

LEADERSHIP CHECK-UP SERIES:

**Developing Your Resiliency
as a Public Health Professional**



Housekeeping

- For audio:
 - Select “Join with Computer Audio,” OR
 - Select “Join by Phone,” then dial the phone number and meeting ID when prompted.
- You will be muted automatically upon entry. Please keep your phone line muted for the duration of the webinar.
- We will have time for Q&A at the end. Please submit your questions for presenters using the Q&A feature at the bottom of your screen.
- This webinar is being recorded and will be archived for future viewing on the National Council’s website.

MENTAL HEALTH FIRST AID: A PRIMER FOR PUBLIC HEALTH PROFESSIONALS AND COMMUNITIES



Today's Presenters



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Poll: What type of organization do you work at?

- Local health agency
- State health agency
- State agency (non-health department)
- Community behavioral health
- Hospital-based behavioral health
- Substance use disorder provider organization
- Corporate
- Education facility
- Federal agency
- Other (type in chat box)

Welcome!



Michael Fraser, PhD, CAE
CEO

Association of State and Territorial Health Officials



American Lung Association (2020)

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

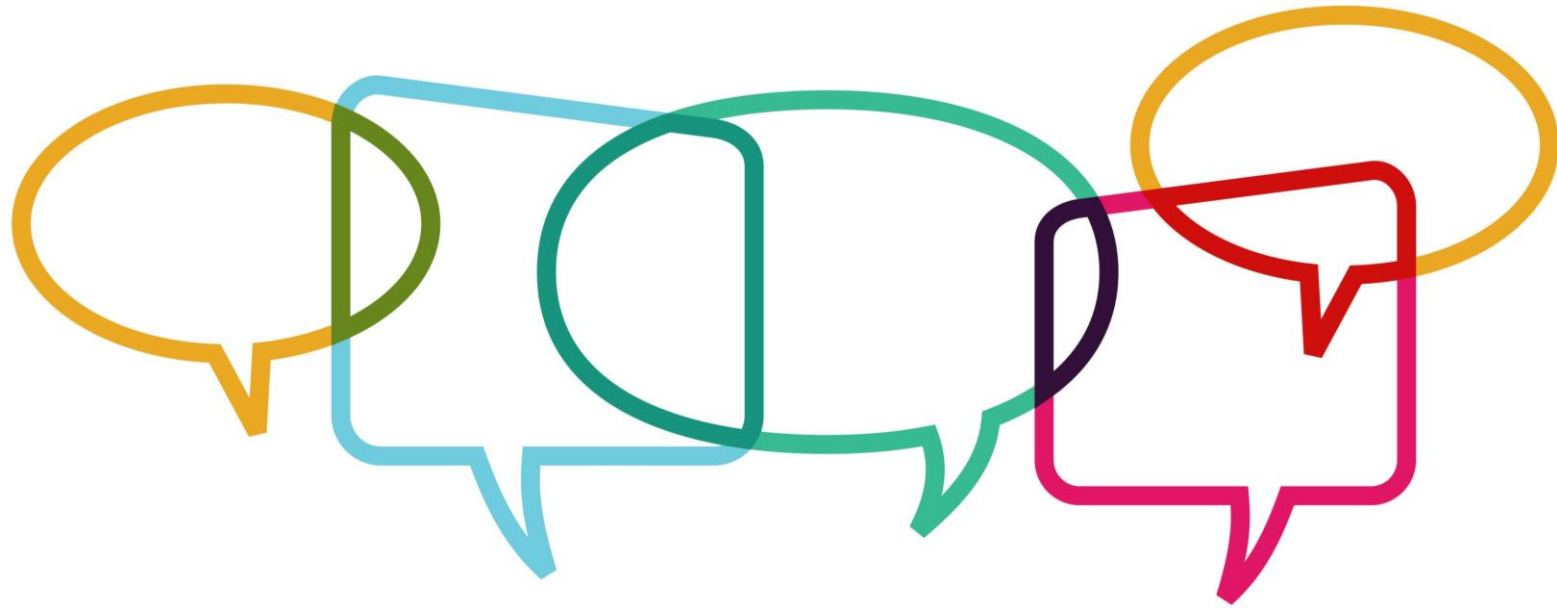
We are the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services.

