



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Youth Mental Health First Aid

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Disclosures and About

I have no disclosures.

I am the Curriculum Coordinator for Southwest Montana Community Health Center in Butte. After working in Recruitment at Montana Technological University for 8 years I developed a deep love for higher education/continuing education and was excited to take that passion into the healthcare industry helping students with rotations and employees with development trainings.

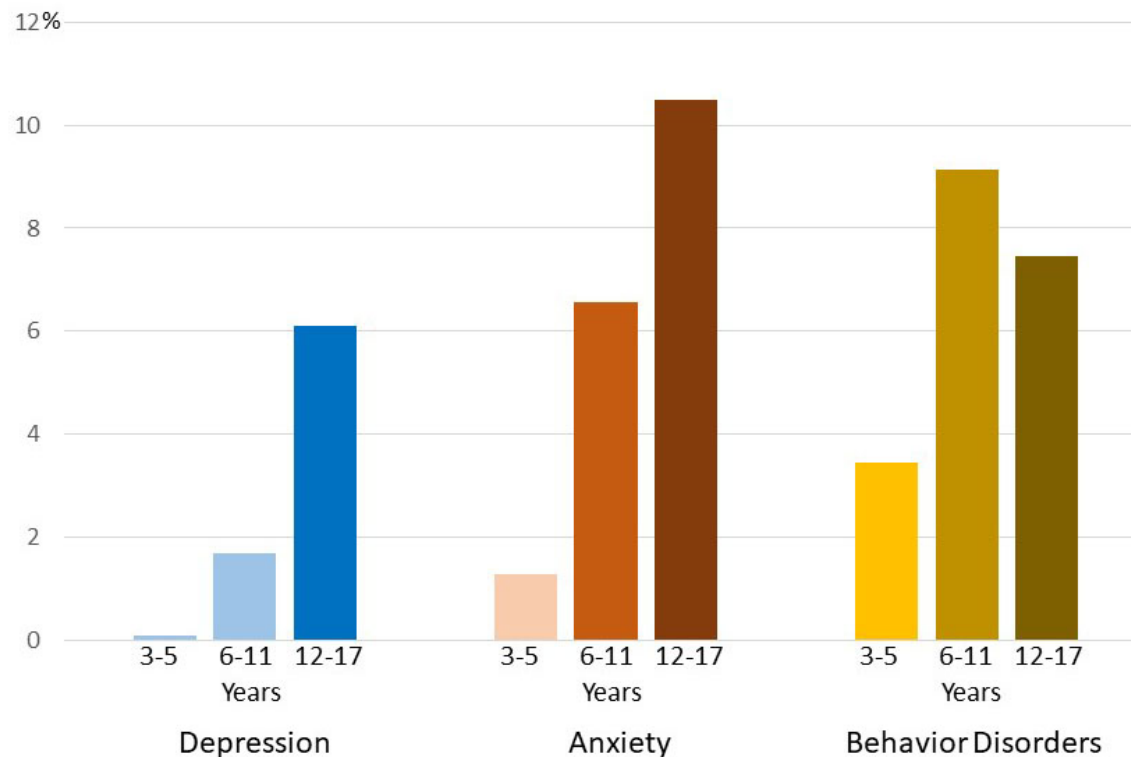
I was born in Hayford, England and lived in Southern California until the family moved to Butte, MT over 20 years ago. I have Bachelors both in Accounting and Management. Earned my Master's in Business Administration from the University of Montana in 2018. I served on the Montana Post-Secondary Education Opportunity Counsel board for 4+ years ending my term as President. I'm the current Chair of **The Healthy Granite County Network** and am currently an active certified trainer in Youth & Adult Mental Health First Aid and Basic Management of Aggressive Behaviors.

What's Wrong

- 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety.
- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.
- 1 in 6 U.S. children aged 2–8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder.
- 60% of Youth with Depression do not receive any Mental Health treatment
- 50% of all mental illnesses begin by age 14, and 75% by the mid-20s.
- 16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)

And That's Not All...

