

Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Adult Mental Health
First Aid USA

Information

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- Cayce, SC 29033

- 803-779-5363
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Mental Health America of SC

- Est 1954 / 71st Anniversary this year
- Clifford Beers – MHA Nationally
- The **Bell** symbolizes ***Freedom***
-
- **MHASC** mission - *Advocacy, Services, Education*
- Advocacy – State and local
- Services – **Housing , Bridges Clubhouse** day treatment program -30
- Education – QPR Suicide Prevention Certification, MHFA certification

www.mha-sc.org



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COURSE AGENDA: SESSION 1

LEARNING OBJECTIVES

- Describe the **PURPOSE** of Mental Health First Aid and the **ROLE** of the Mental Health First Aider.
- Identify the **IMPACT** of mental health challenges on the wellbeing of adults in the U.S.
- Explain that **RECOVERY** from a mental health or substance use challenge is possible.
- Describe the principles of **SAFETY** and **PRIVACY** for both the Mental Health First Aider and the person receiving first aid.
- Explain the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
- Recognize the **SIGNS** and **SYMPTOMS** of mental health challenges that may impact adults.

SEGMENT	TOPIC
1	Welcome to Mental Health First Aid
2	Mental Health and Mental Disorders
3	Role of the Mental Health First Aider & Self-Care
4	Common Mental Disorders in the U.S.
5	Recognizing Signs & Symptoms
BREAK	



N/A



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COURSE AGENDA: SESSION 2

LEARNING OBJECTIVES

- Evaluate the impact of **EARLY INTERVENTION** on mental health challenges.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) to a scenario:
 - Where a person **SHOWS EARLY SIGNS** of a mental health challenge.
 - Where a person **SHOWS WORSENING SIGNS** of a mental health challenge.
 - Where a person shows signs of a mental health **CRISIS**.
- Choose appropriate methods for **SELF-CARE** following the application of Mental Health First Aid.

SEGMENT	TOPIC
6	Mental Health First Aid Action Plan (ALGEE)
7	MHFA for Early Signs and Symptoms
8	MHFA for Worsening Signs and Symptoms
9	MHFA for Crisis Situations
10	Self-care for the Mental Health First Aider
BREAK	



N/A



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SEGMENT 1

WELCOME TO MENTAL HEALTH FIRST AID

- Provide an overview of the course.
- Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.



Artist: Ella Scheuerell



1.1 - 1.3



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VIDEO: THE AWKWARD CONVERSATION



N/A

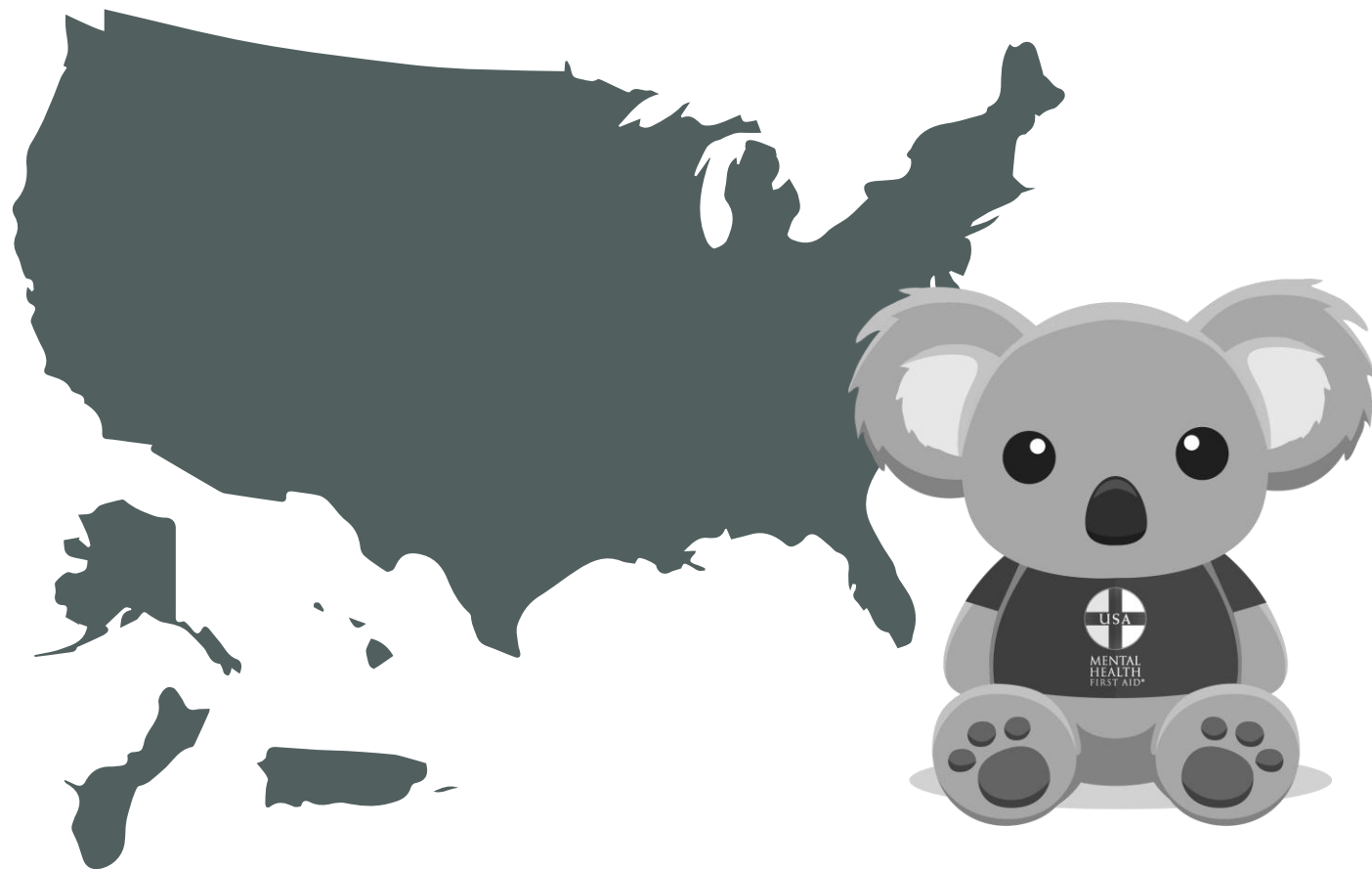


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WHAT IS MENTAL HEALTH FIRST AID?



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ALGEE

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.



