



MENTAL
HEALTH
FIRST AID®

Project Insight

Presenter Name
BEVERLY TODDLE
Program Director

CRISIS INTERVENTION ACTION STEPS

COUNCIL ON SUBSTANCE ABUSE-NCADD



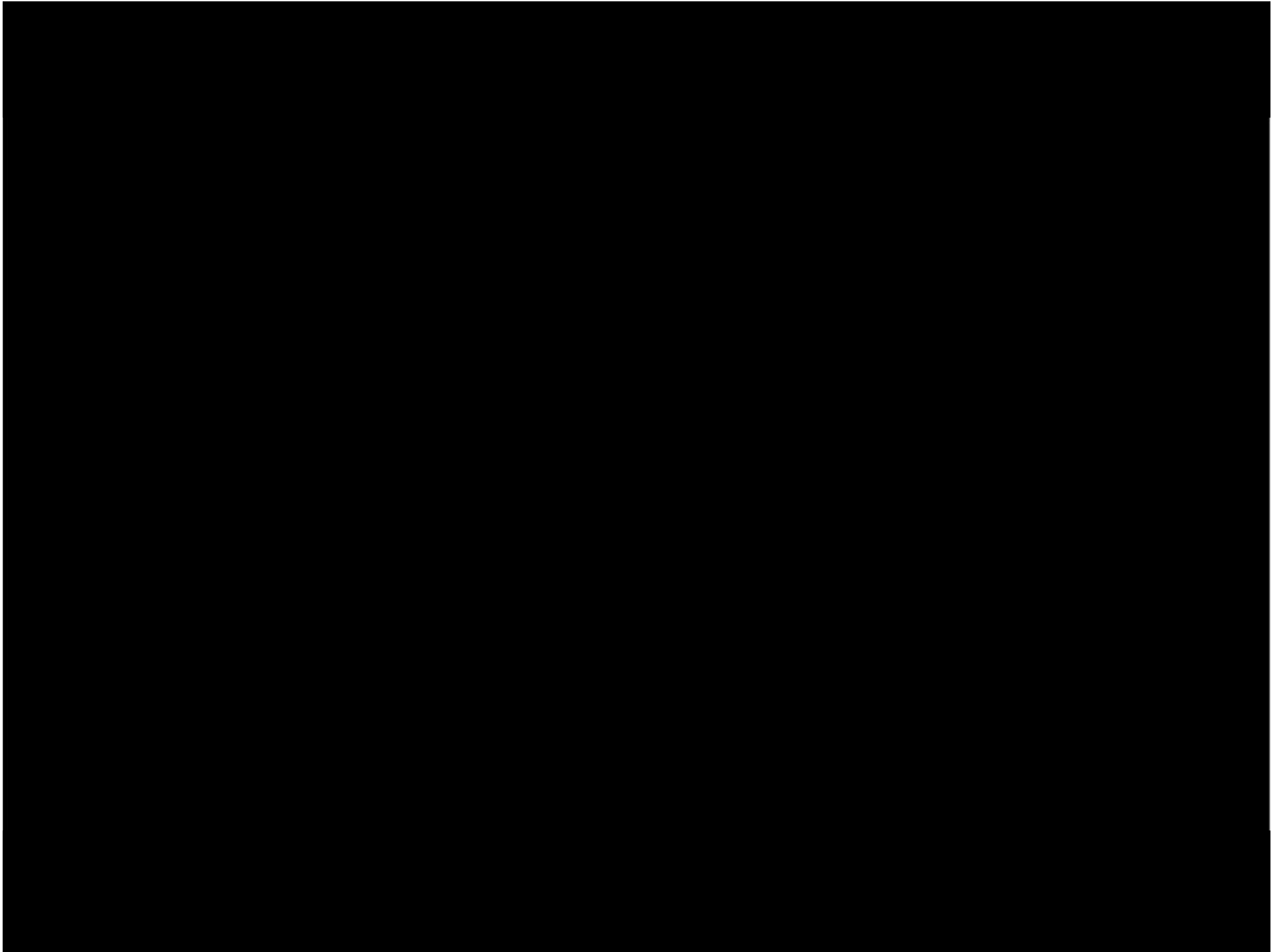
ABOUT COSA-NCADD

COSA-NCADD is a private 501 (c)(3) non-profit organization founded in 1973 to promote the understanding that alcoholism and other drug dependence are preventable and treatable diseases. COSA-NCADD is the state affiliate of the National Council on Alcoholism and Drug Dependency (NCADD) and a member of the Community Anti-Drug Coalition of America (CADCA). The mission of COSA-NCADD is to "Reduce the incidence and prevalence of the disease of alcoholism, other drug addiction diseases, and related problems."

Mental Health First Aid Certification Course

- Risk factors & warning signs for mental health and addiction concerns
- Strategies for how to help someone
- Where to turn for help







MENTAL HEALTH FIRST AID

On average, there are
123
 SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,
630,000
 people died from
 DRUG OVERDOSE.

Centers for Disease Control and Prevention

Nearly **1 in 5** U.S.
 adults lives with a
 MENTAL ILLNESS.

*National Institute of Mental Health via the
 National Survey on Drug Use and Health
 and the Substance Abuse and Mental
 Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

The course will teach you how to apply the ALGEE 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

More than 1 million trained!



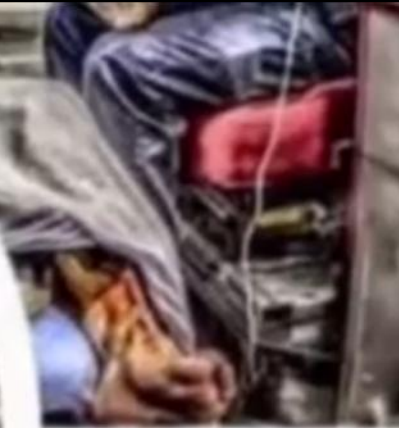
PUSH FOR TRAINING FOR WARNING SIGNS
PREVENTING SUICIDES AMONG FIRST RESPONDERS

**DEVELOPING
STORY**

5
WLWT

7:58 PM





Pause (k)



0:00 / 3:21





MENTAL HEALTH FIRST AID FOR FIRE & EMS

