

# Mental Health First Aid Hospital Coalition Project

American Hospital Association Webinar

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# Overview of Webinar

- Brief background of MHFA
- Local initiative
- Results
- Looking ahead
- Q & A

# The MHFA Movement

- MHFA started in Australia and is now a multi-national training program targeted to improve mental health awareness
- According to the MHFA website, 1 million people have been trained in MHFA
- Goal is to make it as common as CPR
- Evidence-based training that shows trainees feel more comfortable discussing mental health after 8 hours of training

# Goals of MHFA Training

## **1) Reduce stigma around mental health by making it a talk-able topic**

- increasing awareness and prevalence of mental health issues
- intervening with people in a mental health crisis

## **2) Improve access to care**

- educating lay persons about mental health resources available in the community
- assisting persons in need of resources to reach out and connect

# What MHFA Facilitators Learn in Training

- Assess the risk of suicide or other harmful behavior
- Listen non-judgmentally
- Give reassurance that things can get better
- Encourage people to seek appropriate mental health help
- Encourage people to find ways to self-help and seek support strategies

# What MHFA Facilitators Learn in Training

Trainees also learn basic language of mental health

- Introduced to risk factors and warning signs for mental health or substance use problems
- Engage in experiential activities that build understanding of the impact of illness on individuals and families
- Learn about evidence-supported treatment, i.e. that treatment works to reduce symptoms and harm, and self-help strategies

# Northeast Florida Initiative

Coalition of 5 non-profit hospitals participated in a community health needs assessment to identify pressing health issues in the area

- Ascension St. Vincent's, Mayo Clinic, UF Health Jacksonville, Baptist Health, Brooks Rehabilitation initiated a train-the-trainer model
- We trained 60 trainers in 2016, with a goal of training 10,000 community members by December 2019
- We are currently at the midpoint in the timeline, and the total trained program-to-date is 5,326, which is above target

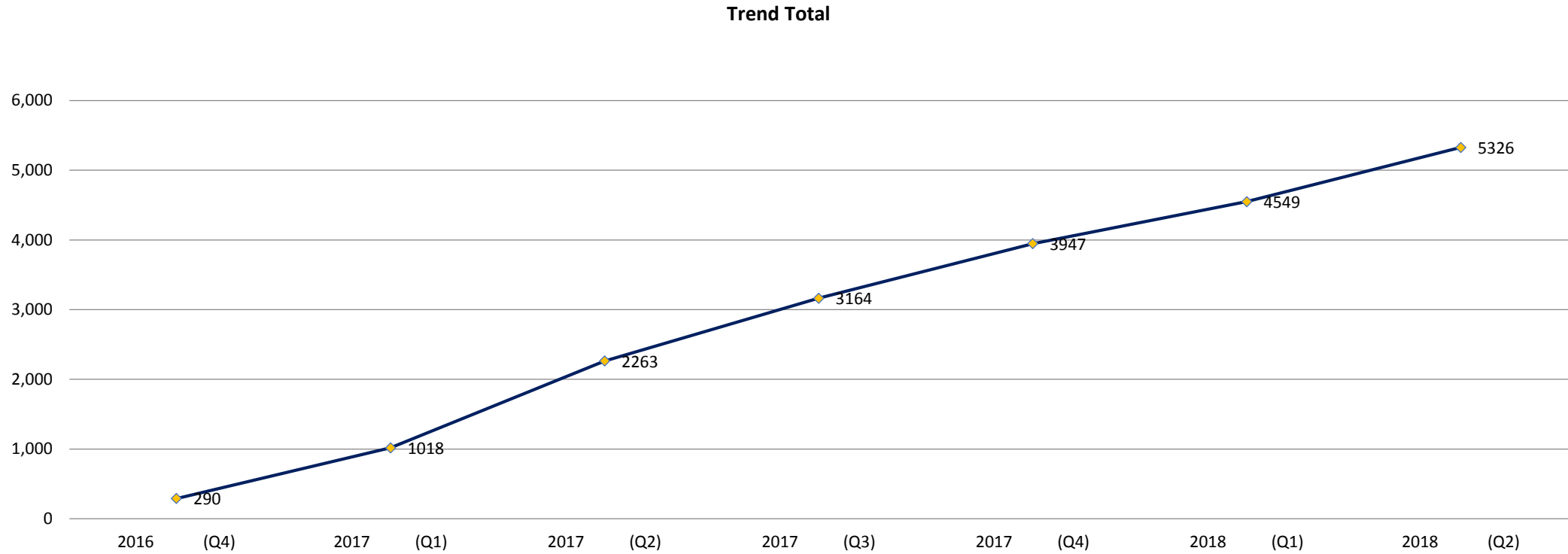
# Major Partners in Training

MHFA training has expanded beyond healthcare realm into several important community partnerships:

