



**MENTAL HEALTH
FIRST AID
COLORADO**

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Overview

- What is MHFA and YMHA
- What is covered in the course
- Who is the audience
- Training day outline
- Material example
- Course expectations
- Who is MHFAO

What Is Mental Health First Aid?



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



Our Motivation



“I’ve experienced the negative mental health stereotypes and misguided judgments...I chose to get involved and make a difference, so that future sisters, brothers, mothers, and fathers could be supported and so that everyone is more comfortable talking about mental health issues and illnesses.”

- Aurora, CO Youth MHFA Instructor



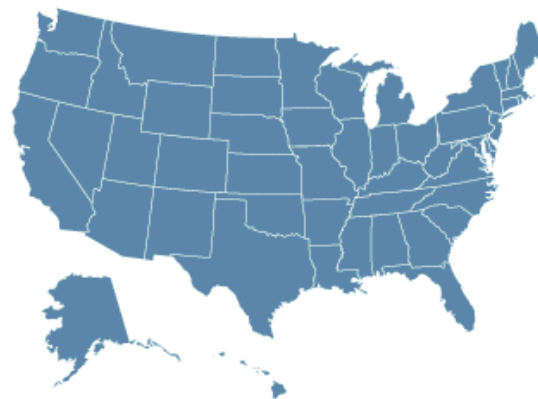
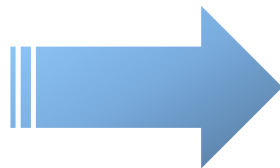
Exercise

- 3 words



Program Origins

- Created in Australia in 2001
(University of Melbourne)
- Currently in 17 countries
- Piloted in the U.S. in 2008
- Youth curriculum introduced in 2013





Nuts and Bolts

- 5-Day Instructor Training
- 8 Hour Certification Course
 - Adult Curriculum
 - Ages 16+
 - Youth Curriculum
 - People working w/ ages 12-25

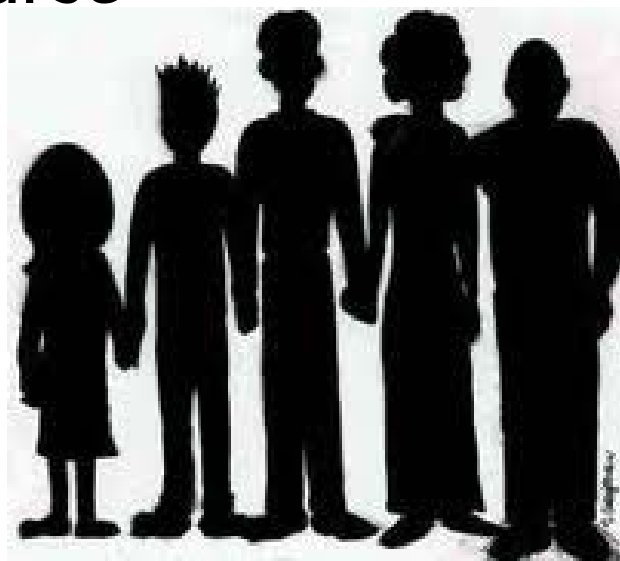


Image from UF Language Over
Lifetime Lab



Meeting the Needs of Our Audience



- Spanish Version
- Rural Module
- Military, Veterans, & Their Families
- Law Enforcement, Corrections, & Public Safety
- Deaf and Hard of Hearing Community
- Older Adults

Why Mental Health First Aid?



- Mental health problems are common.
- Stigma is associated with mental health problems.
- Many people are not well informed about mental health problems.
- Professional help is not always on hand.
- People often do not know how to respond.
- People with mental health problems often do not seek help.



Why Youth MHFA?

- Adolescence is the peak age of onset for mental illness
- It is far less common for youth to seek or receive treatment for mental health
- Untreated mental health issues are associated with school failure, teenage childbearing, unstable employment, criminal behavior, early marriage and marriage instability and violence



Why Youth MHFA?

- 22% of High School students reported that they felt sad or hopeless every day for at least 2 weeks
- 15% of students reported that they had considered attempting suicide in the past 12 months
- 6% actually attempted suicide in the past 12 months
- We **MUST** empower students and faculty/staff to make a difference!



What You Learn

- Overview of mental health problems
 - Depressive/Mood disorders
 - Anxiety disorders
 - Disorders in which psychosis occurs
 - Substance use disorders
 - Eating disorders





Concrete Action Plan

- **A:** Assess for risk of suicide or harm.
- **L:** Listen nonjudgmentally
- **G:** Give reassurance and information
- **E:** Encourage appropriate professional help
- **E:** Encourages self-help and other support strategies



Evidenced Effectiveness

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

- Kitchener BA, et al. Mental health first aid training in a workplace setting: A randomized and controlled trial [ISRCTN13249129]. *BMC Psychiatry*. 2004;4(23):1-8.
- Jorm AF, Kitchener BA, Fischer JA, Cvetkovski S. (2010). Mental health first aid training by e-learning: a randomized controlled trial. *Australian and New Zealand Journal of Psychiatry* 44(12):1072-81.
- Speer, N., Eisenberg, D., Hahn, E., Brunwasser, S., & Xu, S. Effects of a peer-based gatekeeper training program on college mental health outcomes. [Manuscript in Preparation]. 2011.



