

DMHDDSAS-sponsored MHFA Opportunities

18 Instructor Trainings
42,000+ Manuals Distributed (Since April 2015)

Youth MHFA Instructor Trainings

February 2014
June 2014 (DPS- Juvenile Justice collaboration)
March 2015
April 2015
March 2016
July 2016
October 2016
April 2017
July 2017 (School System)
August 2017 (School System)

Adult MHFA Instructor Trainings

January 2015
February 2015
October 2015
April 2016
September 2016
December 2016
March 2017
September 2017

Webinars

December 2014
November 2016
March 2017 (2)

NC MHFA Instructor Summits

May 2015
May 2016
April 2017

Instructor Focus Group

August 2015

Mental Health First Aid 5-step Action Plan

1. Assess for risk of suicide or harm
2. Listen non-judgmentally
3. Give reassurance and information
4. Encourage appropriate professional help
5. Encourage self-help and other support strategies

Mental Health First Aid in NC

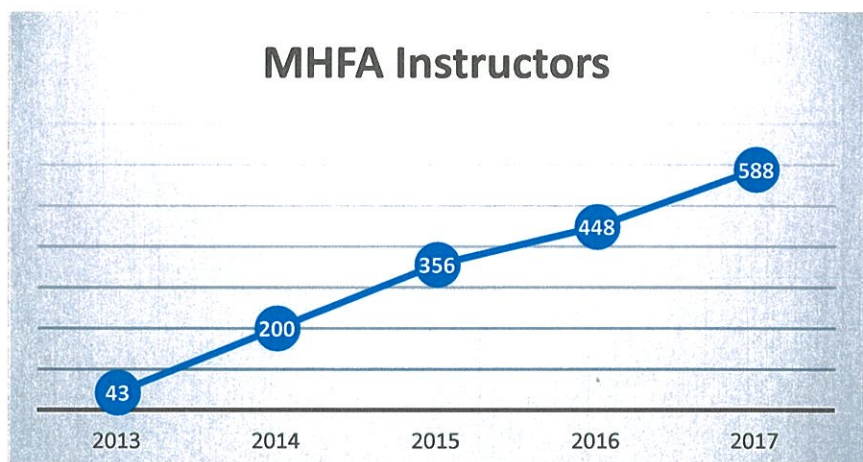
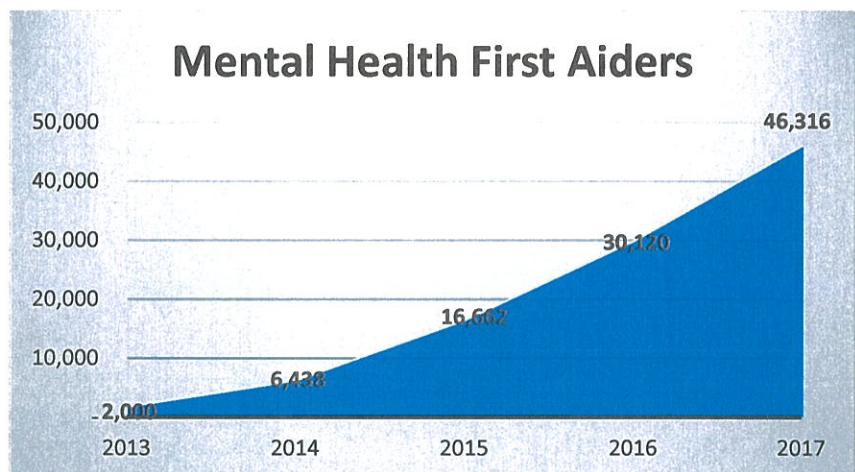


Mental Health First Aid is an 8-hour evidence based education program that helps people identify, understand & respond to signs of mental illnesses & substance use disorders. Program participants have:

- ✓ greater confidence in providing help to others
- ✓ greater likelihood of advising people to seek professional help
- ✓ decreased stigmatizing attitudes

A version was developed for adults who regularly interact with youth. Youth MHFA introduces participants to the unique risk factors and warning signs of problems in adolescents; builds an understanding of the importance of early intervention; and teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge.

