health First
Aid



Benefits of
Mental
Health First
Aid

What is MHFA?

- Public education program, designed much like regular CPR/First Aid, that teaches participants how to recognize the signs and symptoms of Mental Health, Substance Use challenges and Crisis situations and how to respond appropriately and connect the person to the appropriate professional help.
- Originated in Australia in 2000. Brought to the US in 2008 and is now in 25 countries around the world.

MHFA & Texas Council of Community Centers

- In 2012, the Texas Council of Community Centers (TCCC) hosted a National Council training for anyone interested in becoming an MHFA Instructor. In response, several Local Mental Health Authorities (LMHAs) sent staff to be trained.
- Since then, they have been a vital part of expanding MHFA in Texas through the LMHAs. They continue to advocate with the state for the program
- Janet Paleo with TCCC has been a leading force. She testified in front of the Texas Congress about her story and explained why Youth MHFA in schools is vital. She is an amazing asset for the program.

MHFA & Texas HHSC

- Oversee the state contract
- Invoices
- Reimbursement
- Outreach Workers
- Problems with SharePoint
- Clinical Management for Behavioral Health Services (CMBHS)

Jondell Lafont-Garcia is our HHSC person and is amazing at helping us in every way she can.

MHFA & Texas Congress

In January 2013, the 83rd Legislature convened. School safety and mental health were primary areas of focus. Senator Charles Schwertner introduced Senate Bill (S.B.) 955 to provide MHFA to public school educators. Although S.B. 955 did not pass, the language of the bill was amended into House Bill (H.B.) 3793, authored by Representative Garnet Coleman. H.B. 3793 passed and was signed into law by Governor Rick Perry on June 14, 2013.

In addition to providing MHFA to public school educators, appropriations in H.B. 3793 included \$5 million for the state agency to create grants for LMHA/LBHAs. By delegating implementation authority to them, the state ensured all school districts across Texas could participate in MHFA training.

MHFA is the only MH preventative program currently in Texas statute.

Senator Charles Schwertner
Senator José Rodríguez
Representative César Blanco
Representative Four Price

State Funding

- 01** School Employees (inc. Higher Education)
- 02** Employees of child care agency
- 03** People w/direct contact with students
- 04** Youth under 21 years old
- 05** First Responders
- 06** Military, Veterans, and families
- 07** Judges and Attorneys

Mental Health Block Grant

In 2019, Texas HHSC received MHBG funding from SAMHSA. Allocated \$3.9 million to LMHAs and LBHAs to employ the Outreach Worker (OWs) position and expand the program. Training has significantly increased since hiring the OWs.

A lot of center employees, board members, and even leadership don't know or understand what OWs do. We are that mystery person that does "some kind of training" and has limited interaction with other staff

OWs have many meetings every month with each other, Texas Council, HHSC, and National Council. We are a tight knit group and have a mentor program to help new OWs, since centers mostly don't know what we do.

OWs need to be a master of a lot of different skills; marketing, outreach, training, public speaking, finances and accounting, data entry, and supervision of other instructors.

Federal Funds (MHBG)



Outreach Worker Salary

- Every center is required to have an Outreach Worker in order to use these funds.



Marketing

- Can be used for marketing materials, swag, travel, trainings, or anything else that helps market MHFA.



Community Classes

- Buy manuals and supplies for the classes not covered under the State Grant.

Increase

| | FY14 | FY15 | FY16 | FY17 | FY18 | FY19 | FY20 | FY21 | FY22 | FY23 | FY14-FY23 |
|----------------------------------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----------|
| Instructors | 363 | 206 | 147 | 158 | 140 | 300 | 283 | 106 | 242 | 168 | 2,113 |
| School District Employees | 917 | 6,527 | 7,137 | 7,732 | 10,921 | 16,125 | 10,444 | 12,169 | 11,831 | 14,616 | 98,419 |
| University Employees | 0 | 0 | 0 | 219 | 1,801 | 1,718 | 1,594 | 1,358 | 2,110 | 2,008 | 10,808 |
| Community Members | 1,588 | 4,792 | 4,490 | 4,448 | 5,901 | 7,562 | 6,925 | 8,148 | 11,266 | 15,295 | 70,415 |
| Teenagers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 329 | 705 | 1,259 | 2,293 |
| Totals | 2,868 | 11,525 | 11,774 | 12,557 | 18,763 | 25,705 | 19,246 | 22,110 | 26,154 | 33,346 | 184,048 |

Mental Health First Aid's Expenses



MANUALS — Each participant manual for the Mental Health First Aid course costs **\$18.95**.



