Introduction to Mental Health First Aid For Daycare Providers

May 14, 2018
7:00 to 8:30 pm
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Thank you to the Tewksbury Public Library and Sarah Kinghorn-BSN, RN, CFCN, Tewksbury Public Health Nurse for hosting tonight’s event

Tonight’s Agenda

Why we are here...

• Who do you work with?
• What brought you here tonight?

Spotlight on free resources for providers working with small children and their parents

Overview of Mental Health First Aid training for adults
Resources

Harvard Center on the Developing Child
https://developingchild.harvard.edu/

Georgetown U Center for Early Childhood Mental Health Consultation

Center on Social and Emotional Foundations for Early Learning
http://csefel.vanderbilt.edu/resources/states.html#massachusetts

Zero to Three
https://www.zerotothree.org/resources/110-infant-early-childhood-mental-health

Mental Health First Aid USA
https://www.mentalhealthfirstaid.org/

Harvard Center on the Developing Child

The 5-minute video provides an overview of Establishing a Level Foundation for Life: Mental Health Begins in Early Childhood, a working paper by the National Scientific Council on the Developing Child.

Read more: http://developingchild.harvard.edu/re...

https://developingchild.harvard.edu/resources/inbrief-early-childhood-mental-health-video/
Georgetown U Center for Early Childhood Mental Health Consultation

Materials developed through Head Start projects but applicable for providers working with small children. MASS DOE has a program.

https://www.ecmhc.org/tutorials/social-emotional/index.html

Center on the Social and Emotional Foundations for Early Learning

Promoting Social Emotional Competence in Infants & Young Children

The CSEFEL Pyramid Model (http://csefel.vanderbilt.edu/) is a resource for early childhood professionals, both those working in early childhood classrooms and those working with families of young children in home visiting and parenting groups.

http://csefel.vanderbilt.edu/resources/states.html#massachusetts
ZERO TO THREE works to ensure that babies and toddlers benefit from the early connections that are critical to their well-being and development.


Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

An Overview of Mental Health First Aid
Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

What Participants Learn

- Risk factors and warning signs of mental health and substance use problems
- Information on depression, anxiety, trauma, psychosis and substance use
- 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
Mental Health First Aid
Action Plan

1. **Assess for risk of suicide or harm**
2. **Listen nonjudgmentally**
3. **Give reassurance and information**
4. **Encourage appropriate professional help**
5. **Encourage self-help and other support strategies**

Why Mental Health First Aid?

<table>
<thead>
<tr>
<th>Mental health problems are <strong>COMMON.</strong></th>
<th>Learn how to <strong>NOTICE</strong> when someone needs help</th>
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</thead>
<tbody>
<tr>
<td><strong>STIGMA</strong> is associated with mental health problems.</td>
<td><strong>Promote</strong> <strong>UNDERSTANDING.</strong></td>
</tr>
<tr>
<td><strong>PROFESSIONAL HELP</strong> is not always on hand.</td>
<td><strong>Encourage community members to</strong> <strong>SUPPORT ONE ANOTHER.</strong></td>
</tr>
<tr>
<td>Individuals with mental health problems often <strong>DO NOT SEEK HELP</strong></td>
<td>Help more people <strong>GET THE HELP</strong> <strong>THEY NEED.</strong></td>
</tr>
<tr>
<td>Many people are not well informed and don’t know <strong>HOW TO RESPOND.</strong></td>
<td>Learn how to <strong>INTERVENE.</strong> You might <strong>SAVE A LIFE.</strong></td>
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In the United States, 1 in 10 children and adolescents suffer from mental illness severe enough to cause some level of impairment (Burns, et al., 1995; Shaffer, et al., 1996).

Yet, in any given year, it is estimated that about 1 in 5 of such children receive specialty mental health services (Burns, et al., 1995).

Unmet need for services remains as high now as it was 20 years ago.


Adverse Childhood Experiences

48% of US children age 0-17 years experienced 1 or more of the 9 Adverse Childhood Experiences (ACEs) asked about in the 2011/12 National Survey of Children’s Health (NSCH) survey.

http://www.childhealthdata.org/docs/drc/aces-data-brief_version-1-0.pdf?Status=Master
4 Reasons to Become a Mental Health First Aider

1. **BE PREPARED.**
   Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2. **MENTAL ILLNESSES ARE COMMON.**
   1 in 5 people will experience one in a given year.

3. **YOU CARE.**
   Be there for a friend, family member or colleague. Learn how to start a conversation.

4. **YOU CAN HELP.**
   People with mental illnesses often suffer alone. Learn when and how to step in and offer support.

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Where Mental Health First Aid Can Help

- **Prevention**
- **Early Intervention**
- **Treatment**

Well | Becoming Unwell | Unwell | Recovering
---|---|---|---

Where Mental Health First Aid can help on the spectrum of mental health interventions.
Be the Difference

https://youtu.be/NEWNmBbO1Ww

You can be the one to make a difference in someone’s life.

