



AGENDA

YOUTH MENTAL HEALTH FIRST AID OUTREACH November 29, 2018

- I. Youth Mental Health First Aid (YMHFA)
 - Overview
 - Exercise
- II. Compelling Case for YMHFA
 - Data
 - CPR for Physical Health
- III. YMHFA in Schools

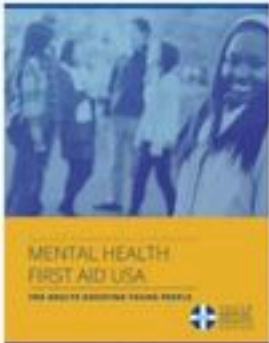


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Youth Mental Health First Aid®



Suicide is now the second leading cause of death for adolescents ages 15-19 and half of all mental health problems begin by age 14.^{1,2} With one in five youth experiencing mental health and substance use problems, but less than one third of them accessing treatment, early intervention and support of young people experiencing emotional and substance use challenges is critical within school settings.^{2,3}

Studies demonstrate that early detection and treatment of mental health and substance use problems in adolescents can make a difference in not only emotional wellness, but also in their academic success⁴. Teachers and support staff need the appropriate tools to engage students who might be experiencing a mental health problem or crisis just as they would be trained to address physical health emergencies.

Every day, schools and youth programs across the country are making a difference in the lives of millions of adolescents because they have equipped their staff with the skills learned in Youth Mental Health First Aid®.

WHAT IS YOUTH MENTAL HEALTH FIRST AID®?

Youth Mental Health First Aid® USA is an 8-hour in-person training program — like traditional First Aid or CPR — designed to give participants the skills to help adolescents age 12-18 who are developing a mental health problem or experiencing an emotional crisis.

The course uses role-playing and simulations to demonstrate how to recognize and respond to warning signs and connect young people to professional, peer, social, and self-help care.

Participants do not learn to diagnose, nor how to provide any therapy or counseling — rather, they learn to support a youth by applying a five-step action plan, “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

Youth Mental Health First Aid® is operated in the United States by the National Council for Behavioral Health and was developed with experts at the National Technical Assistance Center for Children’s Mental Health at the Georgetown University Center for Child and Human Development.

More than **one million** individuals have been certified in Mental Health First Aid® and Youth Mental Health First Aid® to date through a network of 12,000 instructors. **The training program is listed in the Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidenced Based Programs and Practices** and has been demonstrated to:

- Increase **knowledge** of mental health problems and substance use disorders
- Increase **confidence** in and likelihood to help an individual in distress
- Increase participant **mental wellness**
- Decrease **social distance** (stigma)



I found the Youth Mental Health First Aid course very beneficial in working with my students [who are dealing with] traumatic circumstances [like] unexpected deaths of classmates, death of a parent and having to move on short notice due to a sudden change in family income. Because of the information in the course, I feel more prepared to help, and I am better equipped to identify students that are struggling with mental health issues.

--Karen M., Math Teacher

¹ Heron M. (2016). Deaths: Leading causes for 2013. National vital statistics reports; vol 65 no 2. Hyattsville, MD: National Center for Health Statistics.

² Merikangas, K. R. et al. (2010). Lifetime prevalence of mental disorders in U.S. adolescents: Results from the National Comorbidity Study-Adolescent Supplement (NCS-A). Journal of the American Academy of Child and Adolescent Psychiatry 49(10):980-9.

Be the One to Make a Difference.

Help make **Youth Mental Health First Aid** as common as CPR.



Youth Mental Health First Aid is a nationally recognized 8-hour certification course that provides adults with the skills and a **five-step action plan** to provide initial support to adolescents, ages 12-18, experiencing a mental health or substance use challenge or crisis.

- **Suicide** is the **second leading cause** of death for young people aged 15-19
- **One in five** children aged 13-18 will experience a **severe mental health disorder**
- The **average delay** between the onset of symptoms and intervention is **8 to 10 years**
- More than **37 percent** of students with a mental health condition age 14 and older **drop out of school**—the **highest dropout rate of any disability group**

Anyone, anywhere can be the one to make a difference in the life of a young person with a mental health or substance use challenge – if they know what to do and what to say.

Take the Course. Save a Life.