In 2017,
103
firefighters
died by suicide;
more than the
93
firefighters who died
IN THE LINE OF DUTY.

USA Today

A survey of
7,000
North American
firefighters revealed
27%
have struggled with
SUBSTANCE USE ISSUES.

NBC Washington

Why Mental Health First Aid?

Mental Health First Aid for Fire/EMS teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

WHAT IT COVERS

- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Other first responders
- Family members of first responders



Northeast Delta
Human Services Authority

Faith Communities

Connect with others
Find and give support

Foster partnerships

Learn from spiritual leaders

Better understand mental
health challenges

Save lives





0:00 / 1:00



Rural



Underserved
Health and behavioral health disparities
Shortage of behavioral health providers
Limited access to services

Mental Health First Aid

Identify issues early
Increase confidence to intervene
Refer people to local resources
Decrease the negative perceptions



For millions of men and women in uniform,



Veterans



20 VETERANS die daily by **SUICIDE** and have a **41-61%** higher risk than **NONVETERANS**

30% of active duty and reserve **MILITARY PERSONNEL** deployed in Afghanistan and Iraq have a mental health problem **REQUIRING TREATMENT**

ONLY **15%** OF RETURNING VETERANS in need **RECEIVE** mental health **TREATMENT**



Get Trained
Spread the Word
Read up.

PTSD is **15X** **HIGHER** in VETERANS than NONVETERANS





MENTAL HEALTH FIRST AID FOR VETERANS

Nearly **1 in 4** active duty members showed signs of a MENTAL HEALTH CONDITION, according to a 2014 study.

*National Alliance on Mental Illness
via JAMA Psychiatry*

20

veterans die by
SUICIDE EACH DAY.

