



Mental Health First Aid Training

Please go to:

http://www.kitsapmentalhealth.org/mental_health_first_aid_training.aspx

for the most current information on course objectives, training modules, program structure, upcoming class times, registration and fees.

Here is a brief summary of the Mental Health First Aid Training program.

What is Mental Health First Aid?

Like CPR training helps a non-medical professional assist an individual following a heart attack, Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing mental health issues of concern. The goal of Mental Health First Aid is to help support an individual until appropriate professional help or support strategies are available.

Mental Health First Aid training teaches a 5-step process to

- assess a situation
- select and implement appropriate interventions, and
- help an individual connect with appropriate care.

Participants learn

- the risk factors and warning signs of specific illnesses such as anxiety, depression, psychosis and addiction
- engage in activities that build understanding of the impact of illness, and
- receive information about effective treatment programs.

Mental Health First Aiders learn to use a single strategy approach

Trainees learn to apply a simple approach to specific types of situations such as helping someone through a panic attack, engaging with someone who may be anxious, depressed or even suicidal, supporting a person experiencing psychosis, and helping an individual who has overdosed. An important component of the Mental Health First Aid training is that trainees practice the intervention strategy rather than just learn about it. This experience can make it easier to actually apply the knowledge in a real-life situation.

Mental Health First Aid Program Effectiveness

The National Council for Community Behavioral Healthcare chose to help bring Mental Health First Aid to the U.S. due to the strong evidence supporting the program's effectiveness. Four detailed studies have been completed in Australia where the program originated and nearly a dozen journal articles published on Mental Health First Aid's positive impact on mental health.

To date, Mental Health First Aid has been replicated in England, Scotland, Canada, Hong Kong, Ireland, and Singapore. In the next ten years, the National Council hopes that Mental Health First Aid will become as common as CPR and First Aid training. The program has been shown to positively impact the health, well-being, and safety of individuals and the community.