The National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery.

The National Council introduced **Mental Health First Aid USA** in 2008.



*How many have heard of
Mental Health First Aid?*





**Mental Health First Aid
can foster skills for
building resilience in
employees both on the
job and in their
communities**

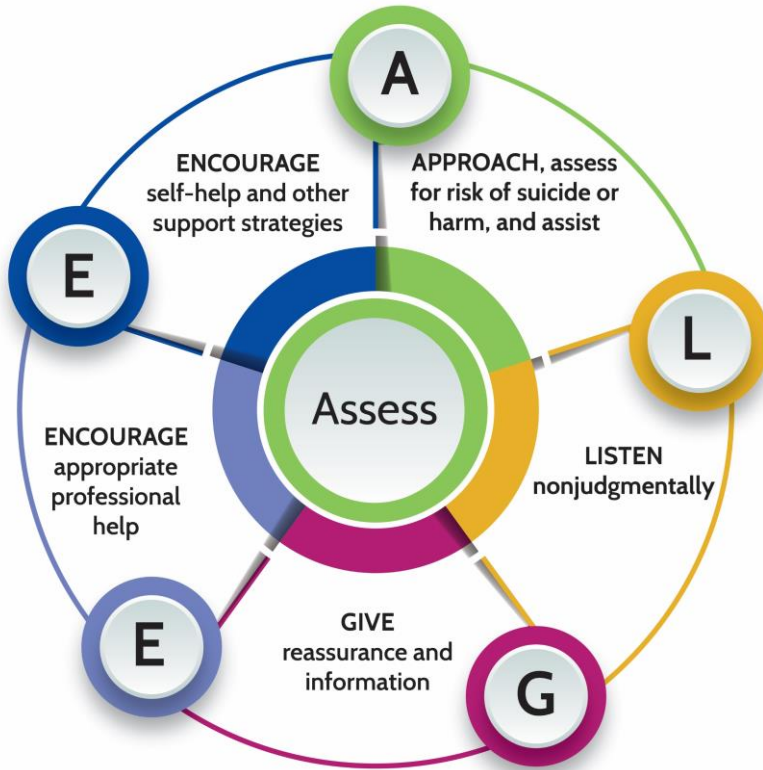
Mental Health First Aid® is the help offered to a person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

Mental Health First Aid® does not teach people to diagnose or to provide treatment.



MENTAL
HEALTH
FIRST AID

Curricula Overview



- **Risk factors and warning signs** of mental health and substance use problems
- **Information** on anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders, and eating disorders
- **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**

2.5 Million

Mental Health First Aiders

Trained!



2020 Content Updates

DELIVERY PATHWAYS

- **In-Person** 6.5-8 Hours
- **Virtual** 2 Hours self-paced + 5.5 HRS video conference
- **Blended** 2 HRS self-paced + 4 HRS in-person

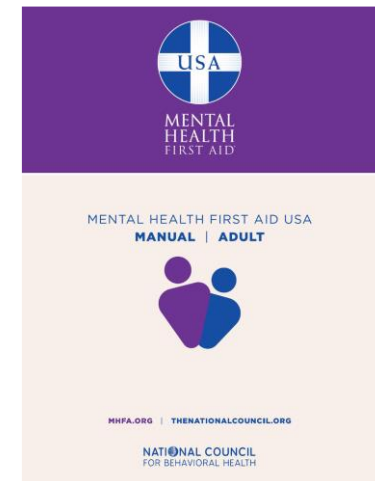
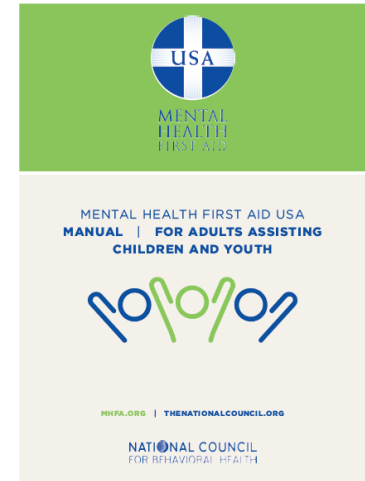
CURRICULA

