



Mental Health First Aid: How to Know When a Client's Crisis Isn't Just about Housing

Amy Frederick MEd., CPS II
amyfred@iu.edu
812-856-3907

Mission: “Strengthening a behavioral health system that promotes prevention, treatment, and recovery.”

Vision: “To promote and sustain healthy environments and behaviors across the lifespan.”

prevention.iu.edu



Data & Interpretation



Evaluation & Decision Making



Technical Assistance & Strategic Planning



Grant & Proposal Writing



Training & Workforce Development



Evidence-based Models & Best Practices



SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY
Bloomington

-
- **Self-care** is the practice of taking action to preserve or improve one's own mental or physical health.
 - It is **important to take care of yourself** so that you can better take care of others.





Learning Objectives

- Assess the impact of mental health challenges and suicide in the United States
- Support why everyone should be trained in suicide prevention
- Summarize two programs focused on mental health and suicide prevention



1 in 5



Mental Health FIRST AID

National Council for Mental Wellbeing



What is Mental Health First Aid (MHFA)?

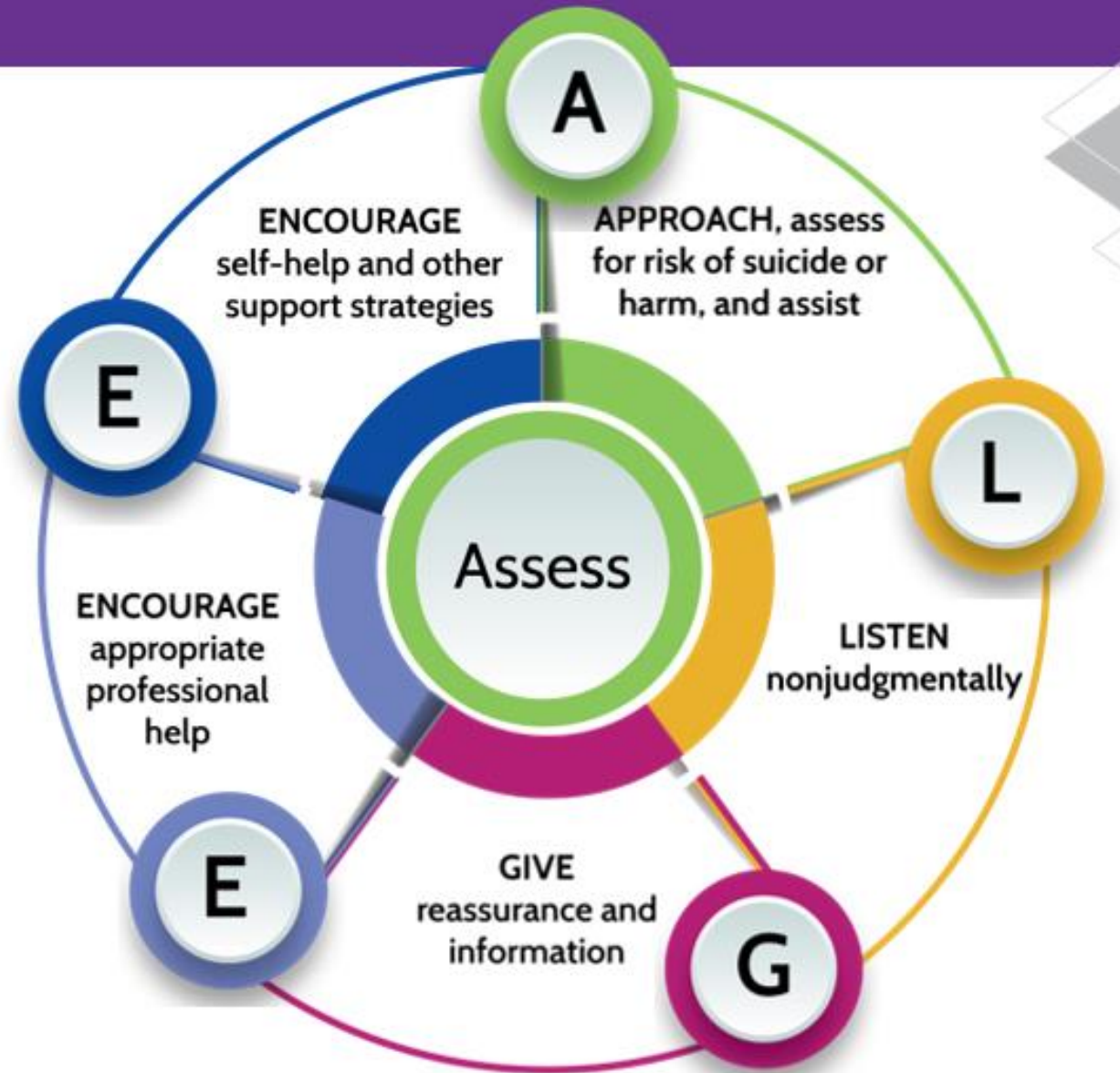
Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

- **Mental Health First Aiders are...**

Teachers, first responders and veterans. They're neighbors, parents and friends. They're people in recovery, and those supporting a loved one. Mental Health First Aiders are anyone who wants to make their community healthier, happier and safer for all.