N/A



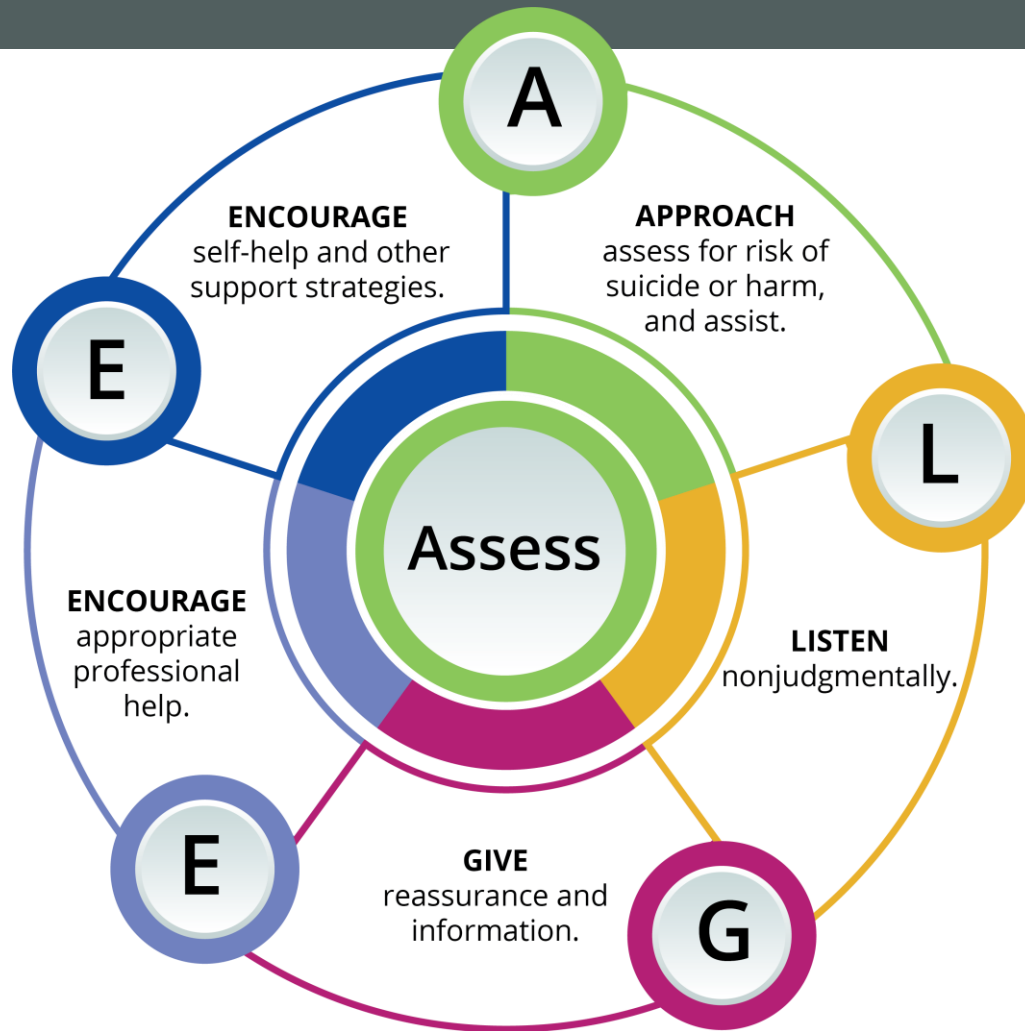
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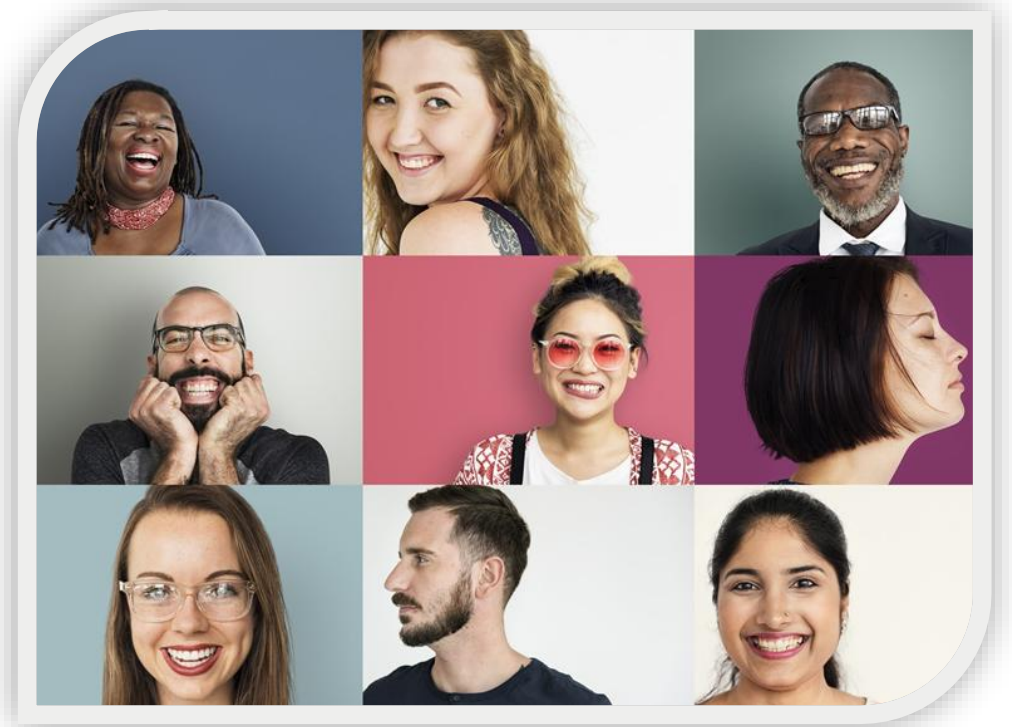
THE MENTAL HEALTH FIRST AID ACTION PLAN



THE CONNECTION BETWEEN CULTURE AND HEALTH

Belonging to a culture impacts:

- Our health choices.
- What health means to us.
- What we think causes good and bad health.
- Who we go to for support.
- Our values about health and health care.
- Our behaviors.



15, 52



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WHAT IS YOUR ROLE AS A MENTAL HEALTH FIRST AIDER?

Mental Health First Aiders...

- Do not diagnose or treat themselves or others.
- Observe changes in behaviors.
- Offer a nonjudgmental listening ear.
- Respect the individual's privacy.
- Serve as a vital link to early intervention.
- Respect and honor the individual's culture.



N/A



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CONSIDERATIONS WHEN REACHING OUT

Mental Health First Aid does not replace any professional responsibilities, legal responsibilities or organizational procedures a Mental Health First Aider has as a mandatory reporter, first responder clinician, government employee, etc.



N/A



N/A



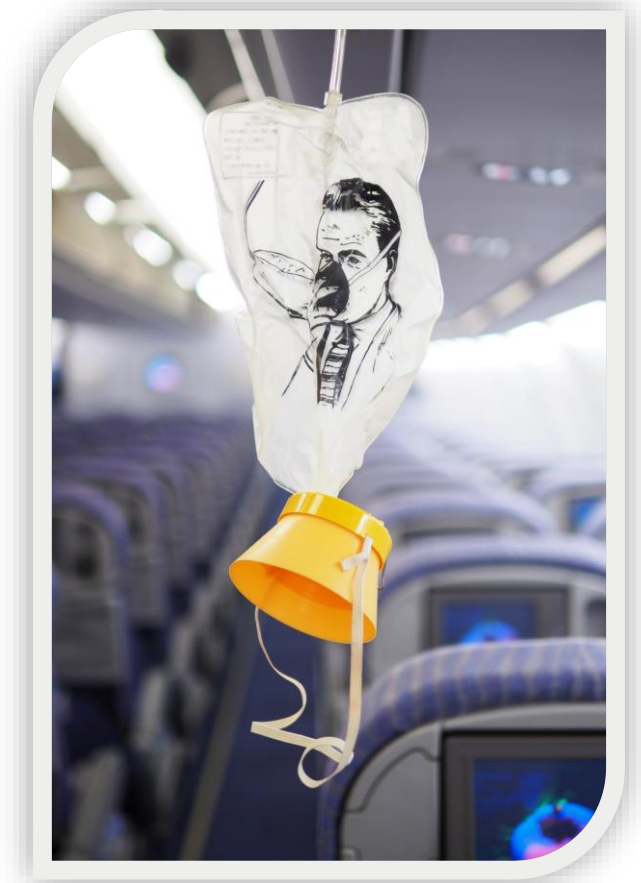
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CONSIDERATIONS WHEN REACHING OUT

Staying safe is the most important thing for all Mental Health First Aiders to remember.