U.S. Department of Veterans Affairs

About
18.5%
of service members
returning from Iraq
or Afghanistan have
post-traumatic
stress disorder
(PTSD) OR DEPRESSION.

*Substance Abuse and
Mental Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid for Veterans, Military Members and their Families teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.**

This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHAT IT COVERS

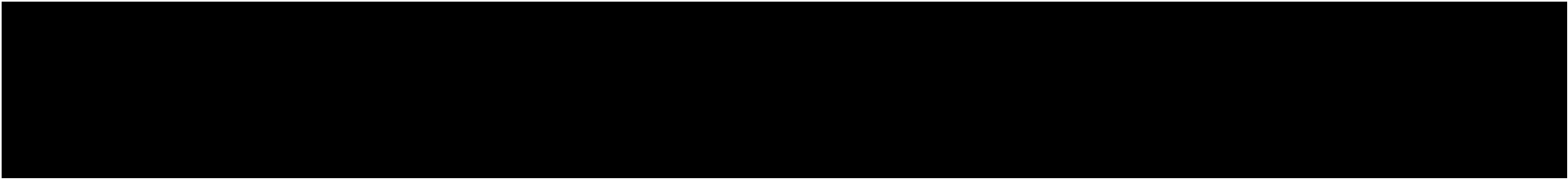
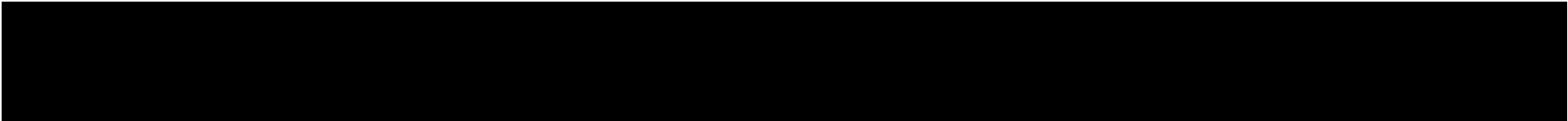
- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans

The course will teach you how to apply the ALGEE 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





MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY



Almost
10%
of police calls involved
someone with a
MENTAL ILLNESS IN 2014.

National Public Radio (NPR)

Nearly **1 in 4**
police officers think
of suicide at some
POINT IN THEIR LIFE.

*National Alliance on Mental Illness
via 2009 Centers for Disease Control
and Prevention Report*

1.2 million
individuals living with
mental illness are in jail
AND PRISON EACH YEAR.

Mental Health America

Why Mental Health First Aid?

Mental Health First Aid for Public Safety teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