- **Adult** Mental Health First Aid 18+
- **Youth** Mental Health First Aid Adults → K-12
- **Teen** Mental Health First Aid Teens → 10-12

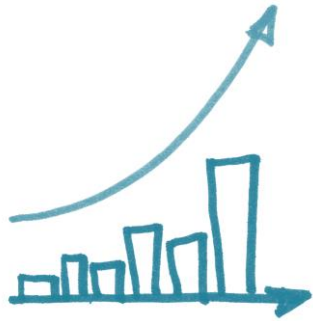
**Virtual tMHFA and Curriculum Supplement Updates Winter 2020-Spring 2022*

Updated Manuals

- DSM-5 update
- Centralized ALGEE Section
- Cultural Considerations
- Impact of Trauma
- Recovery
- Self-Care



MHFA Longitudinal Research and Evidence



*3 and 6
months
post-training*

- ▲ Increases in **confidence** and **likelihood** to perform the Mental Health First Aid action plan
- ▲ People with minimal or no past mental health training **gained the most knowledge**
- ▲ Increases in **referrals** and **assessing suicidality** and **safety**
- ▲ Positive change in their attitudes and beliefs towards mental illness demonstrating a **reduction in stigma**

Youth MHFA: Research and Evidence

Independent 2018 research from the University of Central Florida shows Youth MHFA works for educators. Teachers who took the training showed:

- ▲ increased mental health **literacy**
- ▼ a **reduction in negative attitudes** toward youth with mental health concerns
- ▲ increased **confidence** in their ability to identify and respond to students with mental health problems
- ▲ increased **intentions to engage** in help-seeking behavior with high risk students

National Strategic Growth

Federal Grant Programs

- 2014-2019: NITT Project AWARE (SEAs), Local Education Agencies (LEAs)
- 2019: Mental Health Awareness Training Grants (MHAT)



kate spade ♠ NEW YORK
FOUNDATION



Regional, Statewide and Municipal

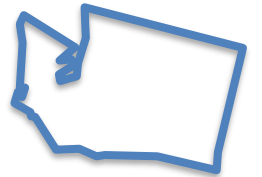
- Philadelphia: 20,000+ Trained
- New York City: 250,000 Pledge

Implementation Models

County and Population Based Initiatives



MHFA is embedded as one of the 6 Primary Initiatives of the **Montgomery County, OH** Alcohol Drug Addiction and Mental Health Services in Dayton with thousands trained in a 9-county region since 2014.



Jacksonville Nonprofit Hospital Partnership including Baptist Health, Brooks Rehabilitation, Mayo Clinic, St. Vincent's HealthCare and UF Health Jacksonville partnered with local government and **have trained 6,000+ first responders and residents in MHFA** with a goal of training 10,000 in the **5-county area**.



King County, WA funds 53 initiatives through a Mental Illness & Drug Dependency 1/10 of 1% tax, and has a goal of reaching at least 10,000 residents with Mental Health First Aid.

