

## teen Mental Heath First Ad

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## teen MHFA Program

- National Council and Lady Gaga's Born this Way Foundation teamed up to pilot the program in the United States in the Spring of 2019.
- The Cebrin Goodman Teen Institute (CGTI) was selected to train the Peers with Advanced Leadership Skills (PALS). It was the only pilot program selected that trained a community program and still is.
- CGTI asked Amos Alonzo Stagg High School, an Operation Snowball Chapter, to participate in the pilot program as well.





## teen MHFA Program

- Among the students trained during this initial round of pilot testing were 40 11th and 12th grade students from across the state at the 2019 Cebrin Goodman Teen Institute, as well 550 10th grade students at Stagg High School.
- The pilot program expanded for the 2019-2020 school year to include an additional 35 schools, including another high school in Illinois.
- Start of general availability is the 2020-2021 school year.





#### teen MHFA in the United States



City	State
Greenfield	MA
South Hadley	MA
Canyon	TX
Ashland	WI
Castleton-On-Hudson	NY
Corbin	KY
Des Moines	IA
Jackson	GA
Livermore	CA
Mesa	AZ
Homestead	FL
Elmhurst	NY
Oxford	MS
Philadelphia	PA
Cedar Hill	МО
Paris	IL
Fort Lee	NJ
Salem	OR
Bridgeport	wv
Springfield	МО
Charlottesville	VA

City	State
Sterling	CO
Warrenton	VA
West Palm Beach	FL
White Swan	WA
Halifax	NC
Amherst	ОН
Pemberville	ОН
Fairfax	VA
Forney	TX
Gardner	KS
Flint	MI
Kalamazoo	MI
Los Angeles	CA
Sioux City	IA
Marysville	CA
McGehee	AR
Nampa	ID
Wetumpka	AL
South Riding	VA
Springfield	IL
Las Vegas	NV
Boulder	MT



#### Mental Health First Aid Curricula

Adult Mental Health First Aid

Adult → Adult

teen Mental Health First Aid

**Teens** → **Teens** 

(10th-12th Grade)

Youth Mental Health First Aid

Adults → Youth (ages 12-18)



#### Mental Health First Aid Overview

Identify. Understand. Respond.

"Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis."

Mental Health First Aid was created in Australia in 2001 by Betty Kitchener, a nurse specializing in health education, and Anthony Jorm, a mental health literacy professor.





#### Mental Health First Aid Overview

Mental Health First Aid is for everyone.

MHFA was brought to the United States by the National Council for Behavioral Health.

Two million people across the United States have been trained in MHFA by a dedicated base of more than 18,000 instructors.

Mental Health First Aiders are: teachers, first responders, veterans, neighbors, parents, friends, people in recovery, and those supporting a loved one.





#### Mental Health First Aid Overview

Participants in all Mental Health First Aid curricula learn:

- Five-step action plan
- Signs and symptoms of common mental health challenges
- Topics covered include:
  - Depression and mood disorders
  - Anxiety disorders
  - o Trauma
  - Psychosis
  - Substance use disorders
- Appropriate help and available resources



## Why teen Mental Health First Aid?



# 1 in 5

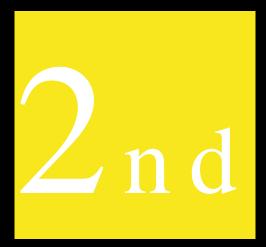
Teens will experience a mental health challenge by the time they are 18.





50% of all mental illnesses begin by age 14, and 75% by the mid-20s.





Suicide is the second leading cause of death for 15to 24-year-olds.



Research shows that young people prefer to share and seek help from their peers; but peers do not always have the knowledge or skills to help their friends.



## Overview of teen MHFA Program

- Evidence-based training program for high school students.
- Taught to students in 10th-12th grade.
- Students in the program will learn how to:
  - Recognize the signs of a developing mental health or substance use problem;
  - Recognize the signs of a mental health or substance use crisis, particularly suicide; and
  - Get a responsible and trusted adult to take over as necessary.





## Goals of teen MHFA Program

- Educate students on common mental health concerns among young people.
- Reduce stigma by normalizing the experience of mental health challenges.
- **Empower** students to provide appropriate help for their friends.



## What does teen Mental Health First Aid look like?



#### Preparation:

- Parent notification/opt out for surveys.
- 10% of school staff trained in Youth MHFA prior to start of tMHFA.
- Class period for sessions (typically health class).
- Sessions can be carried out in:
  - Three 90-minute sessions
  - Six 45-minute sessions





#### Considerations:

- Recent events within school and community
- Support and education of parents, staff, and community
- Involve youth leadership group(s) at school to help with preparation
- Research and evaluation component
- Program alignment with existing school curricula





#### Delivery:

- Sessions can be carried out in three 90 minute sessions or six 45 minute sessions.
- There should always be at least one adult in the classroom (teacher) to support and manage students.
- Each student receives a manual which features information, activities, and valuable resources.



#### Wrap-up:

- At the end of each session, each student will submit an exit ticket which asks how they are feeling and if they would like to be checked in on by an adult.
  - School staff will follow-up with student appropriately based on response.
- Students who complete all sessions will receive a certificate of completion.
- Students who miss one or more sessions will receive a certificate of participation.



#### Research and Evaluation:

- Students will take a pre and post-test before and after the training to assess changes in knowledge and behavior. The test assesses:
  - adolescents' knowledge of the general warning signs that a mental illness may be developing
  - skills and confidence in providing Mental Health First Aid to a peer
  - actual usage of teen Mental Health First Aid skills with peers 6 months after the training.
- Schools who have an 80% completion of pre and post-tests will receive school-specific data about learning outcomes.



#### teen MHFA Course Outline

Session	Part	Торіс
1	1	Mental Health Challenges
1	2	Appropriate Help
	1	<ul> <li>Helping a Friend in a Mental Health or Substance Use Crisis</li> </ul>
2	2	<ul> <li>Helping a Friend in a Mental Health or Substance Use Crisis</li> </ul>
2	1	Helping a Friend Who is Developing a Mental Health or
3	2	Substance Use Challenge





#### teen MHFA Manual



- General information on signs and symptoms of common mental health challenges.
- Activities to help apply teen Mental Health First Aid action plan.
- Contact information for teen mental health resources.
- Artwork created by teens depicting their lived experience with mental health challenges.



## teen Mental Health First Aid Action Plan

Look for warning signs

Ask how they are

**Listen** up

Help them connect with an adult

Your Friendship is important





## Exit Tickets

I am feeling: 🖸 😥	WASHING THE PROPERTY OF THE PR	
I want someone to check on me today: Yes or No One thing I learned today:  One question I still have:	<b>teen</b> MENTAL HEALTH FIRST AID®USA	EXIT



## What can students expect?



## teen Mental Health First Aid Action Plan

**Look** for warning signs

Ask how they are

Listen up

**Help** them connect with an adult

Your Friendship is important





#### Contact Us

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