



teen Mental Health First Aid

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Behavioral Health 


cebrin goodman
teen institute



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 | MO |
| Paris | IL |
| Fort Lee | NJ |
| Salem | OR |
| Bridgeport | WV |
| Springfield | MO |
| Charlottesville | VA |

| City | State |
|-----------------|-------|
| Sterling | CO |
| Warrenton | VA |
| West Palm Beach | FL |
| White Swan | WA |
| Halifax | NC |
| Amherst | OH |
| Pemberville | OH |
| 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

**Youth Mental
Health First Aid**

**Adults → Youth
(ages 12-18)**

**teen Mental
Health First Aid**

Teens → Teens

**(10th-12th
Grade)**



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
 - 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%

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



2nd

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



Peers

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 M-HFA 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?



Implementation

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





Implementation

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





Implementation

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.





Implementation

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**.





Implementation

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 MHA Course Outline

| Session | Part | Topic |
|---------|------|---|
| 1 | 1 | • Mental Health Challenges |
| | 2 | • Appropriate Help |
| 2 | 1 | • Helping a Friend in a Mental Health or Substance Use Crisis |
| | 2 | • Helping a Friend in a Mental Health or Substance Use Crisis |
| 3 | 1 | • Helping a Friend Who is Developing a Mental Health or Substance Use Challenge |
| | 2 | |





teen MHA 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

| | | | |
|----------------------------------|---|---|------------------------|
| <p>NAME _____ DATE _____</p> | <p>I am feeling:   </p> <p>I want someone to check on me today: Yes or No</p> <p>One thing I learned today: _____ _____</p> <p>One question I still have: _____ _____</p> |  | <p>EXIT TICKET</p> |
|----------------------------------|---|---|------------------------|



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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