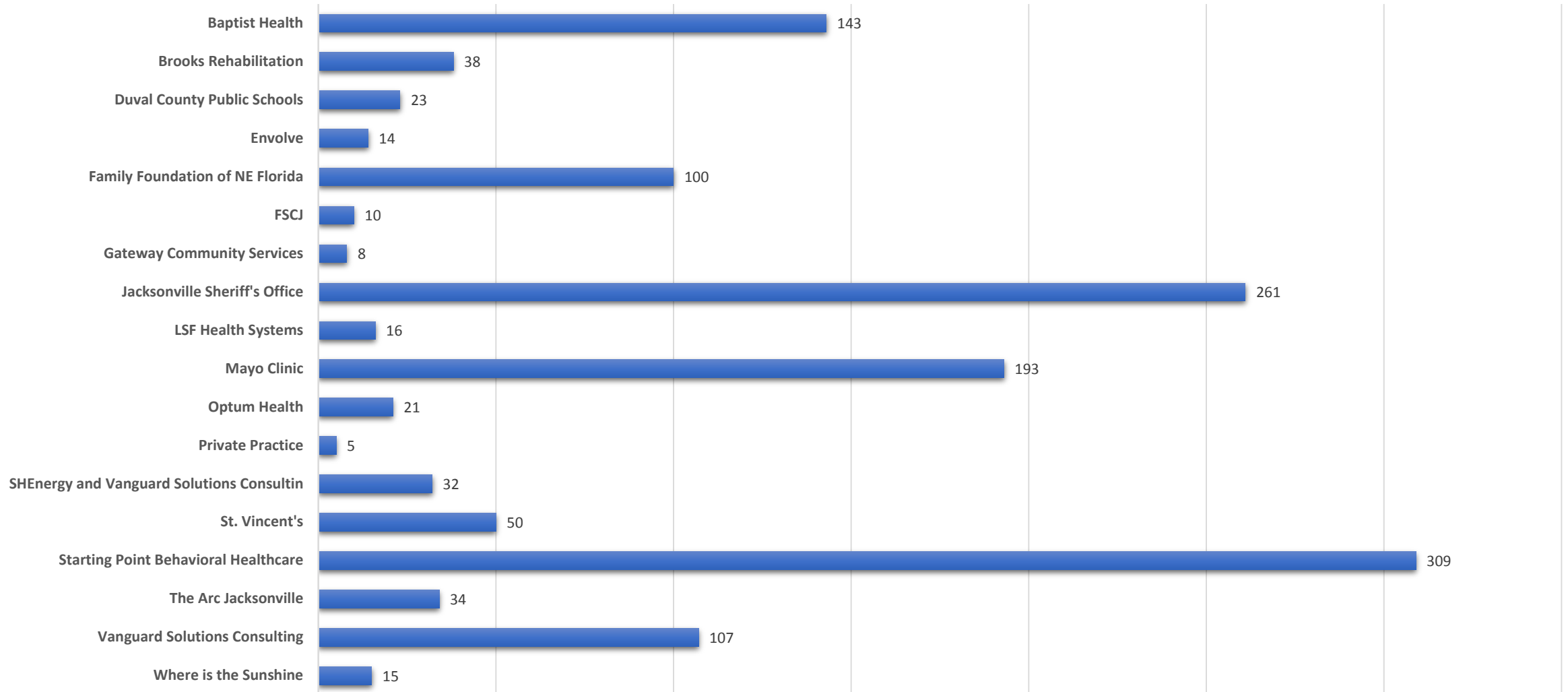
- Jacksonville Sheriff's Offices
- Duval County Public Schools
- Starting Point Behavioral Health
- Florida State College of Jacksonville
- Mental Health America