- A Mental Health First Aider is never required to engage in a situation they are uncomfortable with or where they feel unsafe.
- If a situation becomes uncomfortable or unsafe, immediately disengage and connect the person with another trained person or professional help immediately.



N/A



N/A



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SUPPORT RESOURCES

National Suicide Prevention Lifeline

Lifeline offers free services 24/7.
Call **1-800-273-TALK (8255)** or visit
suicidepreventionlifeline.org.

Help is also available in Spanish by calling 1-888-628-9454

Crisis Text Line

Text **“MHFA” to 741741**
for free 24/7
crisis counseling or visit
crisistextline.org.



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N/A



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KNOWLEDGE CHECK

Mental Health First Aid is the help offered to an adult experiencing a mental health challenge.

TRUE

Mental Health First Aiders do not diagnose themselves or others. Rather, they observe changes in behaviors and offer a nonjudgmental listening ear.

TRUE

Mental Health First Aid does not supersede any professional, legal, or organizational obligations that a Mental Health First Aider may be bound by.

TRUE



N/A



N/A



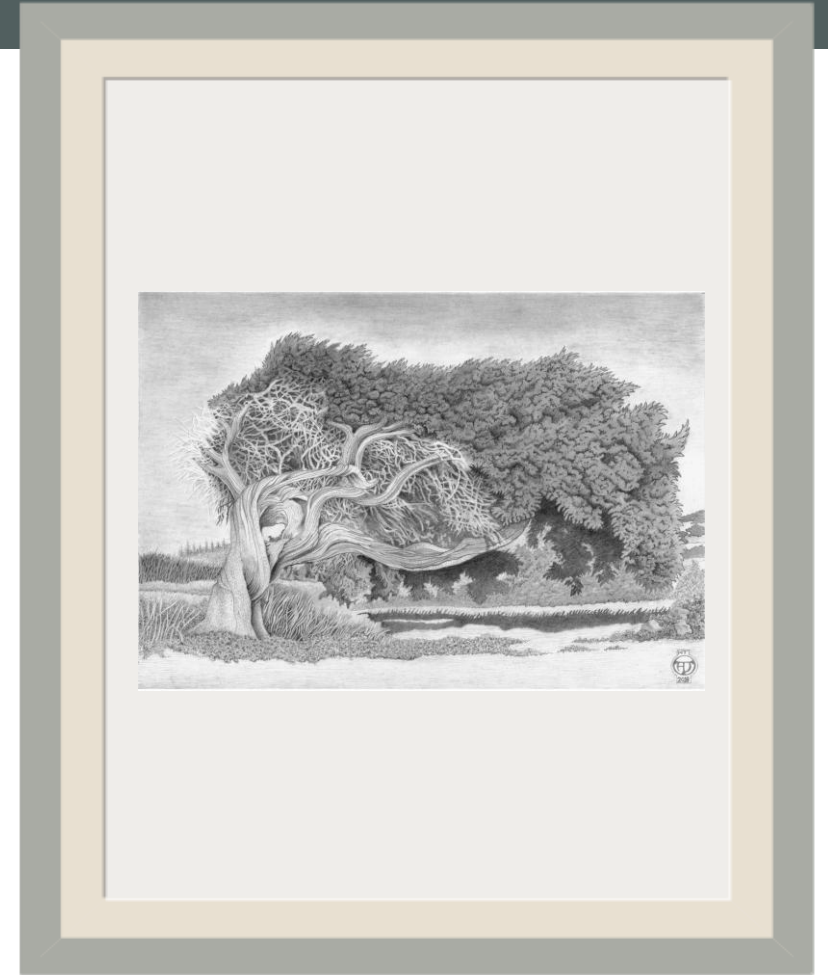
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SEGMENT 2

MENTAL HEALTH AND MENTAL DISORDERS

- Identify the impact of mental health challenges on the wellbeing of adults in the United States.
- Explain that recovery from a mental health challenge is possible.



Artist: Timothy Amussen



N/A



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MENTAL HEALTH STIGMA

Mental health stigma means the negative attitudes toward people with mental health challenges.

- **Mental health stigma can lead to discrimination**, which is when people with mental health challenges are treated differently because of their illness.
- Stigma can make it hard for people to talk about their challenges and get help.



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N/A



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WHAT IS PERSON-FIRST LANGUAGE?

"A person living with schizophrenia."

"A person without housing."

"A person diagnosed with bipolar disorder."

"A person who uses drugs."



N/A



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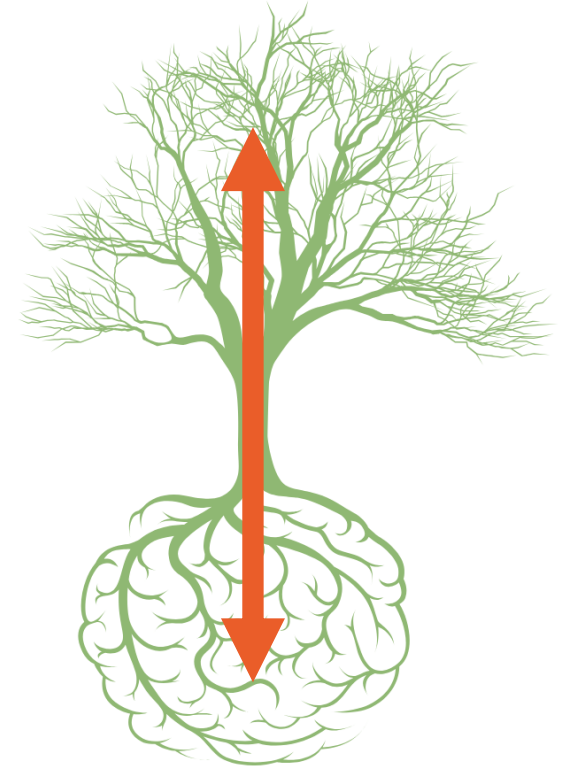
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WHAT IS MENTAL HEALTH?

Mental health is a state of wellbeing in which the individual:

- Realizes their own abilities.
- Can cope with the normal stresses of life.
- Can work productively and fruitfully.
- Can contribute to their community.