WHO SHOULD TAKE IT

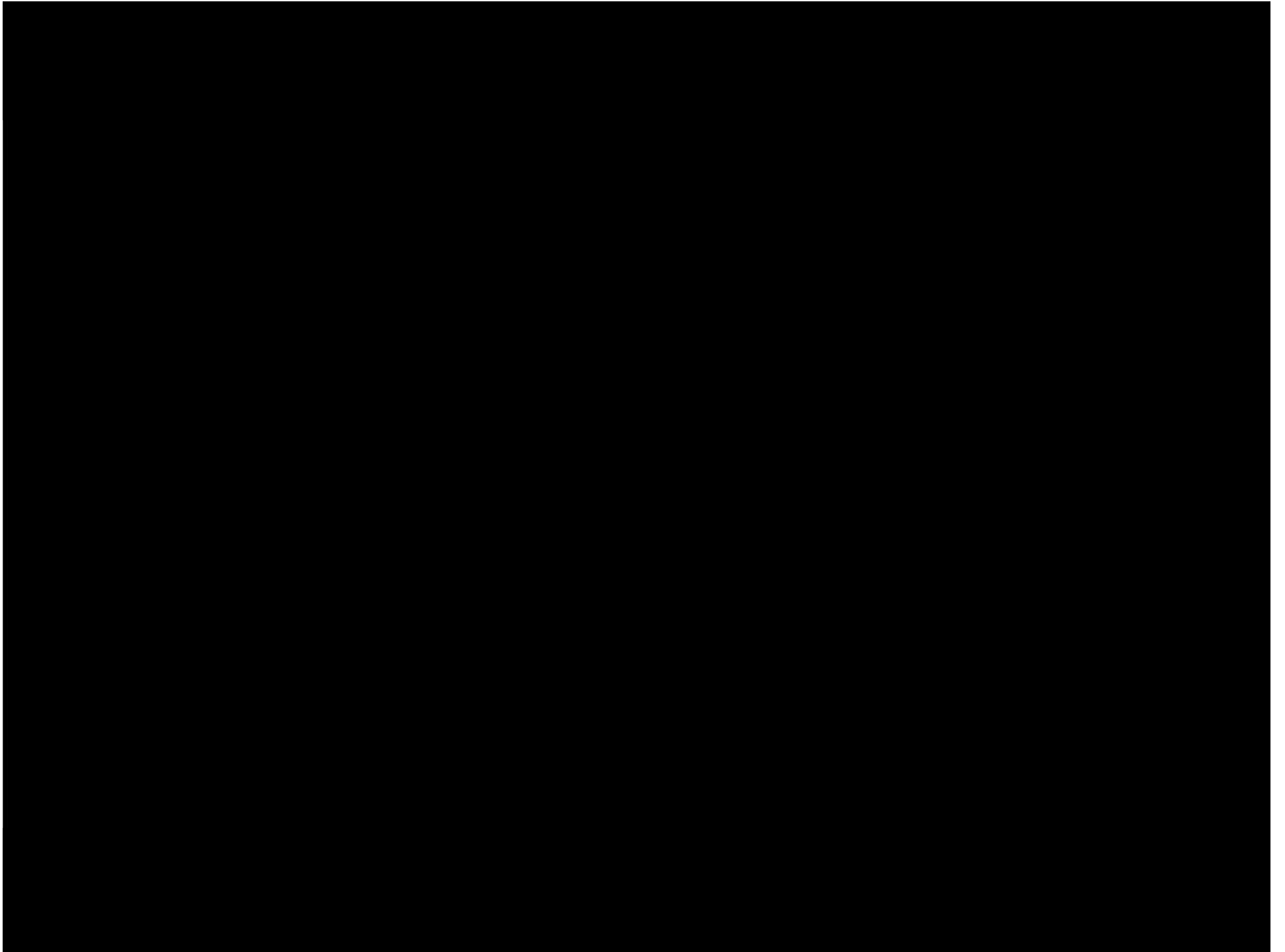
- Law enforcement
- Corrections officers
- Other first responders
- 911 dispatch staff

WHAT IT COVERS

- Defusing crises.
- Promoting mental health literacy.
- Combating stigma of mental illness.
- Enabling early intervention through recognition of signs and symptoms.
- Connecting people to care.

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
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**BORN
THIS
WAY
FOUNDATION**

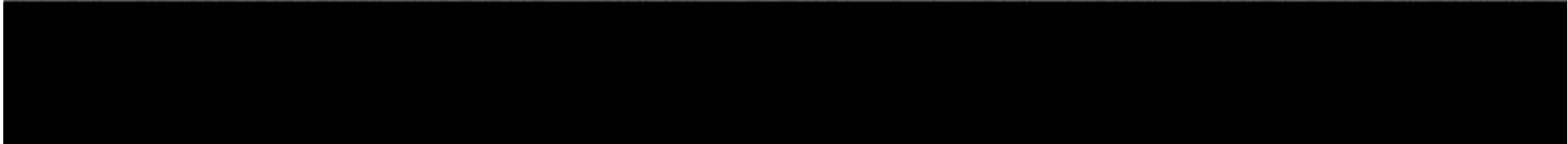
Mental Health First Aid

Brings people together

Learn and speak openly about mental health

A safe space that fosters a sense of community

Teaches people how to identify mental health challenges



Workplace



American adults
has a mental illness



Mental illnesses are
the leading cause of
disability worldwide



1 in 10 full-time
employees
has an addiction

40%

of employees with a
mental illness take time
off because of it -
up to 10 days a year