BLENDED/VIRTUAL MHFA SEAT — The cost per First Aider in a blended or virtual MHFA course is **\$23.95**. This cost includes access to a digital manual and the course content.



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.



ONE NEW FIRST AIDER — The total cost of training one new Mental Health First Aider is **\$170**.



ONE NEW INSTRUCTOR — The cost of training one new instructor is **\$2,200**. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.

Mental Health First Aid

Mental Health First Aid is the initial help offered to a person developing a mental health or substance use challenge or experiencing a mental health crisis.

The first aid is given until appropriate treatment and support are received or until the crisis resolves.

It does not teach how to diagnose, treat or provide counseling or therapy.

Why is MHFA needed?



Early Intervention

- The average time between onset of mental health symptoms and treatment is 11 years! That is a lot of suffering that doesn't need to happen.



Suicide

- In 2022, there were more suicides than any other year (49,369). It is the 2nd leading cause of death for ages 10-14 and 20-34



Fentanyl

- Fentanyl is the leading cause of death for ages 18-45.

[illegible]

What do participants learn?

01 Risk Factor and Warning Signs

02 Information on MH and SUD

03 Identify impact of early intervention

04 Explain recovery is probable

05 A 5 step Action Plan

06 Talk about self-care

07 Resources

ALGEE (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

Class Formats

- **ADULT**

- In Person: 8 hours

- Blended:

- 2 hours of self-paced pre-work
 - 6 hours of instructor led session.
Can be in person or virtual

- **YOUTH**

- In Person: 7 hours

- Blended:

- 2 hours of self-paced pre-work
 - 5 hours of instructor led session.
Can be in person or virtual

Teen MHFA- Six 45 minute or three 90-minute sessions for 14-18 year olds

EXIT TICKET

I am feeling: ☒ 😊 ☐ 😐 ☐ ☹️

I have a concern about: ☐ Myself ☐ Friend

I want someone to check-in on me:

☐ Immediately (crisis situation) ☐ Within a week

☐ By end of day tomorrow ☒ I'm good, no check-in needed

One thing I learned today: My friend is okay now, thanks to this class, so thank you!

One question I still have: X

Name: _____

Date: 3-24-21

MENTAL HEALTH FIRST AID

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH



FIRE/EMS

For Firefighters, EMS Personnel, Members of the Fire/EMS community, and their Family members. Discusses the effect that exposure to traumatic events and life-threatening situations can have on mental health. Gives tools to start a conversation and support others in the Fire/EMS community.



PUBLIC SAFETY

For law enforcement, 911 dispatchers, and families. Combats stigma of mental illness and increase mental health literacy.



CORRECTIONS

For anyone who works in corrections and their families. Teaches corrections professionals how to notice signs and support colleagues who may be experiencing a mental health challenge or crisis.

VETERANS

For individuals who are a part of or support the military community, including service members, veterans and military families.

Addresses the relevance of mental health to military culture, information on risk factors, how to break down stigma and how to reach out to those who suffer in silence and are reluctant to seek help.



OLDER ADULTS

For older adults, caregivers and anyone who is connected to or supports older adults and their families.

Covers life changes that in older adults, including what is typical versus a mental health challenge, and how to have the conversation about your observations.



HIGHER EDUCATION

For students 18 and over, RAs, advisors, any faculty or staff member.

Improves mental health literacy, decreases stigma, teaches how to address tough challenges, and allow your students, professors, and other school faculty to show up fully in their daily lives and support those around them.



RURAL COMMUNITIES

For individuals who are a part of, connected to or support rural communities.

Helps adults acknowledge Mental Health Care disparities, as well as to identify the many unique strengths that come from living in a rural community.



Self-care

Self-care is the practice of taking action to preserve or improve one's own health.

8 Aspects of Self-Care

1. Physical
2. Social / Community
3. Mental / Intellectual
4. Spiritual
5. Emotional
6. Environmental
7. Occupational
8. Financial



Who can benefit from Mental Health First Aid?

Everyone!