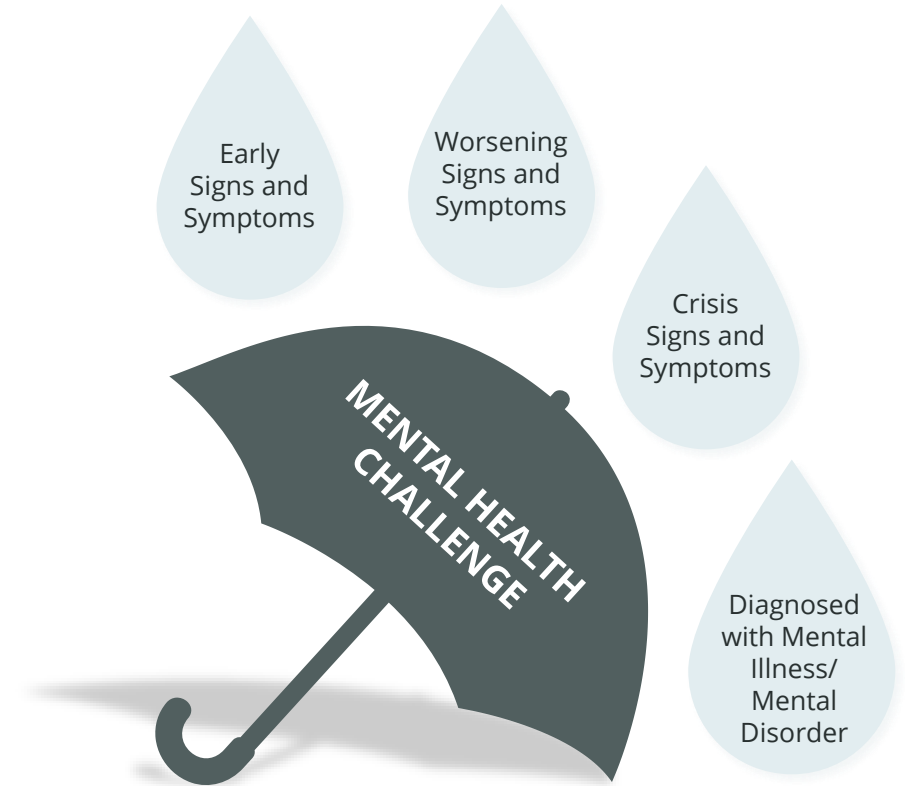
Positive Mental Health



WHAT IS A MENTAL CHALLENGE?

A **mental health challenge** is when:

- There is a major change in a person's thinking, feeling, or acting.
- The change interferes with the person's ability to live their life.
- The interference does not go away quickly and lasts longer than typical emotions or reactions would be expected to.



N/A



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WHAT ARE MENTAL DISORDERS?

A **mental disorder** is a diagnosable disorder that:

- Affects a person's thinking, emotional state, and behavior.
- Disrupts the person's ability to:
 - Work.
 - Carry out daily activities.
 - Engage in satisfying relationships.



Who are the professionals who can diagnose?



What are the names of disorders that you have heard of?



Some common disorders that you may have heard of: depressive disorders, anxiety disorders, eating disorders, bipolar disorders, PTSD, substance use disorders



WHAT ARE SUBSTANCE USE DISORDERS?

- Patterns of using alcohol or another substance that result in impairment in daily life or noticeable distress.
- Repeated use of and dependence on the substance will lead to a pattern of compulsive use, drug tolerance and, if discontinued, withdrawal symptoms.



HOW COMMON ARE MENTAL DISORDERS?

- Approximately **1 in 5 adults in the United States are diagnosed** with a mental disorder in a single year.
- **Almost half of all U.S. adults will experience a mental health challenge** at some point over the course of their lifetime.



GAPS IN TREATMENT

- **Many people** with common mental disorders **do not seek professional help.**
- More than **40% of people** with mental disorders **sought no treatment** in the prior year.
- **What are some barriers to care in your community?**



COST



STIGMA



LOGISTICS



AWARENESS



N/A



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THE IMPACT OF MENTAL DISORDERS

Disability refers to the amount of disruption a health problem causes to a person's ability to:

- Work.
- Carry out daily activities.
- Engage in satisfying relationships.

Not every disability is visible.



N/A



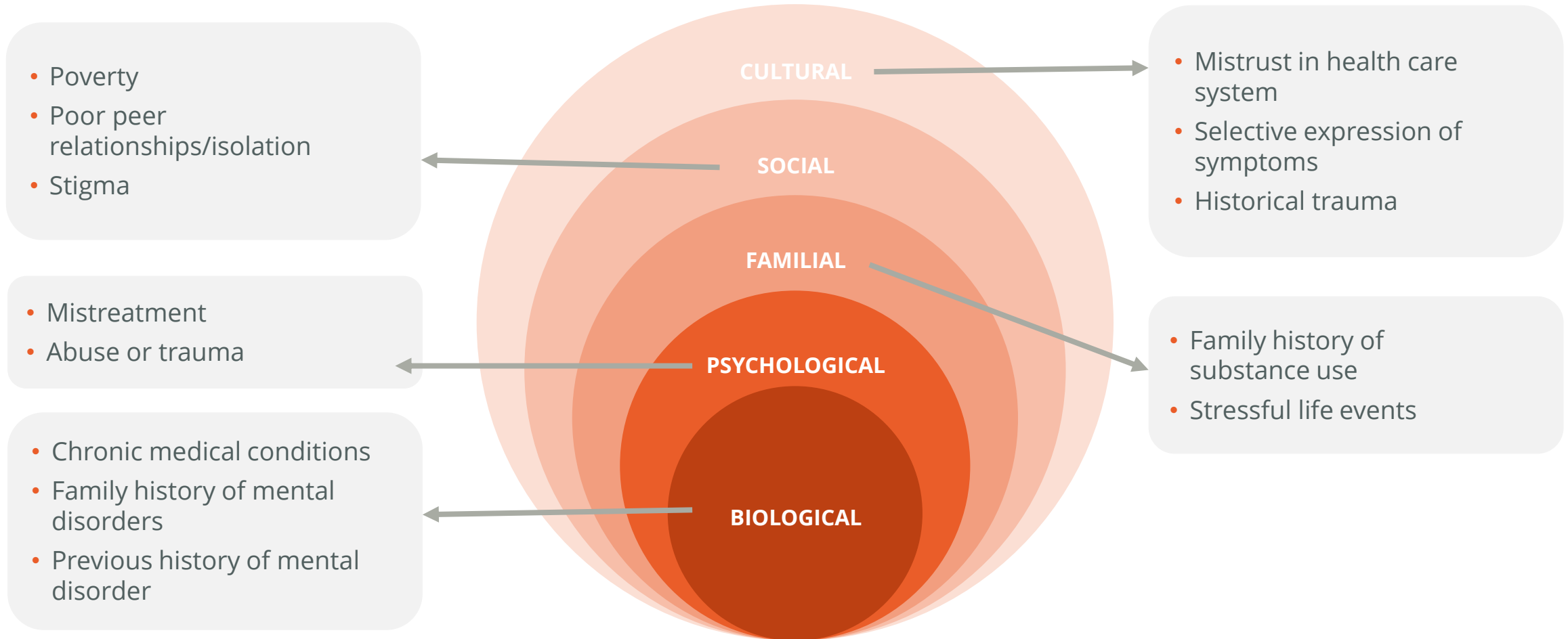
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RISK FACTORS FOR MENTAL HEALTH CHALLENGES



