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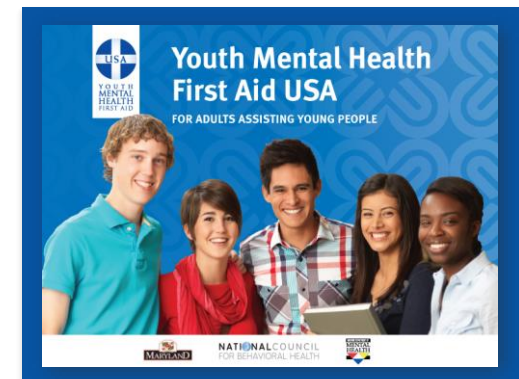
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Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis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



What Participants Learn

- ⊕ **Risk factors and warning signs** of mental health and substance use problems
- ⊕ **Information** on depression, anxiety, trauma, suicide, 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**



Youth Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

Why Youth Mental Health First Aid?

Mental health problems are
COMMON.

Learn how to **NOTICE** when
someone needs help

STIGMA is associated with mental
health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always
on hand.

Encourage community members to
SUPPORT ONE ANOTHER.

Individuals with mental health
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP
THEY NEED.**

Many people are not well informed
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You
might **SAVE A LIFE.**

4 Reasons to Become a Youth 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.



Mental Health First Aiders Are...

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents, friends and siblings. They're even **First Ladies**...

It really gives you the skills
you need to identify—and
ultimately help—someone in
need.

First Lady
Michelle Obama
trained



The Value of Mental Health First Aid

\$20 =



MANUALS

Each participant manual for the Mental Health First Aid course costs \$20.

\$75 =



SUPPLIES

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.

\$170 =



ONE NEW FIRST AIDER

The total cost of training one new Mental Health First Aider is \$170.

\$1,800 =



ONE NEW INSTRUCTOR

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.

Youth Mental Health First Aid Works

I learned from my first aid training to have let a child know you are there for them when they are ready. From the training it gave me the words to say. I told the child I notice that you are not participating in class, if you need to talk to me either after school or during class let me know. Now the child is actively engaged in class. a real life situation."

I came upon a HS senior writing his farewell in the library. After a tear filled (on his part and mine internally) conversation guided by my training I was able to convince him to talk to the school counselor. I was told that medical help was sought for the young man.



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



Wisconsin AWARE Youth Mental Health First Aid







- Since early 2016, First Aiders have reported approximately **4,000 referrals** since we began tracking referrals.
- We have trained over **1,500** First Aiders, most of whom work in schools.
- You can have a training at your building **FREE** – maximum 30 participants, Minimum 20. Complete the inquiry form: www.wishschools.org/resources/YMHFA
- Or directly to the inquiry form <https://goo.gl/forms/r0st2lsIVkMLc3qr1>

Be 1 in a Million



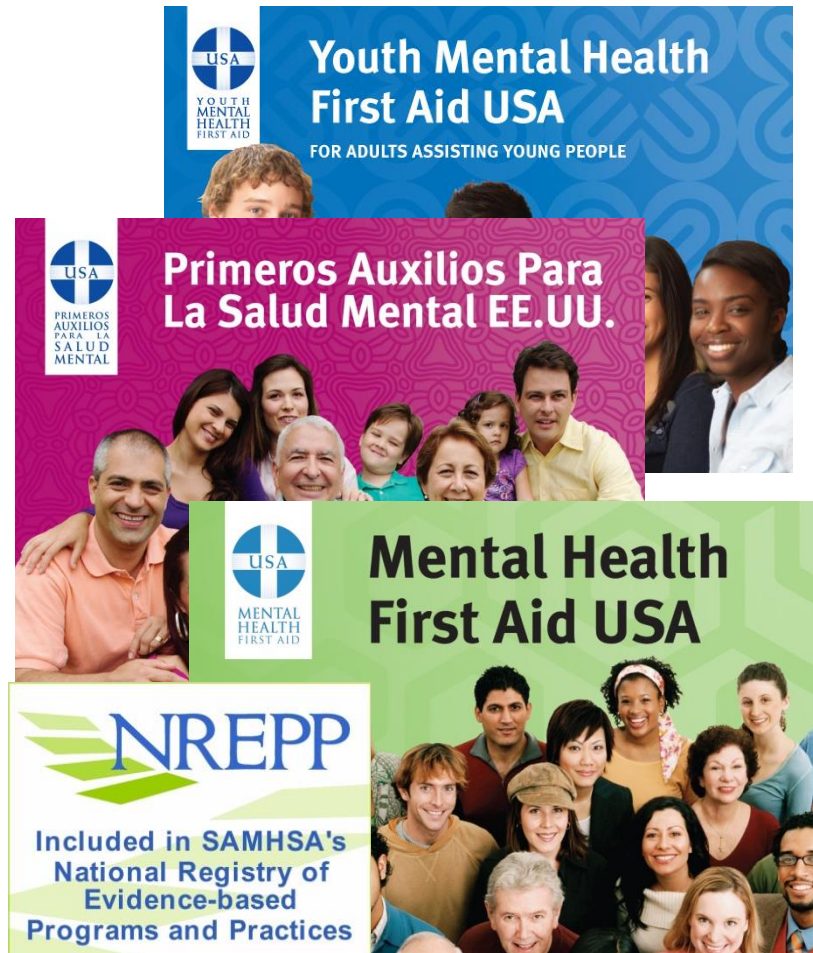
-  Campaign launched by the National Council in January 2016 in an effort to [train 1 million people](#) in Mental Health First Aid

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.)



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

Evidence

Youth Mental Health First Aid....



...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices

Wisconsin Safe & Healthy Schools Center (WISH Center)



<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Building the Heart of Successful Schools Conference
December 6, 7 8 Wilderness in Wisconsin Dells