- Clients
- Community
- Coworkers

Clients



- We are someone they know
- Early intervention is best
- They will feel like we care



Exit Ticket

Exit Ticket

Name is optional. Please include if you need additional support or have an urgent concern.

| | |
|---|---|
| How are you feeling after today's training session? | Name: Date: |
| What is the most relevant thing you learned today? | Do you have an urgent need or concern? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| One question you still have? |  Mental Health FIRST AID  |

*If you or someone you care about feels overwhelmed with emotions or feel like you want to harm yourself or others, call **911** or one of the following crisis hotlines immediately. 988, Text 741741, or Spindletop Crisis line - (800)937-8097

What is the most relevant thing you learned today?



Community

- Help others we know
- Promote MHFA to others
- Reduce burden on providers



How are you feeling after today's training session?



Coworkers

- Promotes positive mental health in the workplace
- Supports fellow employees
- Early intervention and improved outcomes



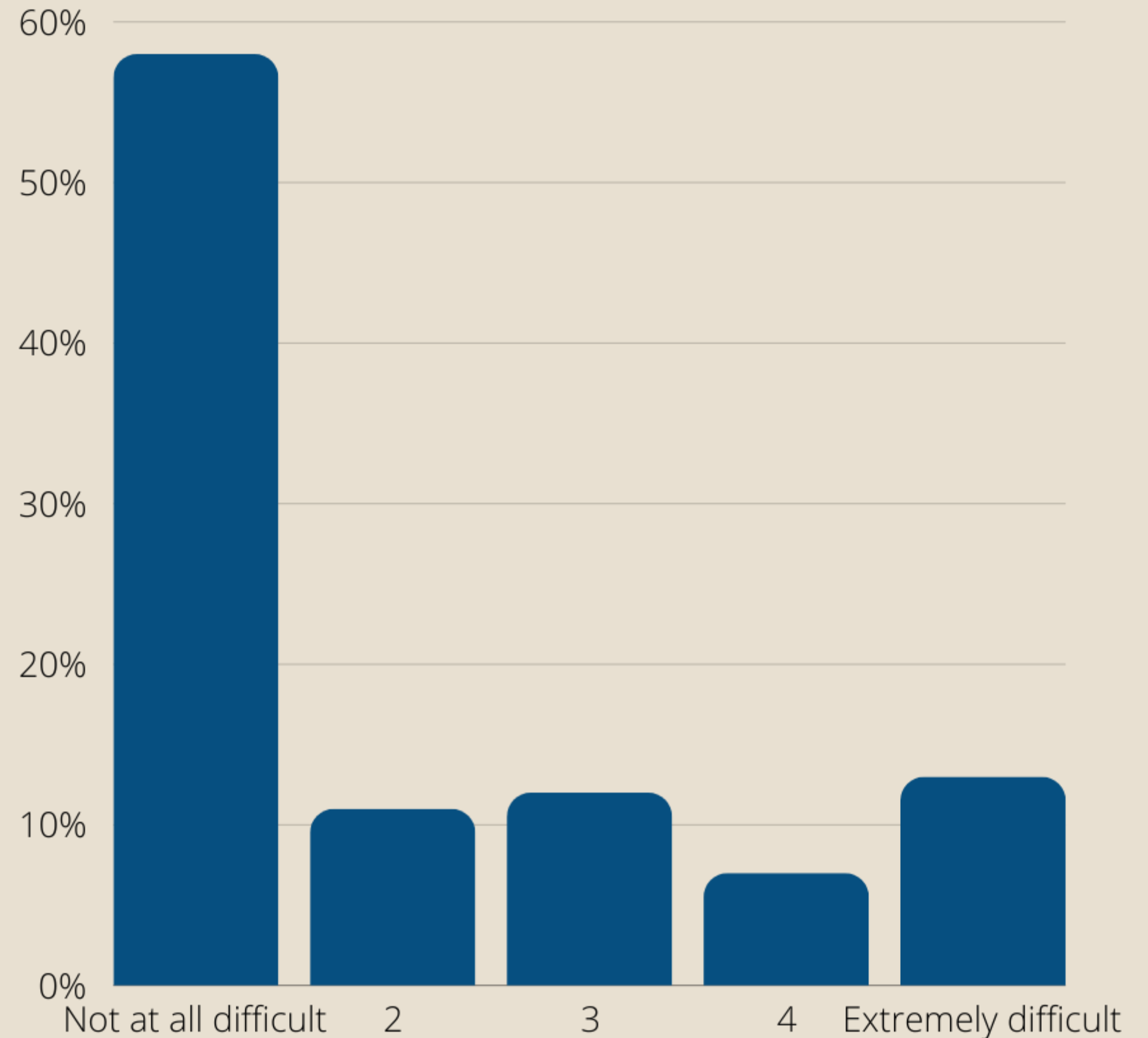
MHFA by the Numbers

Statistics from post-class evaluations



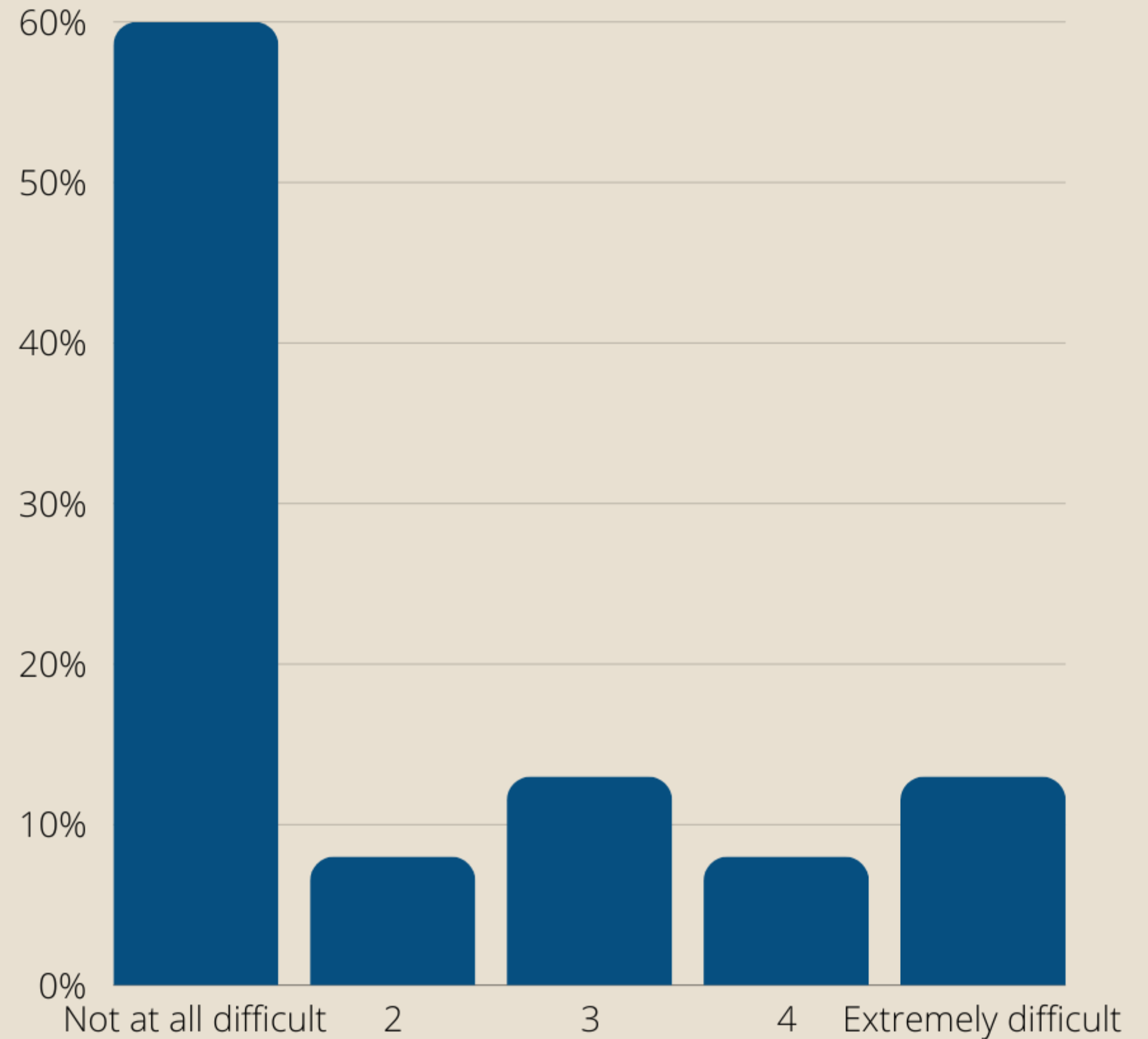
Refer to a Professional

How difficult do you believe it is for you to refer someone experiencing a mental health or substance use challenge(s) to a health professional?



Refer to Practical Help

How difficult do you believe it is for you to refer someone showing signs and symptoms of a mental health or substance use challenge(s) to practical resources such as self-help information or a crisis hotline number?