N/A



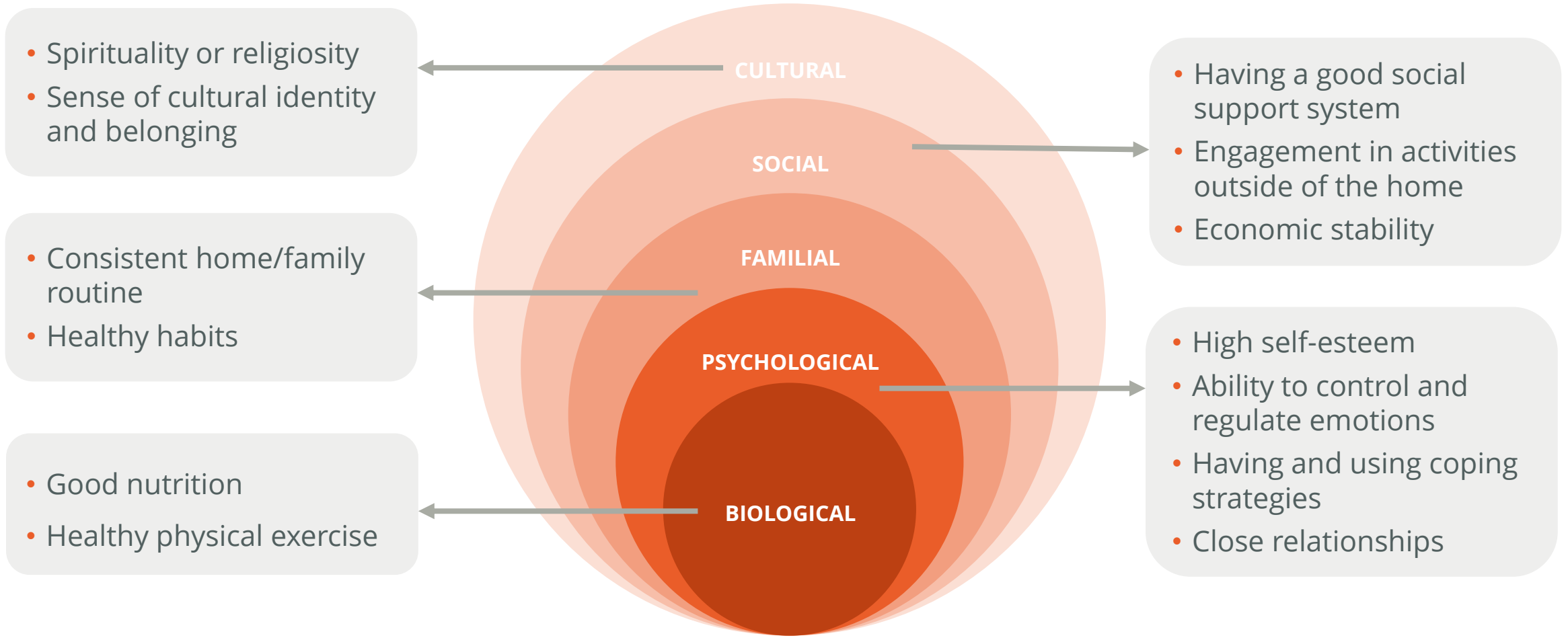
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PROTECTIVE FACTORS



RECOVERY

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential with the goals of hope, empowerment, and independence.”

Substance Abuse and Mental Health Services Administration (SAMHSA) – 2019



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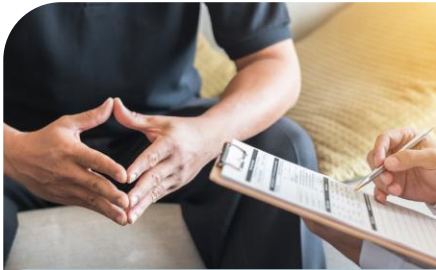
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KEY FACTORS OF RECOVERY



HEALTH



HOME



PURPOSE



COMMUNITY



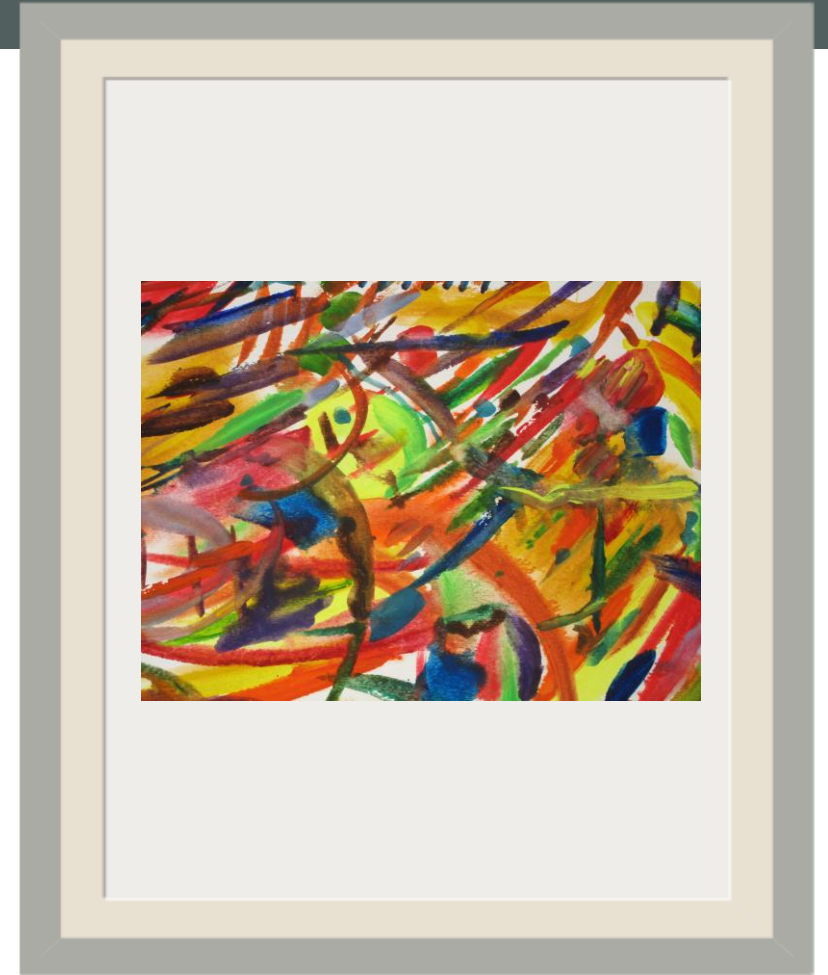
ABILITY AND WILLINGNESS
TO PARTICIPATE IN RECOVERY



SEGMENT 3

ROLE OF THE MENTAL HEALTH FIRST AIDER AND SELF-CARE

- Describe the purpose of Mental Health First Aid and the role of the Mental Health First Aider.
- Identify the importance of self-care.



Artist: Daniel Kasperick



N/A



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WHAT IS SELF CARE?

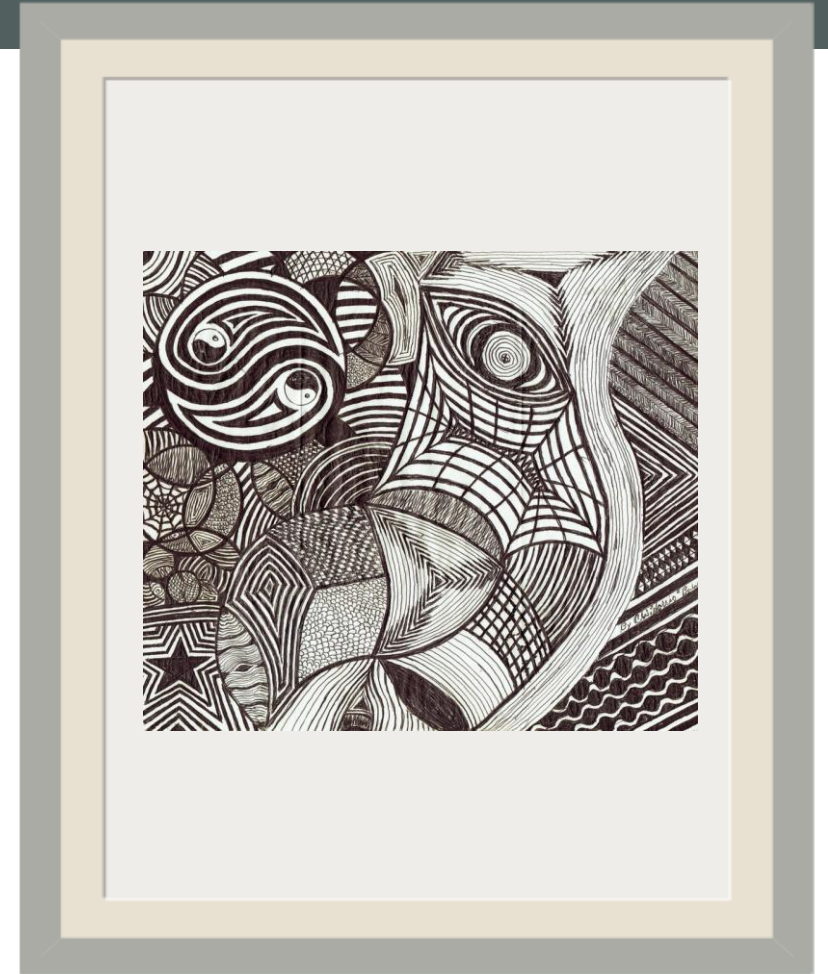
- **Self-care** is the practice of taking action to preserve or improve one's own health.