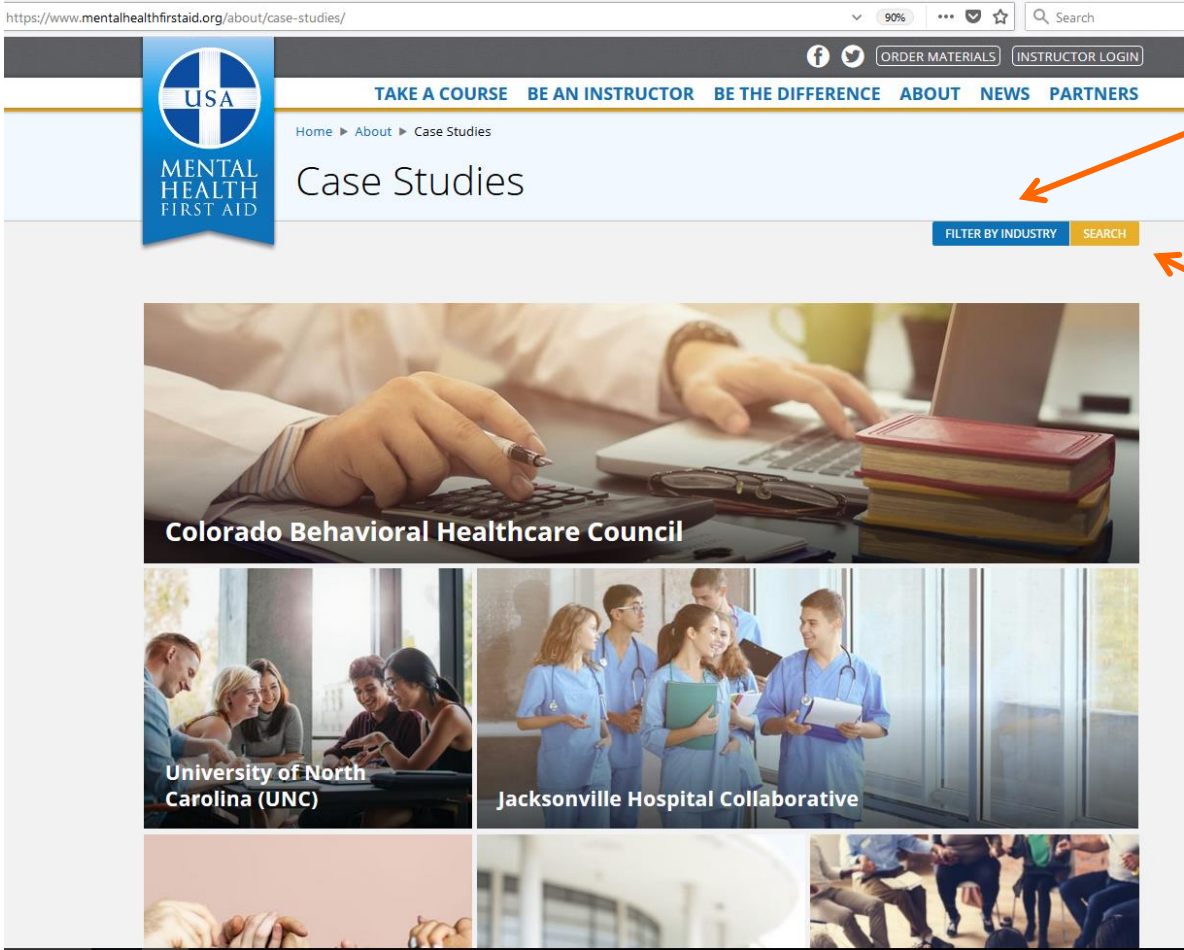
Implementation Models

Department Wide Training

"This year we've made MHFA a mandatory class for all of our county public health employees. We've received positive feedback about how course strategies might positively impact interactions with the public and/or with colleagues/family/friends."

--Mental Health First Aid Instructor, Jefferson County (CO) Public Health

Case Studies: Local Implementation Models



Filter by Industry

Key Word Search



Current Stressors

COVID-19

COVID-19 Stressors

No contact with others

Worries about job duties, holding employment, financial constraints

Anticipation about the future and unsure how long this will continue??

Constant doom and gloom (i.e. social media, news, etc.)

