Overview of Youth Mental Health
First Aid
We Could All Save Lives

Presenter:

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Learning Objectives

During this session participants will learn:

- The fundamentals of the Youth Mental Health First Aid Certification Training curriculum.
- Prevalence of mental health problems in the US and the recovery model
- Why Youth Mental Health First Aid should be promoted in our communities
What is MHFA?

- What is Physical First Aid?
  - Help provided to a person in physical crisis
  - Who is certified?
    - Most people, even those not certified, know the basics

- What is Mental Health First Aid?
  - Mental Health First Aid is help provided to a person developing a mental health problem or in a mental health crisis.
  - The first aid is given until appropriate professional treatment is received or until the crisis resolves.
    - Who is certified?
      - GOAL: Everyone will know the basics!
Goals of MHFA

1. Preserve life when a person may be a danger to themselves or others

2. Provide help to prevent the mental health problem from developing into a serious state.

3. Promote recovery of good mental health

4. Provide comfort to a person with a mental health problem.
Outline of the Course

- Overview of mental health problems in the United States and Mississippi

- The MHFA Action Plan-
  - Assess for risk of harm or self/harm
  - Listen Non Judgmentally
  - Give reassurance and information
  - Encourage self-help strategies
  - Encourage professional help

- Interactive Units on Depression, Anxiety, Psychosis, Substance Abuse, Eating Disorders-risk factors, symptoms, treatment, and an action plan for each area.
Why Youth MHFA?

- Mental health problems are common
- Mental health problems often develop during adolescence
- Youth and young adults may experience mental health problems differently than adults
- Youth may not be well informed
Why MHFA?

- The sooner an individual gets help, the more likely they are to have a positive outcome
- Misunderstanding and discrimination are often associated with mental health problems
- Professional help is not always on hand
### U.S. Youth with a Mental Disorder During Adolescence (Age 13-18)

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Prevalence (%)</th>
<th>With severe impact (%)</th>
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<tbody>
<tr>
<td>Anxiety disorders</td>
<td>31.9</td>
<td>8.3</td>
</tr>
<tr>
<td>Behavior disorders</td>
<td>19.1</td>
<td>9.6</td>
</tr>
<tr>
<td>Mood disorders</td>
<td>14.3</td>
<td>11.2</td>
</tr>
<tr>
<td>Substance use disorders</td>
<td>11.4</td>
<td>n/a</td>
</tr>
<tr>
<td>Overall prevalence (with severe impact)</td>
<td></td>
<td>22.2</td>
</tr>
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Why MHFA....
Think about the individuals you serve...

- “Disability” refers to the amount of disruption a health problem causes to a person’s ability to
  - Work/School
  - Carry out daily activities
  - Engage in satisfying relationships
Program Explores the Participant’s Role

- Parent
- Volunteer or Professional “in the place of the parent”
  - Mandatory reporting laws
  - Privacy rights of young people
  - Involving parents and other care-givers
- Clergy
- Friend or Neighbor
- Peer
Considerations When Reaching Out

- Role/relationship you have to youth
  - Ethical Guidelines
  - Legal Requirements
  - Professional Restrictions
- Role of family
- Young person’s right to privacy
- Your ability to help
Key Ingredients of MHFA

- Combines the knowledge of the signs and symptoms of a mental health concern with the ability to help someone who experiences those signs and symptoms.

- How well can you recognize signs/symptoms?
Recovery

“Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.”

“For some, this is the ability to live a fulfilling and productive life despite a disability.”

“For others, recovery implies the reduction or complete remission of symptoms.”

— President’s New Freedom Commission on Mental Health, 2003
Melanie’s Story
Brief Bio

- Diagnosed with MI in 2015
- Three suicide attempts and acute hospitalizations. 2 residential treatment facility stay (12 months the longest).
- Two months very mild symptoms, no treatment.
- Three fights at school, 1 verbal threat of suicide, and crying spells.
- Home with parents, participating in outpatient therapy (individual and family therapy 1x/week) for six months happier.
What Recovery Looks Like

- Spiral

- A little up, a little down, but more up than down
Life in Recovery

- Less defined by the illness
- Accept self and feel appreciated by others
- Believe in a better future in a realistic way
- Needs center around giving back
Questions?
Open Discussion