Depression, Anxiety, Behavior Disorders, by Age



Wait...There's More

- Depression and anxiety disorders cost the global economy \$1 trillion in lost productivity each year
- Depression is a leading cause of disability worldwide
- Suicide is the 2nd leading cause of death among people aged 10-34 in the U.S.
- Suicide is the 10th leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999
- 46% of people who die by suicide had a diagnosed mental health condition
- 90% of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals (also known as psychological autopsy)

Annual prevalence of serious thoughts of suicide, by U.S. demographic group:

- 11.8% of young adults aged 18-25
- 18.8% of high school students
- 46.8% of lesbian, gay, and bisexual high school students

Much More....

- For all age groups, Montana has ranked **in the top five** for suicide rates in the nation, **for the past thirty years**. In a report for 2019 in the National Vital Statistics Report, Montana has the **3rd highest rate of suicide in the nation**
- In Montana in 2009-18 the youth suicide (ages 11-17) rate is 11/100,000. This is more than double the national rate for the same age group
- According to the 2019 Youth Risk Behavior Survey, during the 12 months before the survey, 10% of all Montanan students in grades 9 through 12 had made a suicide attempt and 15.6% of 7th and 8th graders.
- There is a 380% increase in suicidal ideations for students getting “D”’s compared to “A”’s.
- Suicide is the number one cause of preventable death in Montana for children ages 10-14
- Studies show that for every completed suicide, there are 6 survivors. Given there are approximately 220-230 suicides in Montana every year, that means there are about 1,400 new survivors every year in Montana. **A survivor of suicide is 3x the risk of completing suicide themselves.**

Our Response

So, how do we identify, understand and respond to signs of substance use and mental health challenges?

Mental Health First Aid

Mental Health First Aid is the initial help offered to a person developing a mental health or substance use challenge 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 challenges.
- **Information** on depression, anxiety, trauma, psychosis and substance use.
- **A 5-step Action Plan** to help someone who is developing a mental health challenge or is experiencing a 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.



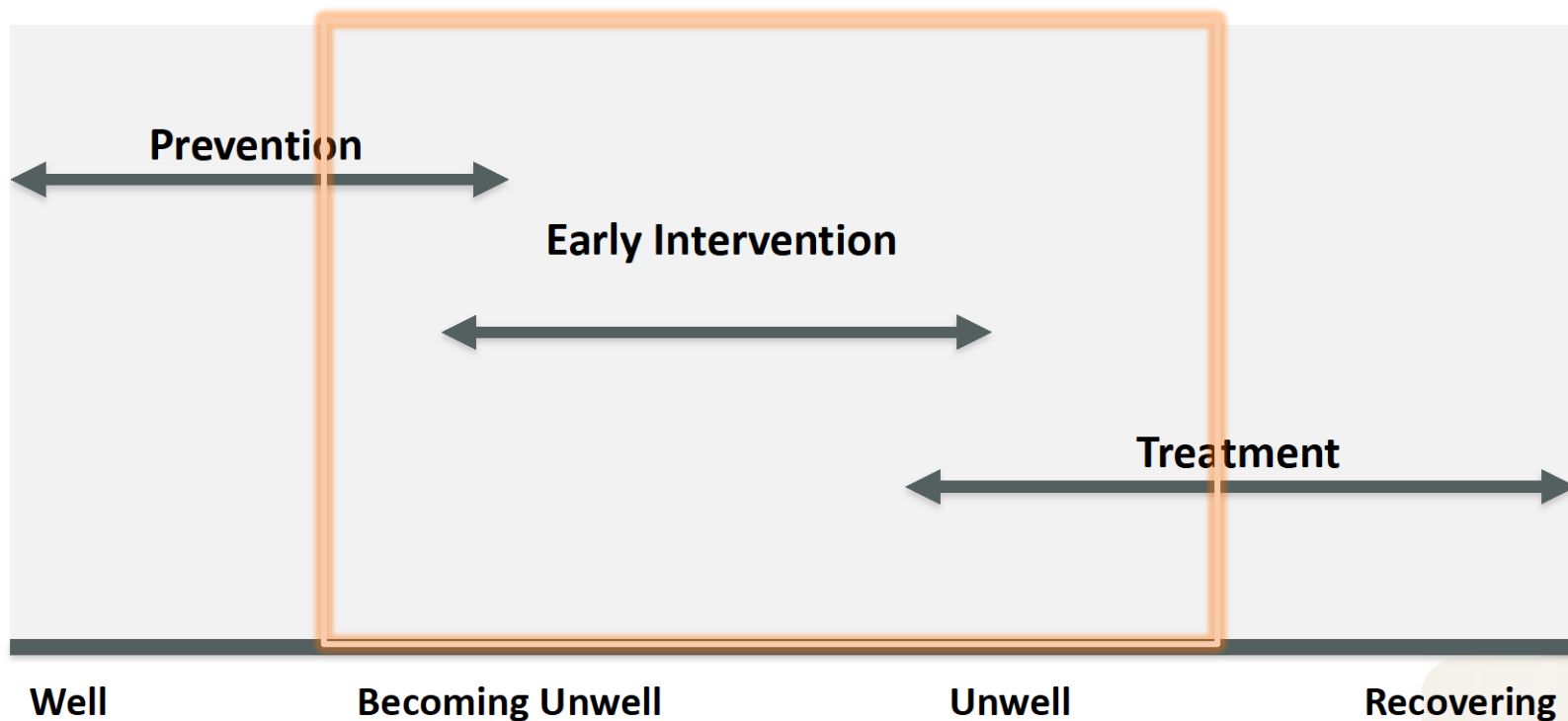
Encourage self-help and other support strategies.