BE THE 1 TO MAKE A DIFFERENCE 

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Teachers are Making a Difference in Student Health with Mental Health First Aid
By Franzi Ross on August 10, 2018

Mental health is an issue that touches teachers and school administrators in their work across the country. ThriveNYC has teamed up with the Department of Education and the Department of Health to train school faculty and staff in Mental Health First Aid to help them better support their students' wellbeing and education.

Mental illness can have a detrimental impact on a student's academic performance, social life and future. Mental Health First Aid empowers teachers and staff to be proactive about their students' mental health by teaching them how to spot signs of mental illness, giving them the appropriate tools to effectively intervene. During the course, teachers learn how to approach a student who may be experiencing a mental illness and start that sensitive conversation with them. This understanding and ability is critical because early intervention has been proven to have positive developmental outcomes later in life.

The positive impact that Mental Health First Aid has had in schools is clear, according to David Rivera, Outreach Coordinator for New York City's Department of Health and Mental Hygiene. The training helps teachers and administrators recognize certain mental health challenges that many of their students face. David explained that the training is especially useful to bridge the gap between schools and other community resources that could treat and support a student who is experiencing a mental health issue.

Mental Health First Aid also provides an opportunity for teachers to connect with one another in a different way—it helps them feel more comfortable opening up and having difficult conversations with each other.

"People like the opportunity to share personal stories, so the intimacy of it is a great bonus for those who've taken it," said David.

Many schools are taking their efforts a step further by expanding the number of Mental Health First Aid trainers and languages in which the course is offered. These initiatives have had a positive impact on reaching not only students, but parents as well, and many of whom are first and second-generation immigrants.

The demand for Mental Health First Aid trainings is increasing by the day. Already 4,000 people within the Department of Education have received Mental Health First Aid training, reported Aimee Lichtenfeld, Director of Special Projects, Mental Health, Division of Operations. This benchmark demonstrates the extent to which those working in education are recognizing and embracing Mental Health First Aid as an invaluable tool to promote student health.

With Mental Health First Aid, teachers have the training and resources to positively impact a student's entire life. But of course, Mental Health First Aid is not just for teachers and students. It's for everyone. Register for a course today and see how it changes your perspective and life.

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By Shelly Lange on June 20, 2018

How Youth Mental Health First Aid Dispels Myths About Suicide

With the recent suicides of Kate Spade and Anthony Bourdain, suicide prevention and mental health awareness are a significant part of the daily news cycle. As someone who has been affected personally by suicides, I am hopeful that the more open we are about these issues, the less it becomes a taboo topic.

As a middle school teacher and parent, I am well aware of all the confusion and angst that accompany adolescence. My own teen years were a struggle, which is why I believe I chose to teach in the middle school grade years.

During my first year of teaching, my principal offered my colleagues and I an opportunity to attend a Youth Mental Health First Aid course—and I jumped on it.

I was eager to learn about how I could help kids who might be living with mental health issues and/or thoughts of suicide. And again, as this was my first year of teaching, I never thought I would need to use any of the tools I learned in the course right away.

I attended the course, which I highly recommend, and it helped to dispel many myths about suicide that I had believed were fact. I was especially moved by the Kevin Hines video—what really stuck with me was the fact that if someone – *anyone* – had asked him whether he was considering suicide, he would have opened up to them. Prior to this, I had assumed that mentioning suicide or even asking if the person had a plan in place would give that person ideas they hadn't already thought of. Armed with this information, I was still a bit skeptical, but vowed that if I were ever to be in a situation where I suspected that someone was considering suicide, I would do exactly as I had been trained in the Youth Mental Health First Aid course.

A few months later, I noticed a student was having a particularly rough day. After listening to him tell me about the awful day he had been having, he said life would just be easier if he wasn't around. My Youth Mental Health First Aid training immediately kicked in and I asked him if he was considering suicide.

He began crying and said yes.

I then asked him if he had a plan in place and he said he hadn't really thought it through, but that he knew there was something wrong with him because he was sad all the time. I was able to refer him to our school counselor to get the help he needed.

I am thankful that I attended the Youth Mental Health First Aid course because it gave me the tools necessary to handle such a situation. Without the knowledge from the course, I know I would not have been able to have that awkward conversation with my student.

With Youth Mental Health First Aid training, you don't need to be an expert to help someone in need. Find a course near you today.

Shelly Lange is a middle school English teacher in Springfield, Missouri. She is also a wife, mother, avid reader and lifelong learner.