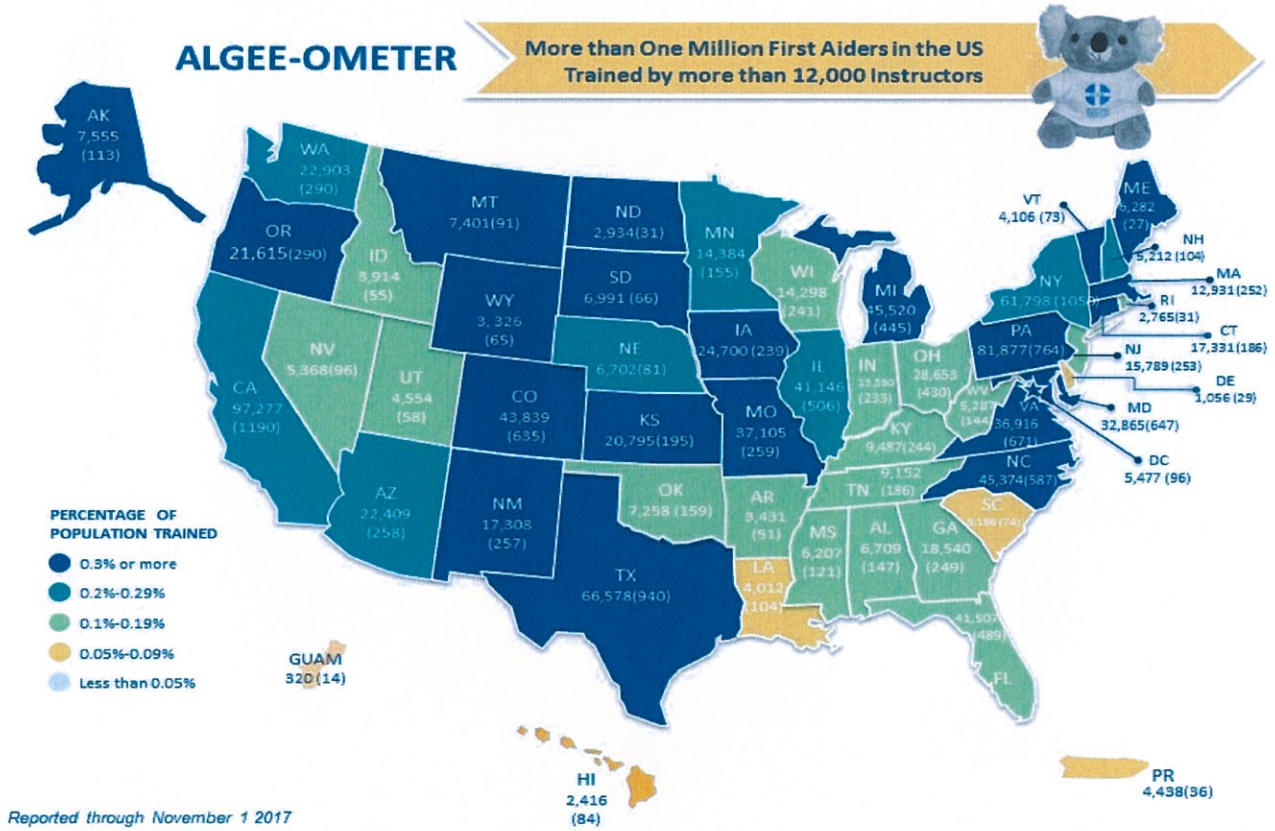
As of November 2017, North Carolina has over 46,000 Mental Health First Aiders. There are a total of 588 certified instructors; 432 of which are Adult instructors, 310 Youth instructors, with 148 being dually certified to teach both curriculums.



"Thank you so much for the fantastic training this week. I never imagined that later in the day I would be using the training! I had a situation with a resident who had a boyfriend who was intending on harming himself, via text! I walked her through the ALGEE action plan steps on the phone & she was able to relay the information until help arrived!"

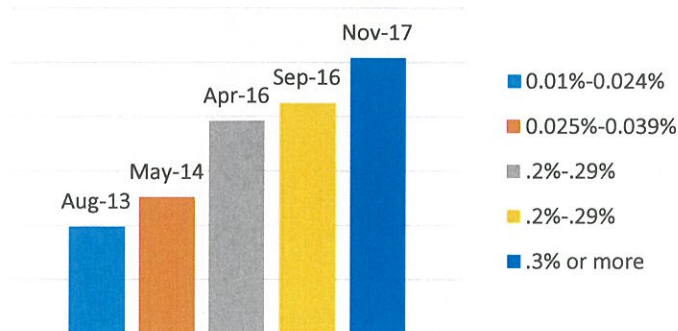
Commissioners should use their positions of influence in the counties to talk about this program and the importance of prevention.

President's Mental Health Task Force Report,
North Carolina Association of County Commissioners



The Algee-O-Meter <https://www.mentalhealthfirstaid.org/algee-ometer/> shows there are a dozen states with percentages of people trained that are higher than North Carolina. However, the chart below demonstrates that NC has steadily improved its position.

% of NC Population Trained



"Unfortunately, I was in a situation tonight which called upon my new skills. I was volunteering at an event when an agitated, unwell person became disruptive & refusing to leave the premises. I was able to stay calm (& keep the other event staff calm), calm him down using the MHFA skills, & prevent any escalation or physical altercations. Police needed to be involved (CIT trained!) & thankfully no one was hurt in the meantime. So, I want to thank you very much for providing this class and teaching it so well. I don't think that I would have been able to diffuse the situation effectively before this training. I'm so glad this resource is available."

- NC MHFA Instructor