SEGMENT 4

COMMON DISORDERS IN THE UNITED STATES

- Increase awareness of common mental disorders.
- Review the scope and role of a Mental Health First Aider.



Artist: Christopher Wayne Harris



N/A



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SEGMENT 5

RECOGNIZING SIGNS AND SYMPTOMS

- Recognize the signs and symptoms of mental health challenges that may impact adults.



Artist: Sarah Tang



N/A



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NOTICING SIGNS AND SYMPTOMS



Represents **behaviors** a Mental Health First Aider might notice.



Represents **observable physical changes** (how a person appears) that a Mental Health First Aider might notice.



Represents **feelings and emotions** that a Mental Health First Aider might notice.



Represents **thought patterns** that a Mental Health First Aider might notice.



N/A



N/A

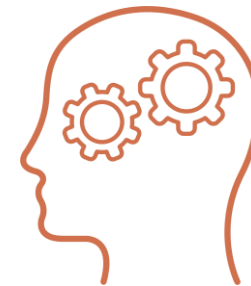


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WHAT ARE THE SIGNS AND SYMPTOMS?

- **Signs** are things we can see or observe that indicate a mental health challenge in the body.
- **Symptoms** are indicators of a mental health challenge that a person can feel.
 - You might hear a person describe symptoms of a mental health challenge when giving Mental Health First Aid.
- Mental Health First Aiders observe changes in a person's **appearance, behaviors, thoughts, and feelings.**



RECOGNIZING SIGNS: HOW A PERSON MAY APPEAR

EARLY SIGNS

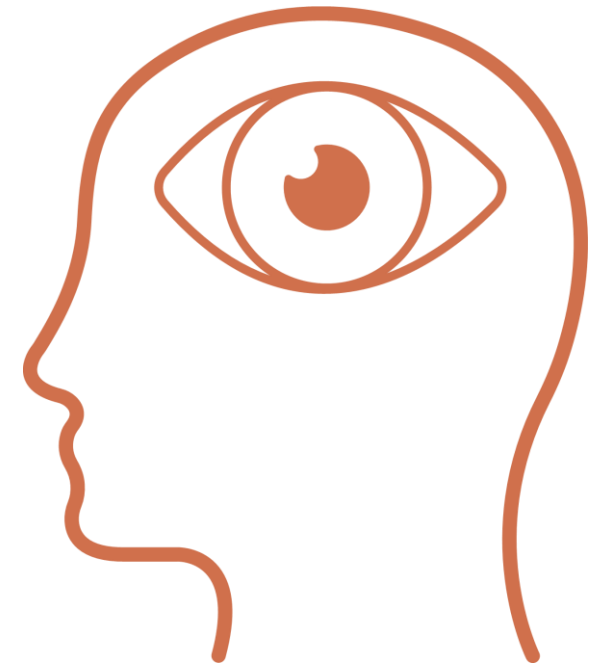
- Tired looking.
- Disheveled clothing.
- Appearing more unkempt than usual for the individual.

WORSENING SIGNS

- Declining personal hygiene.
- Highly agitated.
- Withdrawal from others.

CRISIS SIGNS

- Excessive vomiting.
- Difficulty breathing.
- Overdosing on drugs or alcohol.



RECOGNIZING SIGNS: HOW A PERSON MAY BEHAVE

EARLY SIGNS

- An emerging pattern of showing up late for or cancelling personal and professional commitments.

WORSENING SIGNS

- Withdrawing from family and friends.
- Absenteeism or "Presenteeism."
- Odd or erratic behavior.

CRISIS SIGNS

- Threatening to hurt or kill themselves or others.
- Acting recklessly or engaging in risky behavior.
- Drug or alcohol misuse.



RECOGNIZING SIGNS: HOW A PERSON MAY FEEL

EARLY SYMPTOMS

- No longer enjoying work, activities, or hobbies.
- Sadness.
- Worry.

WORSENING SYMPTOMS

- Increasing sadness.
- Increasing worry.
- Hopelessness.
- Rage.
- Despair.

CRISIS SYMPTOMS

- Dramatic changes in mood.
- Feeling trapped, like there is no way out.



RECOGNIZING SIGNS: HOW A PERSON MAY THINK

EARLY SYMPTOMS

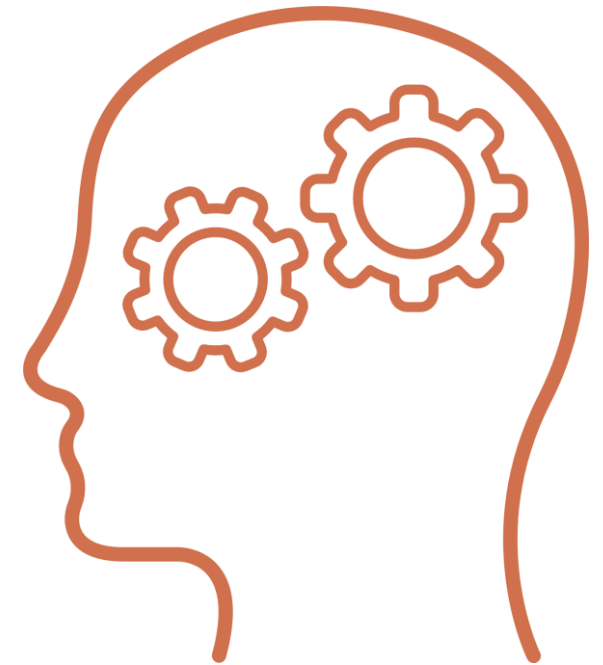
- Difficulty concentrating or focusing at home, school, or work.
- Indecisiveness.

WORSENING SYMPTOMS

- Increasing self-blame or self-criticism.
- Distorted body image.
- Racing thoughts or mind going blank.

CRISIS SYMPTOMS

- Thoughts of self-harm.
- Hopelessness.
- Delusional thinking.
- Hallucinations.



WHAT DO MENTAL HEALTH FIRST AIDERS NOTICE?

- If there is a **major change in a person's thinking, feeling, or acting.**
- If the change **interferes with the person's ability to live their life.**
- If the interference **does not go away quickly and lasts longer than typical emotions** or reactions would be expected to.



N/A



N/A



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SESSION 1 KEY POINTS

- Signs are observable and measurable. Symptoms are not observable. An important part of being a Mental Health First Aider is to notice signs and symptoms. We do not diagnose or treat.
- As Mental Health First Aiders, we can notice signs and symptoms across four domains: appearance, behaviors, feelings, and thoughts.