Working all the time

Everyone's in a different boat

Merged roles and constant multitasking (employee, parent, spouse, managing families, schooling)

Lack of / no socialization with sick/older relatives

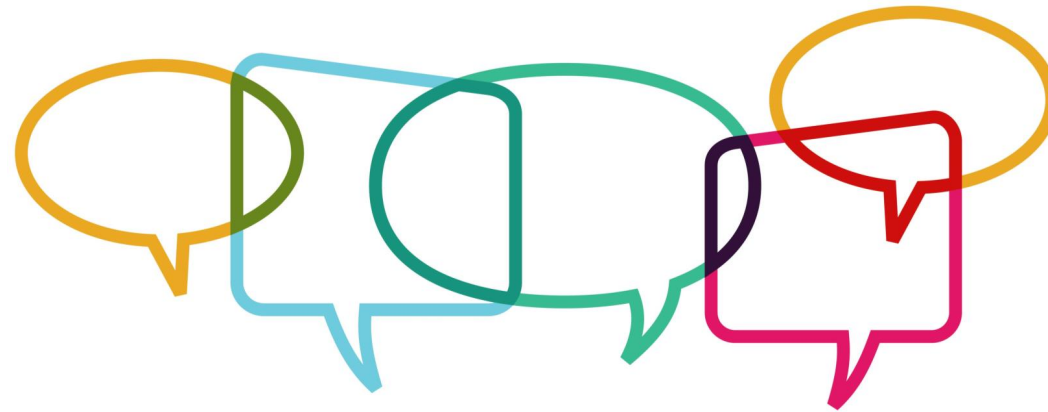
Lack of control over the situation



typical

Anxiety is a ~~normal~~
human response to a
stressful situation

What are some of the self-care practices that have supported you this year?



Simple Ways to take care of Ourselves and Others

Exercise, stay
active

Set boundaries

Light a candle

Reduce your
caffeine intake

Write it down

Chew gum

Spend virtual
time with friends
and family

Laugh

Learn to say no

Learn to avoid
procrastination

Take a yoga class

Practice
mindfulness

Cuddle

Listen to
soothing music

Deep breathing

Spend time with
your pet



MHFA In the Current Work Environment

What has someone said that made you feel supported in the workplace?



What We Know



U.S. Adults: 19.8% mental illness and 7.8% substance use disorder.¹



Untreated mental illness: \$1 trillion in lost productivity annually³ and approximately \$105 billion in the United States.⁴



Unmet BH needs can impact an employee's **job performance, engagement, communication, and physical capability** in the workplace.²



35 million workdays are lost each year due to mental illness.⁴

Source: (1) National Survey of Drug Use and Health, 2018; (2) <https://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/WHRC-Mental-Health-and-Stress-in-the-Workplace-Issue-Brief-H.pdf>; (3) https://www.who.int/mental_health/in_the_workplace/en/; (4) <https://www.mentalhealthfirstaid.org/population-focused-modules/workplace/>

What to look for...

Signs

What we may see

Weight change

Withdrawal from others

Irritability

Changes in self-care/appearance

Personality change

Tearfulness

Indecisiveness/confusion

Increased alcohol or drug use

Having a dramatic change in mood

Self-criticism

Symptoms

What someone may feel

Sadness/anxiety

Low energy

Sleep disturbance

Appetite change

Headaches

Need for more of the substance over time

Physical withdrawal

Unexplained aches and pains

Hopelessness

Helplessness

Thoughts of death and suicide



How can you help?

Encourage the person to:

- Tell others what they need
- Identify sources of support
- Take care of themselves
- Use coping strategies that helped in the past
- Spend time somewhere in a safe and comfortable place
- Seek trained professional help for support

Encourage positive coping strategies.

Using MHFA in the Workplace



Get to know the staff and check in regularly



Have your resources handy and visible in work areas, on bulletin boards, send as daily email reminders with a positive thought



Seek help if you need to. If your feelings are too much to bear, seeking help is a sign of strength, not weakness.



Model Self-Care (i.e. step outside for fresh air, mini breaks, meditate, eating well)

How To Help...