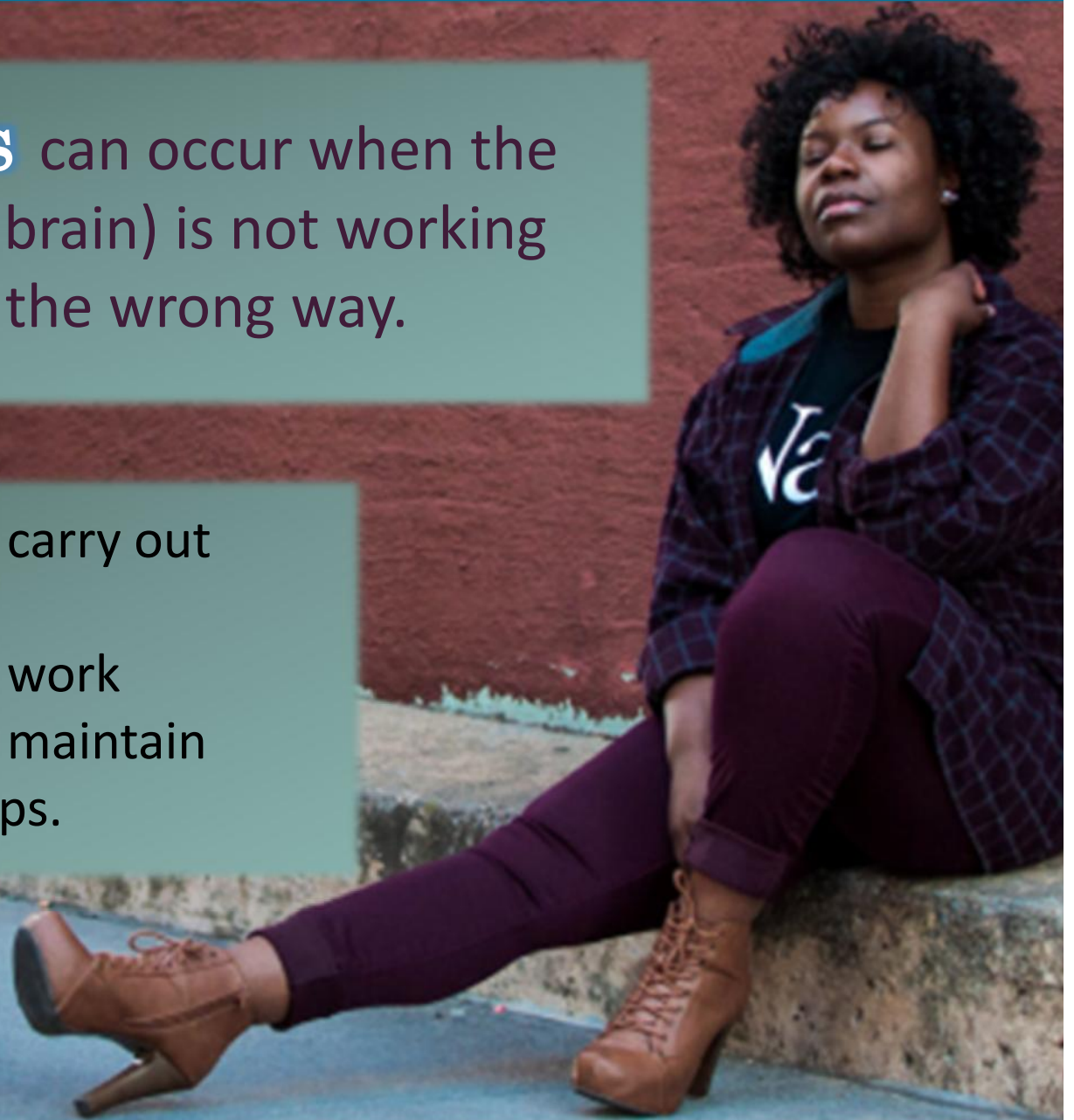
35%

more than 35% of
managers feel they
receive no formal
support or resources
to help employees

HR managers know the
toll mental illness can
take on the company.
Yet, only **15%** feel
managers are training
to recognize the
problem and share
support and resources.