N/A



N/A



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COURSE AGENDA: SESSION 2

LEARNING OBJECTIVES

- Evaluate the impact of **EARLY INTERVENTION** on mental health challenges.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) to a scenario:
 - Where a person **SHOWS EARLY SIGNS** of a mental health challenge.
 - Where a person **SHOWS WORSENING SIGNS** of a mental health challenge.
 - Where a person shows signs of a mental health **CRISIS**.
- Choose appropriate methods for **SELF-CARE** following the application of Mental Health First Aid.

SEGMENT	TOPIC
6	Mental Health First Aid Action Plan (ALGEE)
7	MHFA for Early Signs and Symptoms
8	MHFA for Worsening Signs and Symptoms
9	MHFA for Crisis Situations
10	Self-care for the Mental Health First Aider
BREAK	



N/A



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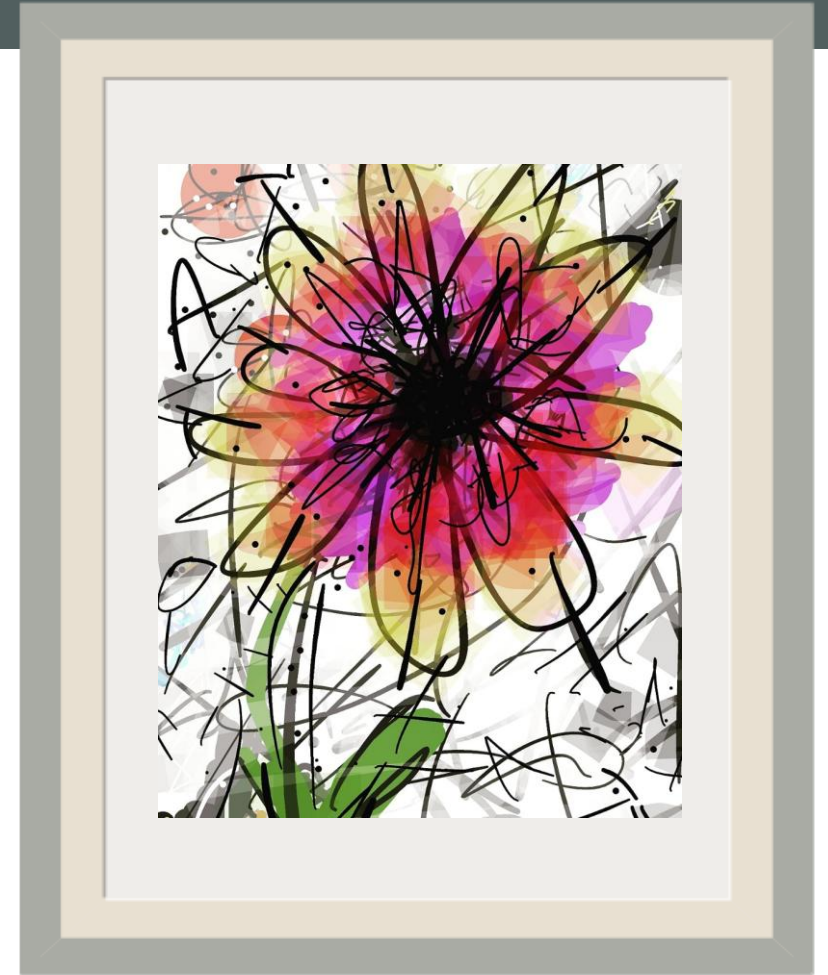


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SEGMENT 6

ALGEE: MENTAL HEALTH FIRST AID ACTION PLAN

- Learn the 5 steps of the MHFA Action Plan (ALGEE).



Artist: Sarah Montgomery



N/A

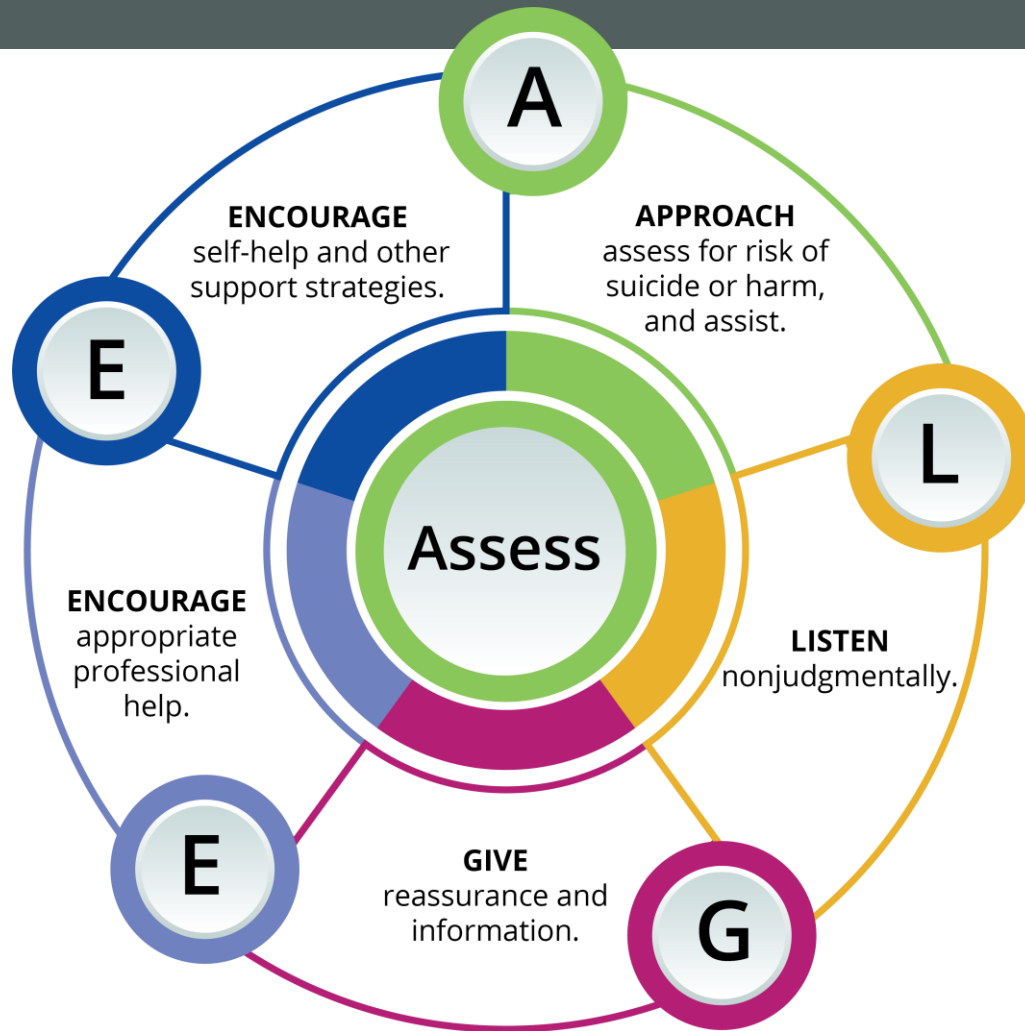


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THE MENTAL HEALTH FIRST AID ACTION PLAN



SEGMENT 7

MENTAL HEALTH FIRST AID FOR EARLY SIGNS AND SYMPTOMS

- Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health challenge.



Artist: Kimberly Frentheway



SEGMENT 8

MENTAL HEALTH FIRST AID FOR WORSENING SIGNS AND SYMPTOMS

- Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows worsening signs of a mental health challenge.