93%



The course was
helpful and
informative

55%



MHFA has better
prepared me for the
work that I do

Quarterly Survey Results

92%

found the training helpful

96%

would recommend the training to others

54%

used the training with a coworker

63%

used the training with a friend

97%

reported MHFA increased their ability to recognize signs and symptoms of mental illness

95%

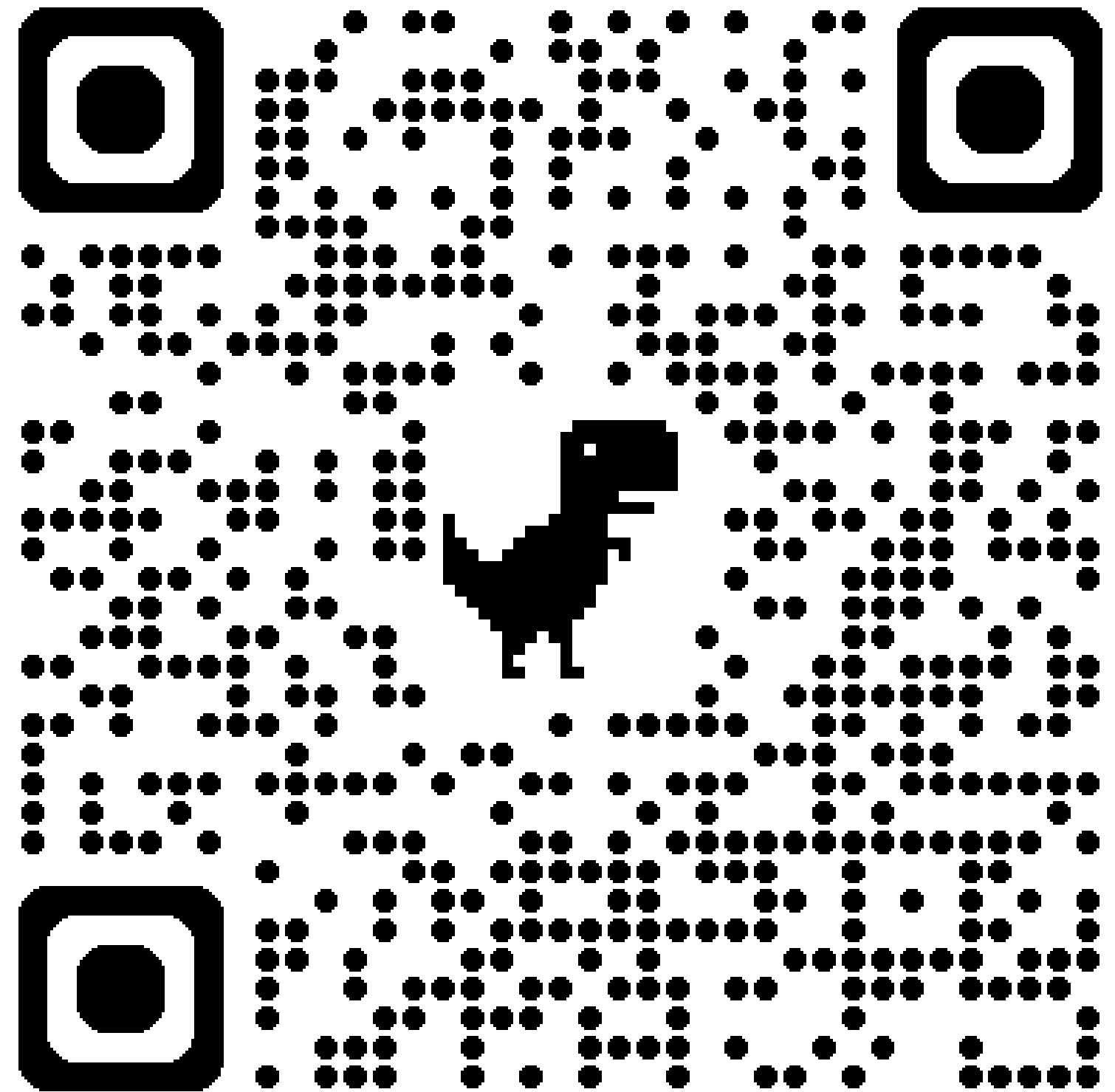
reported MHFA increased their compassion towards people with mental illness

96%

reported MHFA increased their confidence to approach someone who may need help or is in a crisis



Hidden
ALGEEs!



Contact Us



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