

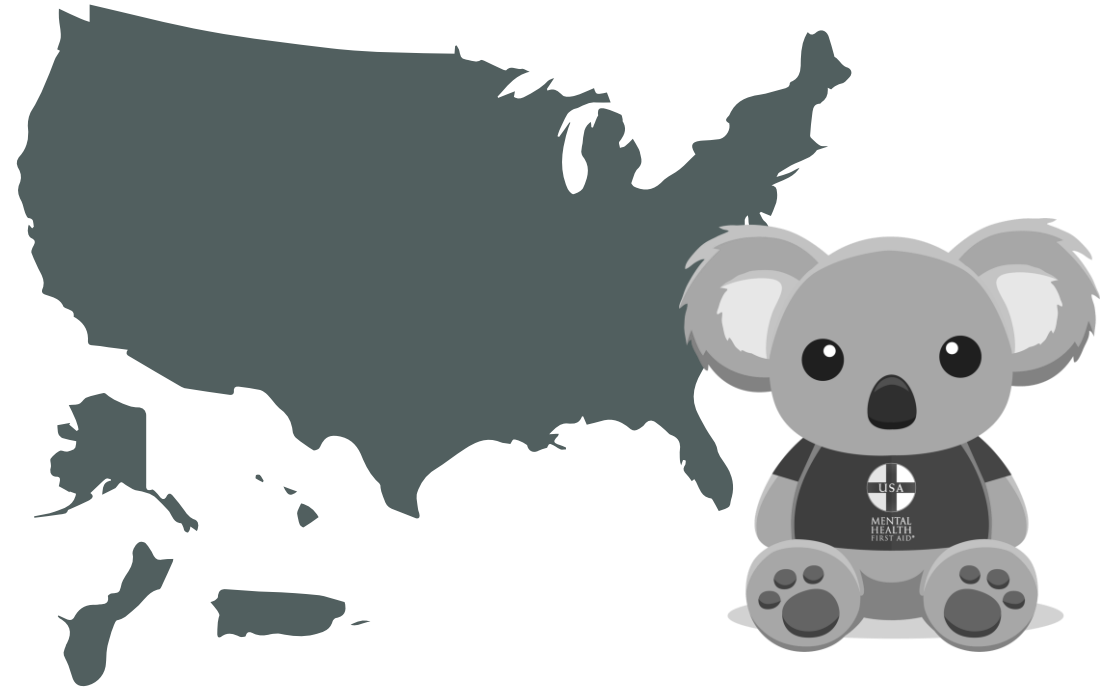
Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Youth Mental Health First Aid USA

WHAT IS YOUTH MENTAL HEALTH FIRST AID?

- **Youth Mental Health First Aid** is the help offered to a young person experiencing a mental health challenge or crisis.
- **YMHFA** – 6-8 hr training program for adults
- **tYMHFA** – 6 45min classes for teens to be trained a peer support



N/A



13



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COURSE OBJECTIVES

- Recognize the **SIGNS** and **SYMPTOMS** of mental health challenges that may impact youth.
- Explain the role of **RESILIENCE** and the impact of traumatic experiences on adolescent development.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) in **CRISIS** and **NON-CRISIS** scenarios.
- Practice appropriate methods for **SELF-CARE** following the application of Youth Mental Health First Aid in a crisis or non-crisis situation.



N/A



7



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YMHFA on the Kenai Peninsula

- **DEED Project Aware Program – YMHFA**
 - **2015-2020 KPBSD Counselors and teachers trained**
 - **Current Trainers: Ingrid Harrald and Natali Jones**
- **Resiliency Coalition (2023)**
 - **tYMHFA**
 - **Ccommunity members trained: Ingrid Harrald, Anna Meredith, Tyler Moskios-Schlieman (KBFPC), Annie Garay (SPH),**



N/A



13



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WHAT ARE MENTAL DISORDERS?

A mental disorder is a diagnosable disorder that:

- Affects a person's thinking, emotional state, and behavior.
- Disrupts the person's ability to:
 - Work or attend school.
 - Carry out daily activities.
 - Engage in satisfying relationships.

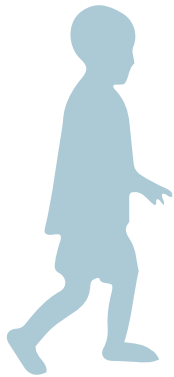


HOW COMMON ARE MENTAL DISORDERS IN YOUTH?

- Approximately **1 in 5** youth in the **United States** will have a mental disorder that significantly impacts their life.



MEDIAN AGE OF ONSET ACTIVITY



Age 6

Anxiety
Disorders



Age 11

ADHD and Behavior
Disorders



Age 13

Mood
Disorders



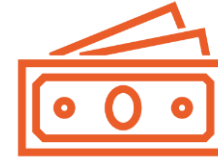
Age 15

Substance
Use



GAPS IN TREATMENT

- Half of all mental disorders begin by age 14 and three-quarters begin by age 24.
- Yet only 7.4% of all U.S. youth have had any mental health visits in a year.
- What are some barriers to care in your community?