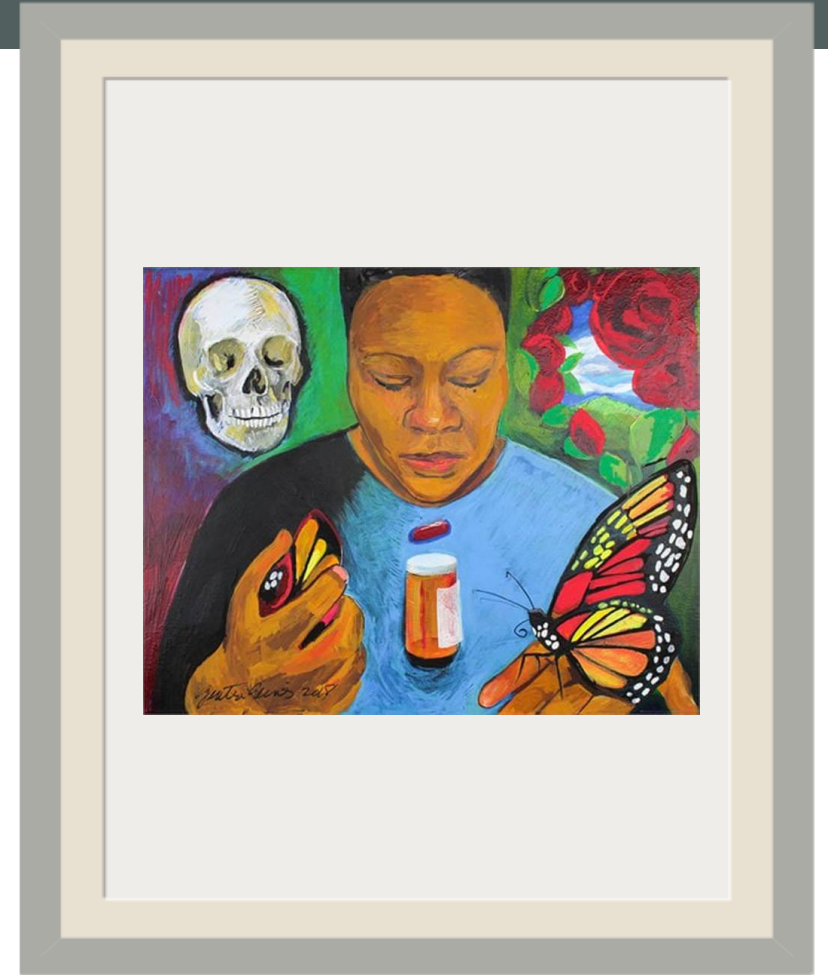
Artist: Pete Morelewicz



SEGMENT 9

MENTAL HEALTH FIRST AID FOR CRISIS SITUATIONS

- Apply the appropriate steps of the MHFA Action Plan (ALGEE) in crisis situations.



Artist: Gen Gaines



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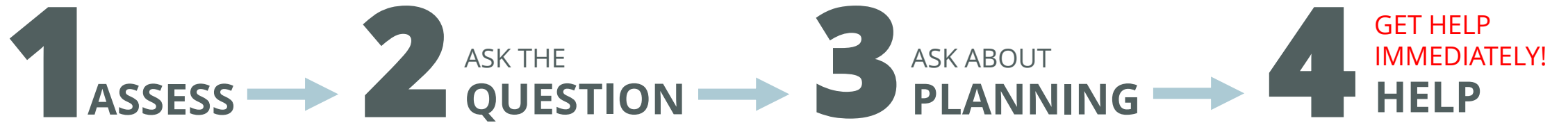


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SUICIDE RISK ASSESSMENT



- Are you thinking about killing yourself?
- Are you thinking about suicide?

IF YES



- Have you thought about how you would kill yourself?
- Have you decided when you would do it?
- Have you done anything to get the things you need to kill yourself?

IF YES



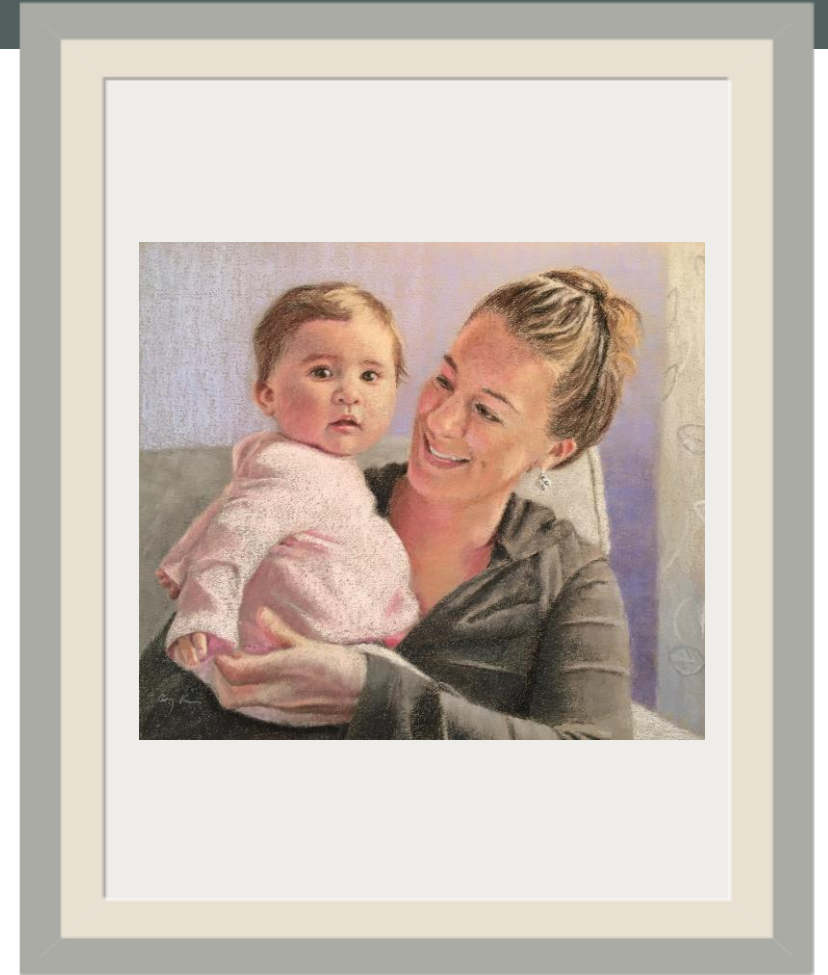
- **Call 911. Tell the dispatcher that the person is at risk for suicide. If available, ask for a mental health crisis professional.**
- Connect the person to appropriate professional help.



SEGMENT 10

SELF-CARE FOR THE MENTAL HEALTH FIRST AIDER

- Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.



Artist: Amy Kerr



1.3



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SELF-CARE ACTION PLAN: REVISIT

- Ideally, we engage in self-care on a regular basis. But sometimes it is hard. How do you know when you **need to refuel with self-care?**
- When you need to debrief during or after providing MHFA, **who can you contact from your Self-care Action Plan?**





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MHFA Highlights

- What to do and say when someone is struggling with a mental health challenge, disorder or may be developing a disorder
- Action Plan 5 step
- Lots of activities
- Videos to see real life scenarios and the action plan in action
- Self Care



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CONGRATULATIONS, MENTAL HEALTH FIRST AIDERS!

#MHFA



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#BETHEDIFFERENCE



N/A



N/A



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