• Campaign launched by the National Council in April 2017 to encourage people to learn the skills to help people experiencing a mental health or substance abuse challenge, because anyone, anywhere can be the difference in someone’s life.
The Value of Mental Health First Aid

<table>
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<tr>
<th>$20 =</th>
<th>MANUALS</th>
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| Each participant manual for the Mental Health First Aid course costs $20.

<table>
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<th>$75 =</th>
<th>SUPPLIES</th>
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| 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.

<table>
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<th>$170 =</th>
<th>ONE NEW FIRST AIDER</th>
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| The total cost of training one new Mental Health First Aider is $170.

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<th>$1,800 =</th>
<th>ONE NEW INSTRUCTOR</th>
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| The cost of training one new instructor is $1,800! Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.

Many communities in Massachusetts have applied for federal funding to cover the cost of training their communities. Look for PROJECT AWARE sponsored trainings!

Rotary and other civic groups also sponsor trainings!

Mental Health First Aid Works

"In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real life situation."

- Rick Denton, Peer Support Specialist

"I've taken regular first aid, and I've used both, but certainly the opportunities to use Mental Health First Aid are much more abundant."

- Nathan Krause, Pastor

"On a daily basis, we're presented with people dealing with mental illness. Every day, this training will be beneficial."

- Sgt. Steven Parkinson, Police Officer
What People Are Saying About Mental Health First Aid…

Why Should I Train My Employees?

- 1 in 5 American adults experiences a mental illness each year. It is likely that employees and colleagues will interact with someone experiencing a mental health concern at work
- Employers face an estimated $80 to $100 billion in indirect costs annually due to mental illness and substance use – including lost productivity and absenteeism
- 10.8 million full time workers have a substance use disorder
- The training helps employees from all levels to identify, understand, and respond to signs of addictions and mental illnesses
Mental Health First Aid

- Originated in Australia and currently in 23 countries
- Adult course for individuals 18 years of age and older; available in both Spanish and English
- Youth Mental Health First Aid is designed to teach caring adults how to help an adolescent (age 12-18) who is experiencing a mental health, an addictions challenge or is in crisis; available in both Spanish and English.
- Mental Health First Aid Included in SAMHSA's National Registry of Evidence-based Programs and Practices

Mental Health First Aid Curricula and Modules
Adult Curriculum Overview

- What is Mental Health First Aid?
- Mental Health Problems in the United States
- Mental Health First Aid Action Plan
- Understanding Depression and Anxiety
  - Mental Health First Aid Action Plan for Depression and Anxiety
    - Suicidal Behavior - Depressive Symptoms
    - Non-Suicidal Self-Injury
    - Panic Attacks
    - Traumatic Events
    - Anxiety Symptoms
- Understanding Psychosis
- Mental Health First Aid Action Plan
  - Acute Psychosis - Disruptive or Aggressive Behavior
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
  - Overdose - Withdrawal
  - Substance Use Disorders
- Using your Mental Health First Aid Training

Mental Health First Aid for Military Members, Veterans and their Families

- 30 percent of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health condition requiring treatment — with many experiencing post-traumatic stress disorder and major depression.
- The Veterans Administration reports that approximately 22 veterans die by suicide each day.
- Mental Health First Aid for Veterans focuses on the unique experiences and needs of the veteran and military populations.
Mental Health First Aid for Higher Education

- College and university students have unique stress and risk factors related to the demands of school
- Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification
- Mental Health First Aid for Higher Education is designed with colleges’ and universities’ unique culture and resources in mind
- Training students, faculty and others in higher education settings in Mental Health First Aid can lessen the severity and impact of mental health problems on campus

Mental Health First Aid for Public Safety

- Mental Health First Aid for Public Safety provides officers with more response options to help them better understand mental illnesses so they can respond to mental health related calls appropriately without compromising safety.
- The course is taught to police, first responders, corrections officers, and other public safety audiences around the country
- Approximately 20,000 public safety professionals have taken the course, including at police academies in Philadelphia, DC, Seattle and numerous smaller and rural departments.
Youth Mental Health First Aid

- Introduces participants to the unique risk factors and warning signs of mental health problems in adolescents
- Builds understanding of the importance of early intervention
- Teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge
- The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.)

Evidence

Mental Health First Aid.....

...Increases knowledge and understanding
...Encourages people helping people
...Supports people getting help
...Decreases social distance
...Increases mental wellness
Find or Host a Course

www.MentalHealthFirstAid.org

Take a Course. You could be the help someone needs.

Find a Course or Instructor near you: www.MentalHealthFirstAid.org

Contact Us:
info@mentalhealthfirstaid.org
202.684.7457
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