Mental illness can occur when the brain (or part of the brain) is not working well or is working in the wrong way.

- Impacts the ability to carry out daily activities
- Impacts the ability to work
- Impacts the ability to maintain successful relationships.



Depression & Anxiety...

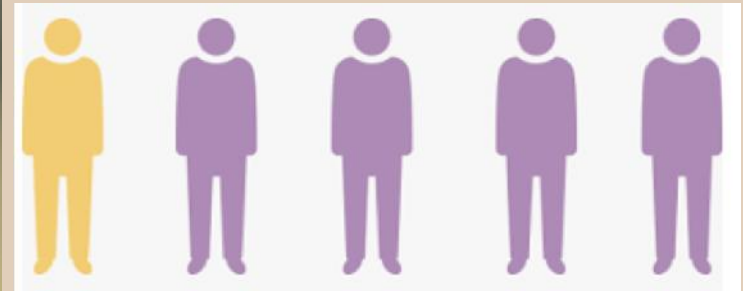
- Most common mental illnesses
- Similar signs and symptoms
- Frequently co-occur



DEPRESSION




1 out of 5 adults in the U.S. lives with a mental illness.



Unusual sad mood that lasts 2 weeks or more.

- *Loss of interest in activities they once found enjoyable*
- *Changes in sleeping habits (too much or too little).*
- *Neglects personal appearance and responsibilities*
- *Talk about dying or death*



National Alliance for Mental Health
(NAMI)

800-950-NAMI (6264)

NAMI OF ALABAMA 334-396-4797

Alabama Crisis Numbers

Main Line: (205) 323-7777

Teen Line: (205) 328-LINK (205-328-5465)

Kids' Help Line: (205) 328-KIDS
(205-328-5437)

Senior Talk Line: (205) 328-TALK
(205-328-8255)

A young woman with long brown hair is shown in a crowd, looking over her shoulder with a worried and anxious expression. Her hands are clasped together near her face. The background is blurred, showing other people in a crowd.

The most common mental health issue in the US!

Anxiety and Depression Association
America (ADAA)

ANXIETY

A persistent feeling of apprehension or dread.

CONDITIONS IN WHICH PSYCHOSIS MAY OCCUR

Schizophrenia

Bipolar Disorder

Bipolar disorder is a treatable illness marked by extreme changes in mood, thought, energy, and behavior (AKA “manic depression”).

- *AFFECTS 2.8 % OF ADULTS*
- *BEGINS IN LATE ADOLESCENCE*
- *EPISODIC*
- *AFFECTS MEN AND WOMEN*
- *GENETIC LINK*



Difficulty distinguishing between real and unreal experiences.

HOW TO HELP DE-ESCALATE A CRISIS SITUATION

- Remain calm
- Approach the person in a caring non-judgmental way
- Speak slowly and confidently with a caring gentle tone of voice
- Do not argue or challenge the person
- Do not threaten
- Do not raise your voice or talk too fast
- Comply with reasonable requests
- Do not restrict the person's movement
- Do not do anything to further agitate the person
- Allow pauses in the conversation
- Maintain your safety and access to an exit



Bipolar Disorder

Bipolar disorder is a treatable illness marked by extreme changes in mood, thought, energy, and behavior (AKA “manic depression”).

