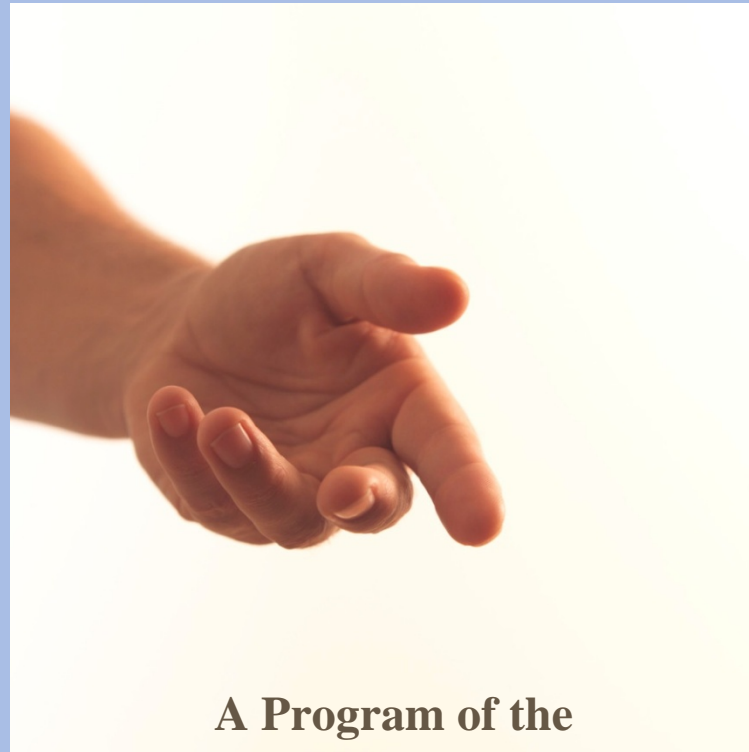


healthy minds
strong communities

 NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE
www.nccbh.org

MENTAL HEALTH FIRST AID



A Program of the

National Council for Community Behavioral Healthcare

Mental Health First Aid

The help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.



Mental Health First Aid

- > Created in Australia in 2001
- > Auspiced at the University of Melbourne
- > Expanded to more than six countries: Scotland, China, Canada, Finland, Singapore and England
- > Introduced in the U.S. by the National Council in 2008



Evidenced Effectiveness

Four published randomized control trials and a qualitative study (in Australia)

- > Increases mental health literacy
- > Expands individuals' knowledge of how to help someone in crisis
- > Connects individuals to needed services
- > Reduces stigma

MHFA in the U.S.

Vision: Mental Health First Aid will be as commonplace in 10 years as CPR and First-Aid are today.

Mental Health First Aid

12 Hour Training

- > Builds understanding of mental health
- > Reduces stigma
- > Introduces risk factors and warning signs
- > Overviews top line evidence-based treatments
- > Explores self-help strategies
- > Teaches 5-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual

Primary Audiences

- > State policymakers
- > Employers
- > Faith communities
- > Law Enforcement
- > Hospitals and Federally Qualified Health Centers
- > Schools
- > Mental Health Authorities
- > Nursing Home Staff
- > Key Professions
- > Families and caring citizens

Inaugural MHFA Sites



- > California
- > Colorado
- > Florida
- > Illinois
- > Iowa
- > Kansas
- > Missouri
- > New Jersey
- > Rhode Island
- > Texas
- > Washington

Accomplishments

- > 100+ instructors trained in 50 communities in 2008
- > Stakeholder buy-in
 - > Community providers
 - > National, state & local groups
 - > Government agencies
 - > Consumers
- > Significant trade media interest



Next Steps

- > Expansion to all 50 states
- > National and state partnerships
- > Evaluation component
- > Program modification for key audiences: supplemental modules, new adaptation and new program development



Additional Information

www.mentalhealthfirstaid.org

Susan Partain

Outreach Associate

National Council for Community Behavioral Healthcare

susanp@thenationalcouncil.org

(301) 984-6200 ext. 232