THE MHFA ACTION PLAN: ALGEE





988

**SUICIDE
& CRISIS
LIFELINE**

Question. Persuade. Refer.

*Three steps anyone can learn
to help prevent suicide.*



What is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

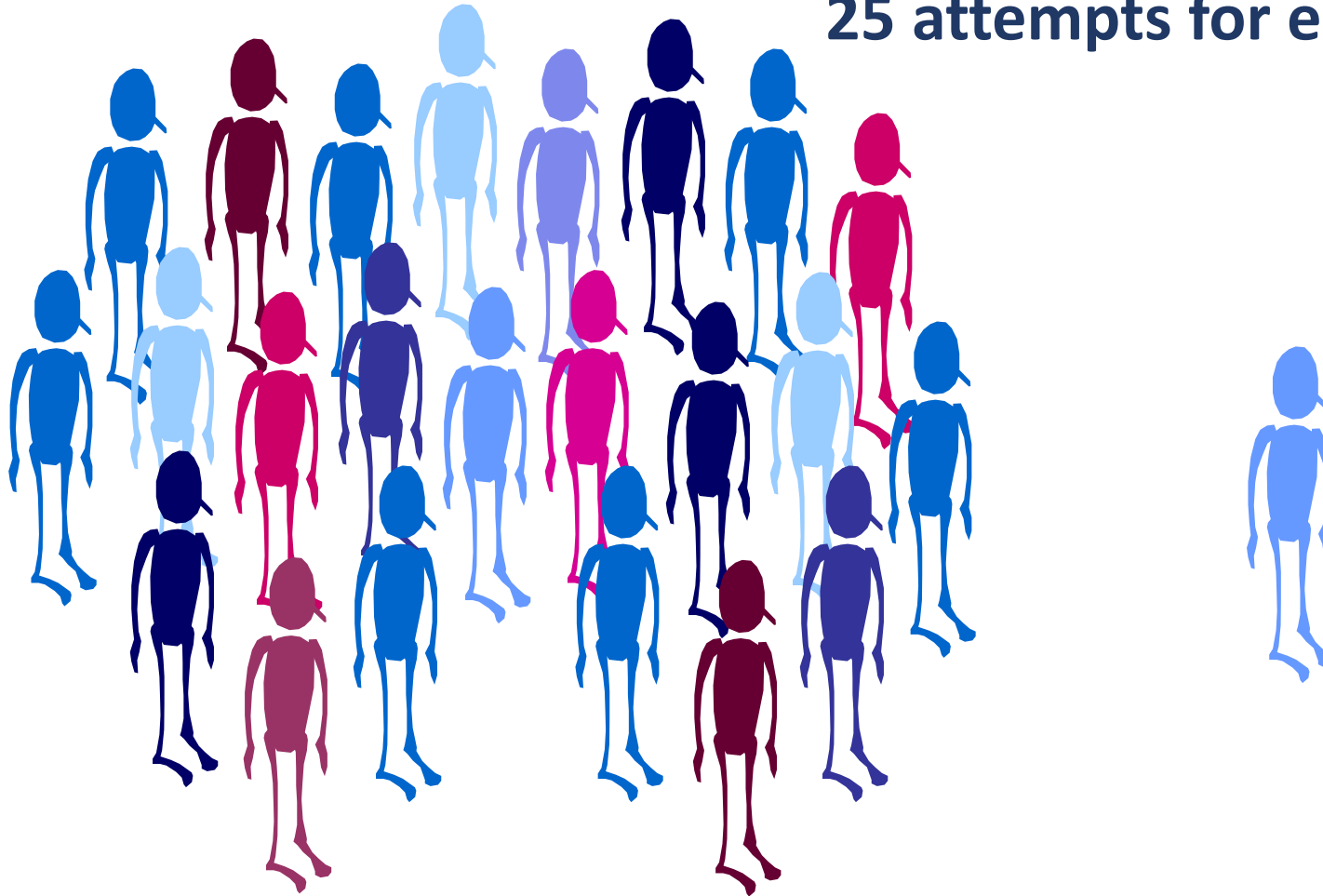
Introduction to QPR

(video 3:40)

https://players.brightcove.net/2621289355001/default_default/index.html?videoid=5099124341001

Estimates of attempted suicide

25 attempts for each documented death



(Note: 46,000 suicides translates into 1,150,000 attempts annually)



Impact of Suicide

Inclusive of blood relatives, Julie Cerel at the University of Kentucky has reported the following additional impacts from a single death by suicide:

- 135 are exposed
- 53 have short term disruption in life
- 25 have a major life disruption
- 11 have devastating effects on their life

Impacts especially severe in small, tight-knit communities.



Numbers of those impacted by and exposed to suicide

Suicide risk is greater in survivors (e.g., 4-fold increase in children when a parent dies by suicide)

If roughly 48,000+ Americans die by suicide each year over ONE MILLION people suffer devastating effects on their life and/or suffer a major life disruption.

About Suicide- U.S.

(video 3:46)

https://players.brightcove.net/2621289355001/default_default/index.html?videoId=5104972697001

Hope





Questions?

Prevention Insights

1033 E. 3rd St.

Sycamore Hall, 4th Floor

Bloomington, IN 47405

www.prevention.iu.edu/mhat

mhat@indiana.edu