Utilizing Mental Health First Aid: Building Campus-wide Response Competency

Dr. Patrick Lukingbeal, Director, UH Wellness
Learning Outcomes

Participants will:

1) Discuss the current state of mental illness on college campuses.

2) Identify the major behaviors to help-seeking on college campuses.

3) Learn about the Mental Health First Aid (MHFA) training curriculum and how to integrate it onto their home campuses.

4) Analyze briefly the ALGEE response model within MHFA and how to utilize it.
Let’s start with a scenario....

Greg is a 21-year-old man who is in a student organization you work with. He is generally quick with a smile and willing to help a classmate or friend. Over the past month you have noticed Greg rarely smiles or offers to help out. He always was a huge baseball fan, but he doesn’t seem to get into it this season. When you see Greg in class, he seems a bit rumpled and appears tired. You’ve heard from others that Greg was recently dumped by the love of his life.

Greg has begun to make mistakes on important projects. Others have started talking about Greg’s mistakes and irritability and you are becoming increasingly concerned. Last time you talked with him, he shared more with you about his struggle over the breakup of his relationship. He keeps blaming himself and wondering why anyone would want to be with him. He said he is beginning to wonder if everyone would be better off without him. He is feeling hopeless about his future.
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

- A (Assess for risk of suicide or harm)
- L (Listen nonjudgmentally)
- G (Give reassurance and information)
- E (Encourage appropriate professional help)
- E (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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STIGMA</strong> is associated with mental health problems.</td>
<td>Promote <strong>UNDERSTANDING</strong>.</td>
</tr>
<tr>
<td><strong>PROFESSIONAL HELP</strong> is not always on hand.</td>
<td>Encourage community members to <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 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>
</tr>
</tbody>
</table>
Why MHFA for Higher Education?

• 40% of young adults 18-24 are enrolled in 2 or 4 year educational institutions

• 75% of mental disorders develop before age 25

• Early identification and treatment can lessen the impact of the mental illness

• Only 18.5% of college students ages 18-24 receive services for any mental health disorder
Characteristics of College Students

- 80% ages 18-24
- 4% international
- 660,000 veterans
- 32% racially/culturally diverse
- 4-10% LGBTQ
- Increasing numbers of non-traditional students
<table>
<thead>
<tr>
<th>Disorder</th>
<th>% Estimated Prevalence</th>
<th>% Received Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood Disorder (including Major Depressive Disorder, Dysthymia, Bipolar Disorder)</td>
<td>10.6</td>
<td>34.0</td>
</tr>
<tr>
<td>Anxiety Disorder (including Panic, Social anxiety, GAD, Specific phobia)</td>
<td>11.9</td>
<td>15.9</td>
</tr>
<tr>
<td>Alcohol Use Disorder</td>
<td>20.4</td>
<td>5.3</td>
</tr>
<tr>
<td>Drug Use Disorder</td>
<td>5.0</td>
<td></td>
</tr>
<tr>
<td>Any Disorder</td>
<td>45.8</td>
<td>18.5</td>
</tr>
</tbody>
</table>

*Blanco et.al. 2008*
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.
Where Mental Health First Aid Can Help

Where Mental Health First Aid can help on the spectrum of mental health interventions
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*
Who We’re Reaching

ALGEE-OMETER

More than 540,000 First Aiders in the US Trained by more than 9,000 Instructors

Reported through February 2016
Who We’re Reaching

- 38.7% General Community/Not Specified
- 11% Schools
- 10.7% Social Services
- 7.0% Behavioral Health
- 6.4% Higher Education
- 9.3% Law Enforcement/Public Safety
- 2.6% Primary Care
- 3.0% Faith Communities
- 1.2% Business/Corporations
- 9.7% Other

30,000 Courses (through September 2015)
Who We’re Reaching

States with the most people trained

<table>
<thead>
<tr>
<th>State</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>52,637</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>44,704</td>
</tr>
<tr>
<td>Texas</td>
<td>33,468</td>
</tr>
<tr>
<td>Michigan</td>
<td>27,728</td>
</tr>
<tr>
<td>Missouri</td>
<td>25,391</td>
</tr>
</tbody>
</table>

There are currently Mental Health First Aiders in **all 50 states, Puerto Rico** and **Guam**.
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.

Since the launch in January, more than 50,000 new First Aiders have been trained. [as of April 2016]
What People Are Saying About Mental Health First Aid…

Chirlane McCray @Chirlane · Feb 12
This @MHFirstAid class prepared me to better help those around me struggling w/ mental health issues. Read about it:

NJYMCA StateAlliance @njymca · Mar 16
First aid for mental health is as important as first aid for our bodies. Learn: mentalhealthfirstaid.org/cs/ @MHFirstAidUSA @MHANJ1 #firstaid

DGC @DGCsays · Apr 10
The @MHFirstAidUSA course I took was a training I believe EVERY SINGLE PERSON should complete. #ALGEE #MentalHealthMatters #EndTheStigma

Mental Health First Aid Shatters Stigma With Standardized Training
"In reality, it's far more common to find people struggling with emotional problems than choking on a steak."
thinkprogress.org

Rabbi Fred Greene @rabbigreene · Mar 16
Tip to my faith leader friends… bring a @MHFirstAidUSA training to your staff! We did with @MHFACO!
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
Evidence

Mental Health First Aid....

...Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness
The Beginnings at UH..

• Starting the Conversation

• Instructor Training

• DSAES Pilot Run

• Almost 100 trained
Session Preparation

• Behind the Scenes:
  – Date and Time
  – Location
  – Registration
  – Ordering Manuals
  – Marketing

MENTAL HEALTH FIRST AID

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

Topics Covered
Depression and mood disorders, Anxiety disorders, Trauma, Psychosis, Substance Use disorders

Dates
Thursday, December 8th and Friday, December 9th from 1:00 pm to 5:00 pm.

Faculty, staff, and students are all welcome – but seating is limited! Topics that will be covered include depression and mood disorders, anxiety disorders, trauma, psychosis, and substance use disorders.

For more information and to register, please email advt@uh.edu.
Let’s end with a scenario....

Don, a 26-year-old married veteran in his first year at the community college, is suffering from periodic feelings of extreme fear that overcome him with no warning. They began 6 months ago, soon after the birth of his first child, and in the past several weeks have escalated so that they occur once per week.

Yesterday, he had two such attacks and he is now apprehensive that he may be going crazy, because he has no idea why he is so fearful. Upon questioning, he says that he feels dizzy and faint during these intermittent episodes and that he also experiences trembling and tingling sensations in his hands.
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
Thank you!

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