

Shared Learnings

Mental Health First Aid
Instructor (Adult/Youth)

Program Overview

The priority is to educate the public around mental health signs and bring awareness on how to effectively handle a mental health crisis. Nearly 20% of people in the U.S. live in a rural area. The challenges faced by rural residents are significantly different than those in urban areas. Rural populations are often underserved and experience notable health and behavioral health disparities. Mental Health First Aid (MHFA) can address these disparities by increasing mental health literacy. (i.e., knowledge and beliefs about mental disorders that aid their recognition management or prevention)

Start Date: August 2018

End Date: August 2019

Target Population: Local businesses, healthcare facilities, EMS/Fire and Police, and schools.

Program Goals



Provide knowledge and awareness



Train and educate at least 144 individuals to recognize adult and youth mental health signs



Reduce/eliminate the mental health stigma in our county



Hold two MHFA trainings a quarter

Learnings



Incorporating "real life" stories into the training provides the realization that mental illness can happen to anyone/anywhere.



Education is an important factor and providing resources during the training is essential. The ability to provide tools/skills has been beneficial.



Learning and providing different days and times to host the training has proven to be helpful to see what works best for everyone to attend.



This initiative has improved the awareness and provided the skills and tools to work with individuals and address and refer to community services to avoid hospitalization.

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Results

The major outcome was having the ability to provide awareness and education along with a “new” set of skills to reduce and/or eliminate the stigma attached to mental illness.

Our goal was to train 144 individuals and at this time, 125 individuals have now been trained. We had a setback due to the length of time it took once submitting our application to the National Behavioral Health Council, it getting approved, and then fitting us in a training. (There is such a high demand for training they fill up quickly). We have several scheduled trainings and will exceed the 144 before the end of October 2019.

Organizational Profile

Organization: Chenango Health Network

Website: chenangohealth.org

Counties Served: Chenango, Delaware

Contact Information

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