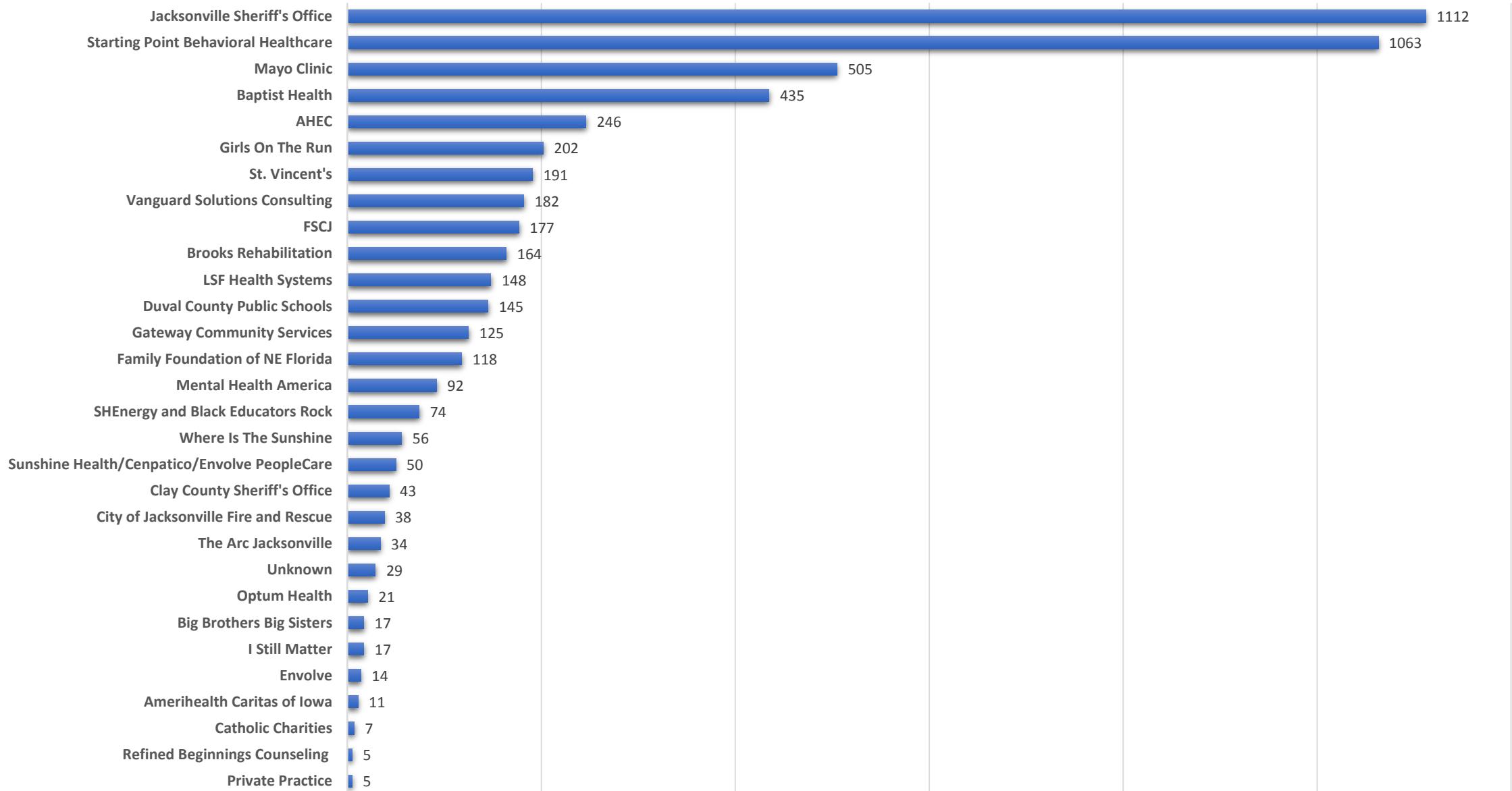
# # of People Who Have Completed Training



# Trainings Facilitated by Organization



# Persons Trained by Organization



# Looking Ahead

- PA at Mayo secured a \$10,000 grant to underwrite the teaching of the course to students studying to become physician assistants. That program will start with a class at Nova Southeastern University's Jacksonville campus.
- Jacksonville Sheriff's Office, which trained about 700 officers last year, has pledged to eventually train all 3,000 officers
- City of Jacksonville has also pledged to train every employee

# Questions and Comments