Youth Curriculum Overview

First Aiders will learn to:

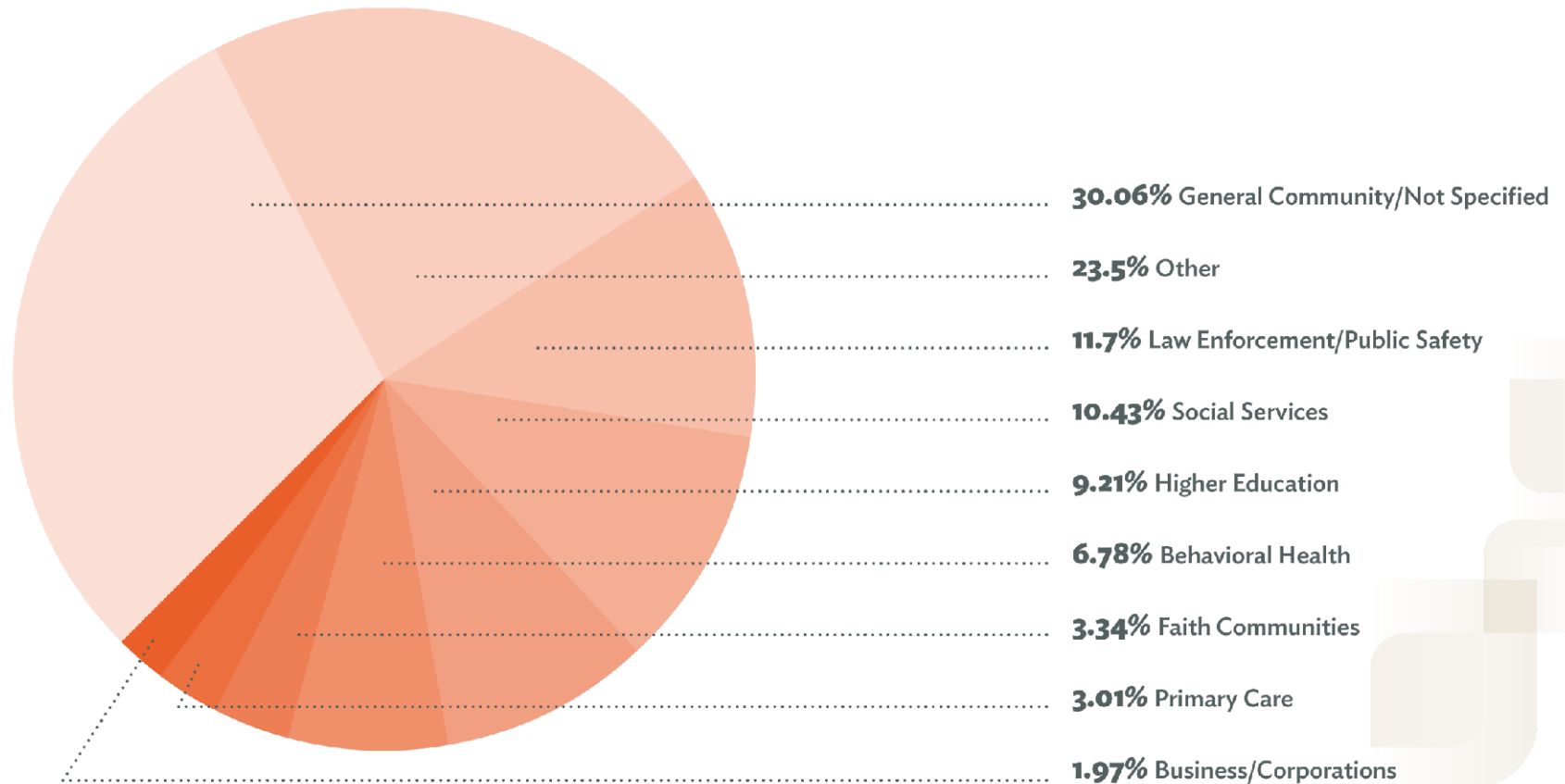
- **Describe the purpose** of YMHFA and the role of the Youth Mental Health First Aider.
- **Recognize the signs and symptoms** of mental health challenges that may impact youth.
- **Explain the impact** of traumatic experiences and the role of resilience on adolescent development.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to non-crisis situations.
- **Apply the appropriate steps** of the YMHFA Action Plan (ALGEE) to crisis situations.
- **Choose appropriate methods** for self-care following the application of YMHFA in a crisis or non-crisis situation.

Where Mental Health First Aid Can Help



Where Mental Health First Aid can help on the spectrum of mental health interventions

Who We're Reaching



Support For Mental Health First Aid

Teachers, supervisors, first responders, caretakers, co-workers, journalists, parents and even **international superstars** and **first ladies** love Mental Health First Aid.



Michelle Obama talks
about the importance of
Mental Health First Aid

In The News



June 25, 2020 | *US News & World Report*
[Tips for Overcoming Mental Exhaustion](#)



February 12, 2020 | *TIME*
[How Companies Teach Their Employees First Aid for Mental Health](#)



June 24, 2019 | *CNN*
[Why you should learn Mental Health First Aid](#)



May 20, 2019 | *Today*
[Mental Health First Aid Kid: Lady Gaga is Working on High School Program to Reduce Stigma](#)

Mental Health First Aid Works



“In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real-life situation.” - ***Rick Denton, Peer Support Specialist***



“On a daily basis, we’re presented with people dealing with mental illness. Every day, this training will be beneficial.”
- ***Sgt. Steven Parkinson, Police Officer***



“I’ve taken regular first aid, and I’ve used both, but certainly the opportunities to use Mental Health First Aid are much more abundant.” - ***Nathan Krause, Pastor***

Sources

1. <https://www.cdc.gov/childrensmentalhealth/data.html>
2. * Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593
3. 2019 National Vital Statistics Reports (12/2020), Montana Office of Epidemiology and Scientific Support (12/2021), 2019 Montana Youth Risk Behavior Survey (September, 2020)



Find a Course or Instructor near you:
www.MentalHealthFirstAid.org

Any Questions?