MENTAL HEALTH FIRST AID COLORADO

MHFA Colorado provides coordinated and strategic leadership, critical infrastructure, and the necessary implementation supports to facilitate the statewide growth of both adult and youth

Mental Health First Aid.

We are a coalition driven by community non-profit organizations across Colorado and various state agencies, with leadership from the Colorado Behavioral Healthcare Council.

The backbone of MHFA Colorado is a growing network of instructors that are trained to encourage public understanding and involvement through teaching the signs and symptoms associated with mental health and substance abuse issues.

***Best Community Impact
National
Award Winner
2012***

***Project AWARE
State-Level Grant
Award Winner
2014***

***State of Colorado
Statewide Grant
Award Winner
2014***

Vision

**By 2020, Mental Health
First Aid will be as
common as CPR and
First Aid.**





MHFA in Colorado

- Over 20,000 Mental Health First Aiders Certified
- 353 Instructors
- Statewide Reach
- Cross-systems collaboration and leveraging of resources
 - **Cultivating resources and laying the foundation for Sustainability**



Editable Resource Guides

MENTAL HEALTH FIRST AID COLORADO

START HERE

I am seeking help and not sure where to start.

I need a specific resource, but not sure where to find it.

COLORADO CRISIS SERVICES
1-844-493-TALK (8255)
www.coloradocrisiservices.org

STATEWIDE SERVICE DIRECTORY
1-844-493-TALK (8255)
www.metrocrisiservices.org/find-services

Looking for a mental health care provider in your area?

Use this resource to set up an appointment to meet with a counselor based on your needs.

NATIONAL SUICIDE HOTLINE
1-800-273-8255 (TALK)

No matter what problems you're facing, they can help you find a reason to keep living.

Call or chat to be connected with a trained counselor 24/7/365.

SUICIDE LIVE CHAT
www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

Start here to get mental health, substance use or emotional help... for you or someone that you know.

WHEN YOUR FEELINGS ARE ALL OVER THE BOARD...

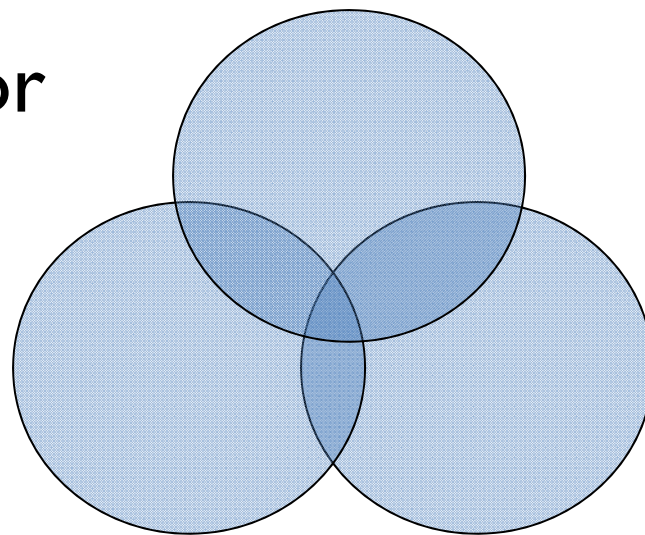
Mental health issues can be complex and sometimes you may not know where to turn. This guide provides key local, state and national resources that can help.

www.mhfaco.org



Opportunities for Involvement

- Get Certified! Find a course at www.mhfacolorado.org
- Partner with the MHFA CO Community
- Become an Instructor
- Support MHFA





Host a Course

- Need a minimum of 10 (can combine)
- Start thinking about:
 - Dates
 - Space
 - Budget
 - Audience
 - AV



Types of Funding and Courses

- OBH
- Project AWARE
- Donated courses
- Paid Courses



Instructor Training

- 4 total trainings for youth (2) and adult (2)
- 120 total spots
- Individual application process based off of your background, teaching expertise, geography, community connection and sustainability
- Applications will be out in December



**KNOW
THE SIGNS**



**LEARN THE
ACTIONS**



**BE A
LIFELINE**



Contact:

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Colorado Behavioral Healthcare Council
W) 720.573.3585

You want to help. Learn how. Check out Mental Health First Aid Colorado!

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www.mhfacolorado.org