Affects 2.8% of the population

Begins in late adolescence

Equal number of men and women

Episodic

Appears to have a genetic link

Only affects **1%**
of the U.S. population

Schizophrenia

*Difficulty distinguishing
between real and unreal
experiences.*

Schizophrenia and Related
Disorders Alliance of
America (SARDDA)

800-943-2094

SARDDA.org



Helping A Family Member Or Friend



- Learn triggers, stressors & symptoms
- Don't make light of their feelings
- Discuss past experiences so they can recognize symptoms early.
- Encourage them to talk to their doctor about how they are feeling
- Encourage them to use strategies that has worked for them in the past

Nation Alliance for Mental Illness (NAMI)

1-800-950-NAMI (6264)

Substance Use Disorders (SUD)

Recurrent use of alcohol and/or drugs causes significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

- Strong desire for the drug
- Inability to control or reduce
- Continued use despite negative effects
- Development of tolerance
- Spending a lot of time and/or money to get and use
- Withdrawal symptoms after stopping or reducing

Signs & Symptoms of SUD

- Strong desire for the drug
- Inability to control or reduce
- Continued use despite negative effects
- Increased use
- Development of tolerance
- Spending a lot of time and/or money to get and use
- Withdrawal symptoms after stopping or reducing



3447 McGehee Rd, Ste 1
Montgomery, AL 36111

334-262-7477

The HOPE Recovery Center is a safe place where individuals with alcohol and substance abuse issues and their families can receive services, enjoy activities and share hope with others.

www.cosancadd.org

NATIONAL ADDICTION
HELPLINE

800-407-7195

NARCOTICS
ANONYMOUS

800-985-0008, ext. 1

ALCOHOLICS
ANONYMOUS

334-264-4122



40 % living with addiction also have another mental health challenge.

50% living with severe mental disorders also are affected by substance abuse.

(Journal of the American Medical Association)



Why So Many Co-Occurring Disorders?

- Drug use may bring about symptoms of mental illness
- Mental illness symptoms can lead to drug use to self-medicate
- Predisposed to addiction and mental disorders

SUICIDE

45,000 people

DIE BY SUICIDE

in the U.S. every year

1 person every **13** minutes

DIES BY SUICIDE

Exceeds the rate of death from
homicide and AIDS combined





HELP

WARNING SIGNS

- Threatening to hurt/kill self
- Expressing hopelessness
- Accessing suicide methods
- Recklessly behavior
- Experiencing anxiety, not sleeping or sleeping too much
- Withdrawing from friends/family
- Talking or writing about death, dying or suicide
- Giving away possessions
- Feeling no reason to live, no purpose in life
- Increased alcohol or drug use
- Dramatic changes in mood

SAMHSA's National Suicide
Prevention Lifeline at
1-800-273-TALK (8255)

If harm is imminent

CALL 911

Mental Health First Aid Certification Course

- Risk factors & warning signs for mental health and addiction concerns
- Strategies for how to help someone
- Where to turn for help



Our Response

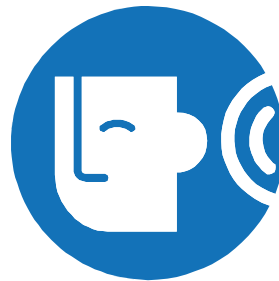


So, how do we identify,
understand and
respond to signs of
addictions and mental
illnesses?

Mental Health First Aid



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 is in crisis
- ⊕ Available evidence-based professional, peer and self-help resources

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

Mental Health First Aid's Value



\$20 =



MANUALS

Each participant manual for the Mental Health First Aid course costs \$20.

\$75 =



SUPPLIES

The cost of supplies for one Mental Health First Aid course is approximately \$75. Supplies include pens, paper, markers and other office supplies necessary for the teaching of the course material.

