NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE

USA MENTAL HEALTH FIRST AID

A Collaborative Partnership

NATIONAL COUNCIL
for Community Behavioral Healthcare

Maryland State Department of Mental Hygiene

Missouri Department of Mental Health

About the National Council

Represent 1,700 community-based organizations that care for more than 6 million adults and children with mental illnesses and addiction disorders.

> Policy

> Practice

> Public education

What Is Mental Health First Aid

The help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.

What You Learn

> Overview of mental health problems
- Depressive disorders
- Anxiety disorders
- Psychotic disorders
- Substance use disorders
- Eating disorders

> Mental Health First Aid for crisis situations

> Mental Health First Aid for non-crisis situations

Program Origins

> Created in Australia in 2001

> Auspiced at the University of Melbourne

> Expanded to 14 countries, including Scotland, China, Canada, Finland, Singapore, Ireland, Wales, England, Cambodia, Japan, South Africa, Thailand and New Zealand.

> Piloted in the U.S. in 2008

Evidenced Effectiveness

> Four published randomized control trials and a qualitative study (in Australia)

- Increases mental health literacy
- Expands individuals' knowledge of how to help someone in crisis
- Connects individuals to needed services
- Reduces stigma

Potential Audiences

- Hospitals and health centers
- Employers
- Faith communities
- Schools/universities
- Law enforcement/first responders
- Nursing home staff
- Families and caring citizens
- Mental health authorities
- Policymakers

People Are Saying . . .

> "I now feel better prepared for what might happen."

Homeless Shelter Volunteer

> "This info can help a person become more understanding, rather than judgmental, of someone with a mental illness"

Community Member

People Are Saying . . .

> "Just weeks after attending the training, I've already used the skills I learned in Mental Health First Aid…"

Hospital Employee

> "I think any professionals who deal with people should take this course, especially emergency personnel, teachers, . . ."

Employment Services Professional

Community Connections

"Mental Health First Aid – with its new emphasis on recovery – has the power to transform communities, the power to change beliefs and the ability to connect people in ways they never would have connected otherwise."

Larry Fricks
National Consumer Leader

By the Numbers

> 3,000+ Mental Health First Aiders
> 180+ community trainings
> 360 instructors certified
> 36 states
> 1,000,000 media impressions

Vision

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

How it Works

Training Components

> 12-hour community program offered by instructors

> 5-day instructor certification training offered by the National Council

Implementation & Sustainability

> Web-based technical assistance infrastructure

> Program evaluation

> Expansion to all 50 states

> National media campaign

State Implementation Steps

- Experience Mental Health First Aid — attend a course.
- Develop rollout strategy — define key target audiences and how to reach them.
- Certify instructors.
- Get key influencers — community partners, policymakers, media, funders — to support and endorse.
- Offer/organize 12-hour programs.

For More Information

www.MentalHealthFirstAid.org

Meena Dayak
MeenaD@theNationalCouncil.org

Susan Partain
SusanP@theNationalCouncil.org
202.684.3732