IN AN EMERGENCY OR CRISIS

If you or someone you know tried to hurt themselves, get help immediately
--If calling 911, ask for a Wellness Check or CIT trained responder--

If you or someone you know is having suicidal thoughts and needs to talk to a crisis counselor, please take advantage of these **free** resources:

National Suicide Prevention Lifeline: 800-273-8255 (TALK)

Crisis Textline: Text "MHFA" to 741741

Trevor Project (LGBTQ Youth): 1-866-488-7386 OR Text "START" to 678678

How to Find Area Courses or Instructors

1. Go to www.mentalhealthfirstaid.org and click “Find a Course”
2. Search by City, State or by Zip code and select the search area (“Distance from Me”)
3. A list of courses will appear. Click **“Download to Excel”** to download search results
4. To see a list of Instructors, click the **Instructors tab**. If desired, **filter instructors** by Certification. Click **“Download to Excel”** to download search results

The screenshot shows the 'Find a Course' page on the Mental Health First Aid website. The URL is <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>. The page features a navigation bar with links: TAKE A COURSE, BE AN INSTRUCTOR, BE THE DIFFERENCE, ABOUT, NEWS, and PARTNERS. A search bar is present with 'Arlington, VA, USA' and a '25 miles' radius. A 'FIND COURSES' button is highlighted. Below the search bar, there are two tabs: 'Courses' and 'Instructors'. A 'Download Search Results' button is also visible. A 'FILTER BY' section allows filtering by curriculum type (All Course Certifications, Adult, Youth, SpanishAdult, SpanishYouth). A 'Download Results to Excel' button is present. A table of search results is shown with columns: INSTRUCTOR, CERTIFICATIONS, ORGANIZATION, TITLE, CITY, STATE, and DISTANCE. The table lists several instructors and their details. Annotations with orange arrows point to the 'Instructors' tab, the 'Download Search Results' button, the 'Filter by' section, and the 'Download Results to Excel' button.

Click tabs to see either Courses or Instructors

Download Search Results

Click to filter by curriculum type (optional)

Click to filter by module type (optional)

INSTRUCTOR	CERTIFICATIONS	ORGANIZATION	TITLE	CITY, STATE	DISTANCE
Jakatae Jessup	Y	Shelby County Schools	School Psychologist	Arlington, Tennessee	0 mi View map
Mary Dolby-McDonald	Y	Arlington Public Schools	Virginia Licensed Clinical Social Worker	Arlington, Virginia	0.6 mi View map
Cristin Miller	Y		School Psychologist	Arlington, Virginia	0.6 mi View map
Teresa George Gordon	Y	Arlington Public Schools	Psychologist	Arlington, Virginia	0.6 mi View map
Shannon Starke		L		Arlington, Virginia	0.8 mi View map
Gregory Myers	Y	Arlington Public Schools	School Psychologist	Arlington, Virginia	0.9 mi View map
Magali Olander	Y	Web Portal	Social Worker	Arlington, Massachusetts	0.9 mi View map

Additional Helpful Resources

- **Centers for Disease Control and Prevention (CDC)**
 - [COVID-19: Managing Stress and Anxiety](#)
- **American Psychiatric Association (APA)**
 - [COVID-19/Coronavirus Resources and Information Hub](#)
 - [Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)
- **World Health Organization (WHO)**
 - [COVID-19/Coronavirus: Mental Health Considerations](#)
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - [Tips for Social Distancing, Quarantine and Isolation](#)
- **National Alliance on Mental Health (NAMI)**
 - [COVID-19 and Mental Illness Guide](#)
- **Local Call Centers and Hotlines** If you or someone else are experiencing high levels of stress, anxiety or depression, reach out for support.



3,2,1- Mental Health Call to Action

3

self care activities that you
can do in the next 7 days

2

supports you can call
you can check in with if
you need to

1

goal about mental health
awareness to work toward
during the next 12 months



Take a course. Save a life. Strengthen your community.

#BeTheDifference



For more information, to find a course
or a list of certified instructors, visit

www.MentalHealthFirstAid.org



@NationalCouncil @MHFirstAidUSA



TramaineE@thenationalcouncil.org



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Questions?

Type in your questions in the Q&A/Chat feature



thank
you