\$170 =



ONE NEW FIRST AIDER

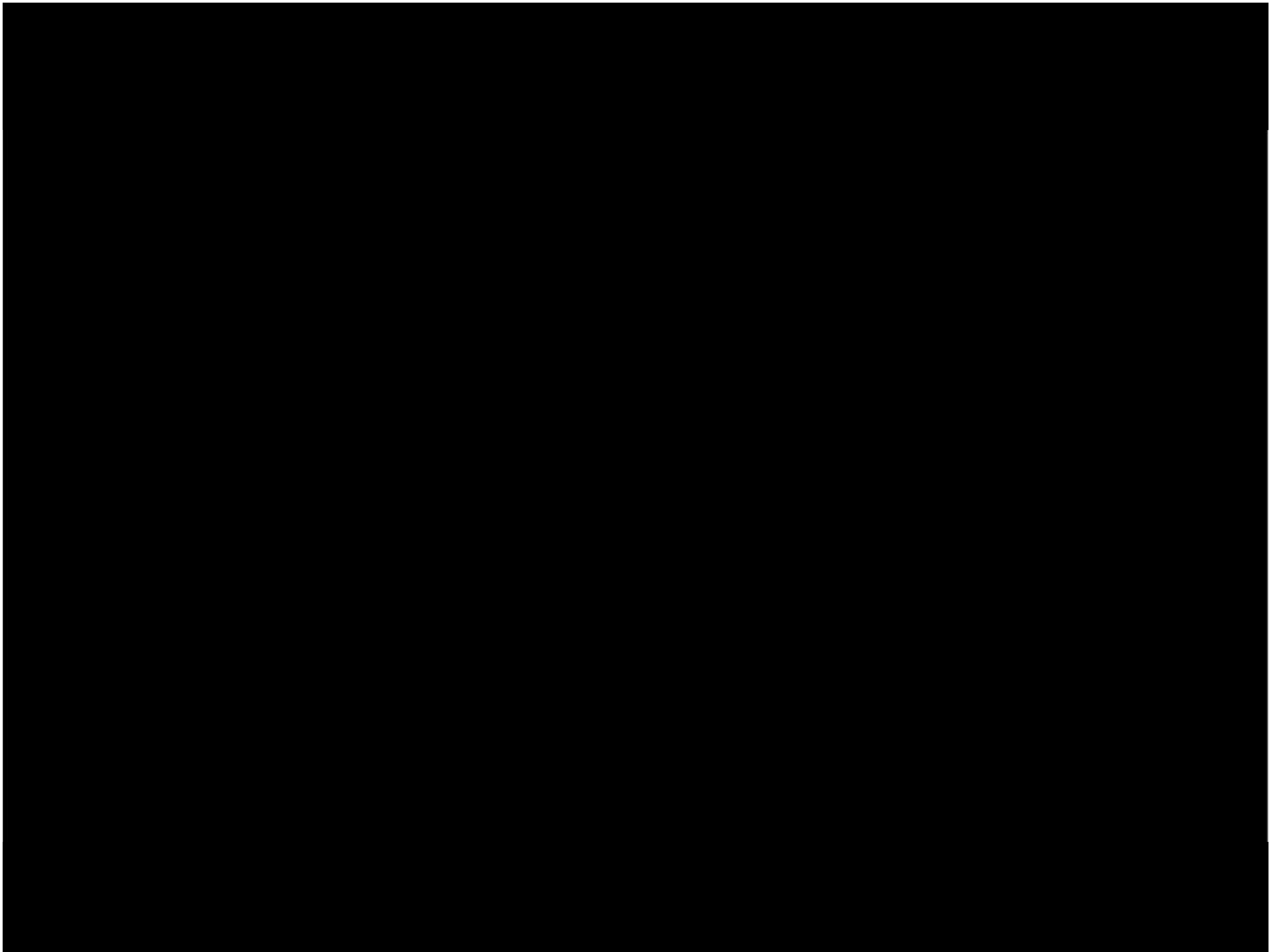
The total cost of training one new Mental Health First Aider is \$170.

\$1,800 =



ONE NEW INSTRUCTOR

The cost of training one new instructor is \$1,800. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.



PROJECT INSIGHT



For more information contact:

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Montgomery, AL 36106

334-262-1629

COSANCADD.ORG