



# Mental Health First Aid Training

## What is Mental Health First Aid?

Like CPR training helps a non-medical professional assist an individual following a heart attack, Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing mental health issues of concern. The goal of Mental Health First Aid is to help support an individual until appropriate professional help or support strategies are available.

### **Mental Health First Aid training teaches a 5-step process to**

- assess a situation
- select and implement appropriate interventions, and
- help an individual connect with appropriate care.

### **Participants learn**

- the risk factors and warning signs of specific illnesses such as anxiety, depression, psychosis and addiction
- engage in activities that build understanding of the impact of illness, and
- receive information about effective treatment programs.

### **Mental Health First Aiders learn to use a single strategy approach**

Trainees learn to apply a simple approach to specific types of situations such as helping someone through a panic attack, engaging with someone who may be anxious, depressed or even suicidal, supporting a person experiencing psychosis, and helping an individual who has overdosed. An important component of the Mental Health First Aid training is that trainees practice the intervention strategy rather than just learn about it. This experience can make it easier to actually apply the knowledge in a real-life situation.

## **Mental Health First Aid Program Effectiveness**

The National Council for Community Behavioral Healthcare chose to help bring Mental Health First Aid to the U.S. due to the strong evidence supporting the program's effectiveness. Four detailed studies have been completed in Australia where the program originated and nearly a dozen journal articles published on Mental Health First Aid's positive impact on mental health.

To date, Mental Health First Aid has been replicated in England, Scotland, Canada, Hong Kong, Ireland, and Singapore. In the next ten years, the National Council hopes that Mental Health First Aid will become as common as CPR and First Aid training. The program has been shown to positively impact the health, well-being, and safety of individuals and the community.

### **Certified Trainers**

- Beth Friedman-Darner, LASW, KMHS Associate Director
- Kathleen Talluto, KMHS Lead Access Screener
- Kathryn Felix, MSW, KMHS Adult Outpatient Director
- Rochelle Doan, MS, KMHS Development and Community Relations Director

## **How to Register for Mental Health First Aid Training**

The 12 hour course is designed for the community at large. Law enforcement, first responders, shelter and social service workers, educators, and retail businesses may find the course of special interest. For more information, contact Jacki Marson at [jacquem@kmhs.org](mailto:jacquem@kmhs.org) or by phone: 360-415-5801.



# Mental Health First Aid Training

## Course Objectives

- Understand the definition and goals of Mental Health First Aid.
- Learn and practice the Action Plan for Mental Health First Aid using the *Five Basic Steps*:
  1. Assessing risk of suicide or harm
  2. Listening non-judgmentally
  3. Giving reassurance and information
  4. Encouraging person to get appropriate professional help
  5. Encouraging self-help strategies.
- Receive an overview of mental health problems and types of treatment available.
- Learn about the most prevalent mental illnesses; their definitions, causes, risk factors, warning signs and symptoms.
- Obtain information on resources (websites/ organizations) for continued study and reference.

## Training Modules Cover:

- (1). What is Mental Health First Aid; (2). Mental health problems;
- (3). Recognizing Depression; (4). Anxiety Disorders; (5). What is Psychosis;
- (6). Understanding Substance Use Disorders; (7). Eating Disorders;
- (8). Harming Behaviors: Deliberate Self-injury; (9). Resources and References.

## Program Structure and Fees

In order to make Mental Health First Aid readily available to the public, the program is offered at minimal cost.

- A minimum of 12 participants and maximum of 32 participants per session.
- \$30 per participant fee includes Mental Health First Aid Manuals.
- Payment must be received 7 days prior to training. Cancellations made less than 7 days prior to training are non-refundable.
- Mental Health First Aid is an Evidence Based Practice, and participants must attend the full 12-hour class to receive MHFA Certification. If a participant is unable to complete the full training and wishes to become certified, attendance at a later training date to complete the missing portion is possible. However, a new \$30 participant fee will be charged for participation in the session.
- Scheduling priority is for organizations located in Kitsap County.

### **KMHS offers training on our campus every other month:**

- Trainer/s provided for 2 six-hour training sessions to total 12 hours.
- Snacks are provided; lunch will be participant's responsibility.

***With gratitude to NAMI Kitsap County, whose generous support has helped to make Mental Health First Aid Training available to our community.***