



Mental Health First Aid

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YOUTH
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OKLAHOMA

Mental Health First Aid

Dispelling the Fear of Mental Illness

2015 Engage OK

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And Substance Abuse Services



Dispelling The Fear Of Mental Illness

Agenda

- Global Perspective
- Oklahoma Perspective
- Mental Health First Aid
- Signing-up for Training
- Discussion & Questions



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Please Read This Statement

FINISHED FILES ARE THE RESULT OF
YEARS OF SCIENTIFIC STUDY
COMBINED WITH THE EXPERIENCE
OF YEARS...



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Global Perspective

- [Psychiatrist Vikram Patel](#)
- Global Issues
- 50% Developed Countries
- 90% Developed Countries
- The solution “Task Shifting”



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Global Perspective

- Shortens lives by 20-30 years
- Suicide - Leading cause of death
18 to 24 yrs. old
- No Treatment for 50% Developed
- No Treatment for 90% Developing
- Globally half a billion with MH issues

Oklahoma Mental Health



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- USA 2nd Highest adults with SMI
- Third leading cause of chronic disease in the state
- 21 percent of residents say they had a mental health need during the past year
- 70 percent of adults needing services are not receiving treatment
- 40 percent of youth needing services are not receiving treatment

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Oklahoma Substance Abuse



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- First in the USA for prescription drug addiction
- 12 percent of residents say they needed addiction treatment within the past year
- 77 percent of adults who need treatment do not receive it
- 80 percent of youth needing treatment do not receive it



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Mental Health First Aid



Where's ALGEE.com



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Mental Health First Aid Overview

- Utilizes “Task Shifting”
- MHFA as common as CPR & First Aid training
- Originated in Australia in 2003
- Susan Paddock brought to OK in 2008
- 21 Counties have programs



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Mental Health First Aid Overview

- [ALGEE-OMETER](#)
- Over 6500 instructors training in USA
- State funded program (8)
- SAMHSA National Registry of Evidence Based Programs



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Mental Health First Aid

- Is the Help offered to a person developing a mental health problem or experiencing a mental health crisis
- Given until appropriate treatment and support are received or until the crisis resolves
- Not a substitute for counseling, medical care, peer support or treatment
- [Founder](#)



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Mental Health First Aid

Why Take the Course

- **Be prepared**
When a mental health crisis happens, know what to do
- **You can help**
People with mental illnesses often suffer alone
- **Mental illnesses are common**
1 in 5 adults in any given year
- **You care**
Be there for a friend, family member, student, colleague or simply someone in need



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Mental Health First Aid Logistics

- Two options: 8-hours & 2X4-hour classes
- Maximum of 30 students per class
- 60 Instructors in Oklahoma
- Instructors arrange their own classes
- 4 ODMHSAS Classes annually



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Mental Health First Aid

What you learn

- Risk factors and warning signs
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ALGEE: A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help
- [Let's see what a class looks like](#)



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Mental Health First Aid

What you learn

Session 1A (8-10)

- What Is Mental Health First Aid?
- Typical Adolescent Development
- Signs and Symptoms
- ALGEE Mental Health First Aid Action Plan

Session 2A (10-12)

- What is Non-Suicidal Self-Injury?
- Typical Stages vs. Warning Signs
- Risk and Protective Factors
- **A**ssess for Risk of Suicide or harm **ALGEE**



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What you learn

Session 2A (1-3)

Listening Non-Judgmentally ALGEE

Give Reassurance and Information ALGEE

Encourage Appropriate Professional Help ALGEE

Encourage Self-Help Strategies ALGEE

Session 2B (3-5)

Understanding Substance Use Disorders

Crisis First Aid for Overdose

Crisis First Aid for Withdrawal

Using Mental Health First Aid

Exam and Certification

Mental Health First Aid



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- Assess for suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



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Mental Health First Aid

The Evidence (NREPP)

- Grow knowledge of signs, symptoms and risk factors.
- Identify multiple types of professional and self-help resources.
- *Increase confidence in and likelihood to help an individual in distress.*
- Show increased mental wellness
- Reduces social distance



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Youth Mental Health First Aid Pilot

- Free to all K-12's in Oklahoma
- Delivered at your site.
- Lunch may be included
- National Certification
- 8-Hours Educational Credit
- ALGEE Mug



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Training & Contacts

Mental Health First Aid USA

Information and Scheduling:

- Felecia Jackson, Statewide Program Manager
- CREOKS Behavioral Health Services
- Tulsa, Oklahoma 74135
- Felecia.Jackson@creoks.org
- Office – 918-382-7300 Cell 918-284-0906



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