COST



STIGMA



LOGISTICS



AWARENESS



14



24



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IMPORTANCE OF EARLY INTERVENTION

Early intervention refers to recognizing the warning signs of a mental health challenge and acting before it becomes worse.

- Early intervention helps prevent symptoms from becoming more serious and reduces risk of secondary effects of mental health challenges.



N/A



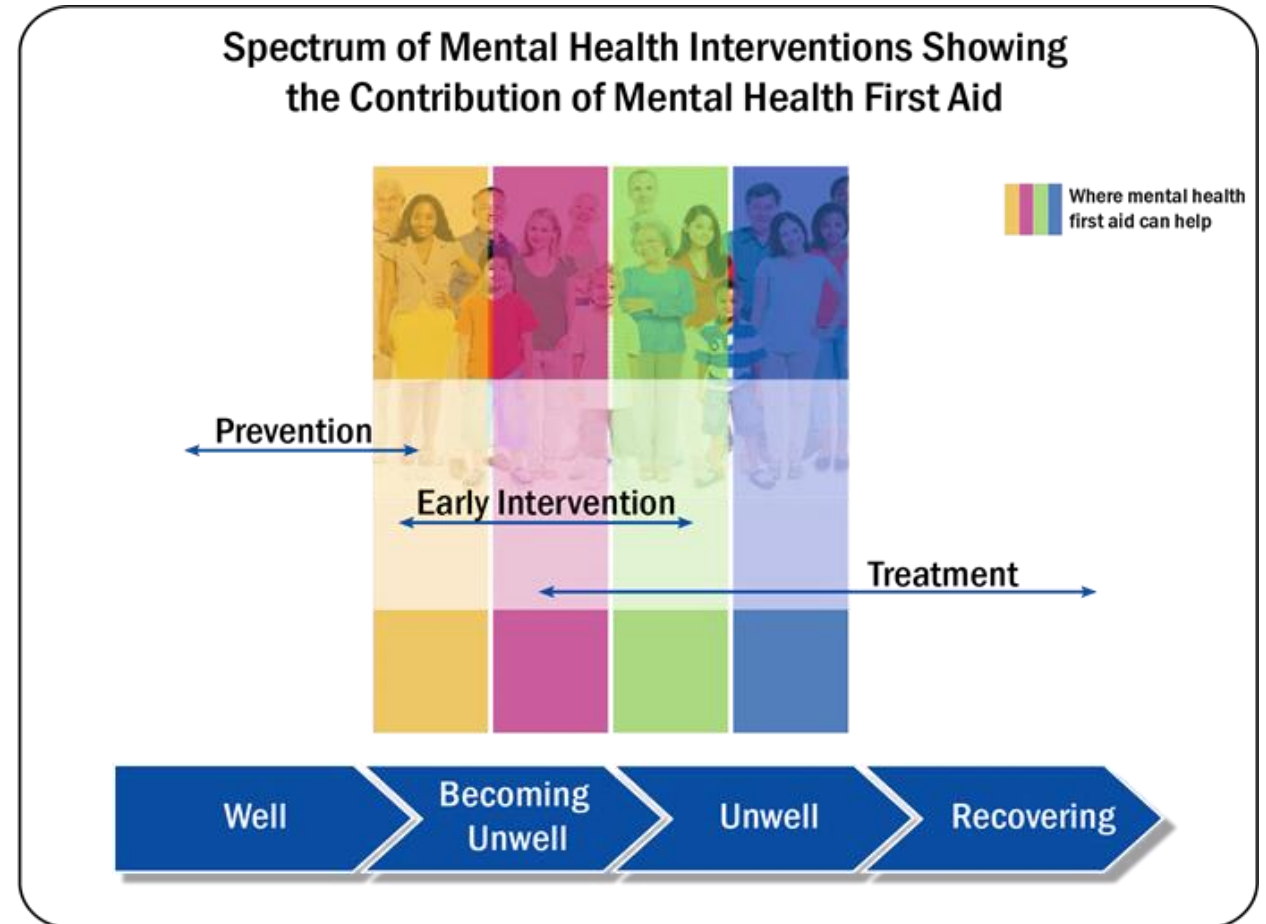
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SPECTRUM OF MENTAL HEALTH INTERVENTIONS

- **Youth Mental Health First Aid** is just one part of the spectrum of interventions for people with mental health challenges.



TYPICAL BEHAVIORS VS. POTENTIAL WARNING SIGNS

TYPICAL ADOLESCENT BEHAVIOR	POTENTIAL WARNING SIGN
Withdrawing from family to spend more time with friends.	Withdrawing from friends, family, and social activity.
Occasionally losing temper when things do not go their way.	Frequently arguing with adults and/or purposely breaking rules; displays aggressive behavior.
Moving from childhood likes to teen pursuits.	Losing interest in favorite activities and not replacing with other pursuits.
Sometimes struggling to complete an undesired task.	Difficulty remaining focused and maintaining concentration across a variety of tasks and settings.



THE MHFA ACTION PLAN

