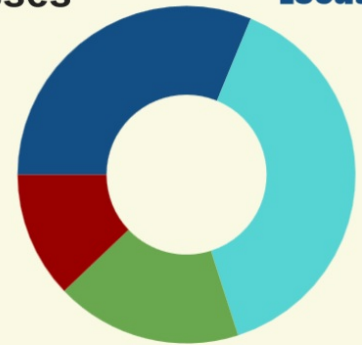


Mental Health First Aid Trainings

- Purpose -
Identifying, understanding, and responding to signs of mental illnesses and substance use disorders

Training Locations



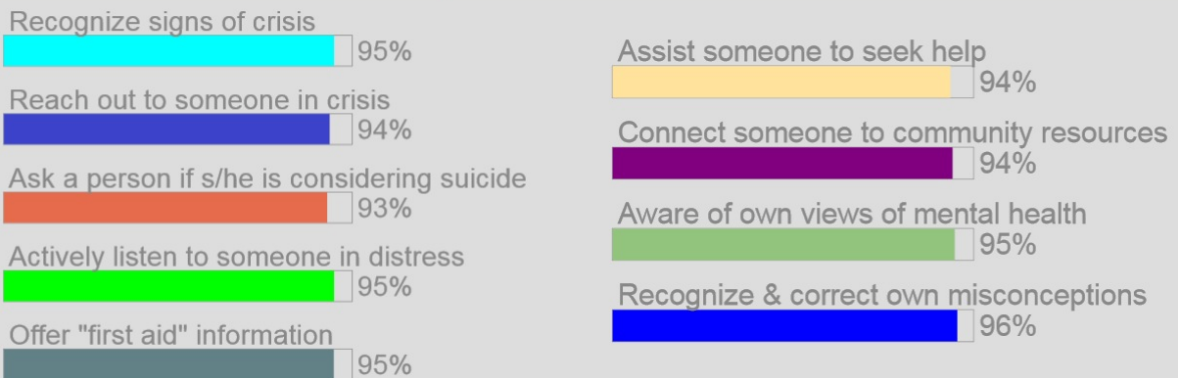
Since February 2014, **157** providers and community members have been trained.



Schools, youth-serving organizations, home visitors, and other community providers have been a part of trainings.

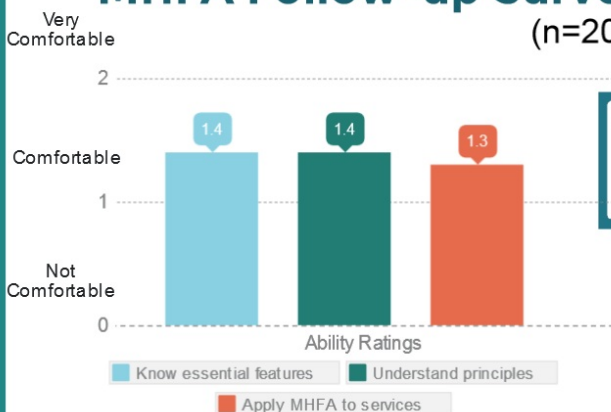
■ Batesville (37%) ■ Lawrenceburg (39%)
■ Madison (18%) ■ South Decatur (12%)

Confidence Ratings



Overall, MHFA trainings helped providers recognize signs of mental health problems, increased their confidence offering first-aid information and assistance to someone who may be dealing with a mental health problem or crisis

MHFA Follow-up Survey (n=20)



"It was very educational and eye opening."

"The course was straightforward and engaging." *and it* "Showed people how to help other people with mental problems."



Youth Mental Health First Aid Trainings



YMHFA is designed to teach caregivers and providers how to help adolescents (ages 12-18) who are experiencing mental health or substance use issues or who are in crisis.

Since December 2014, trainings were offered in Batesville and Lawrenceburg.

YMHFA Abilities

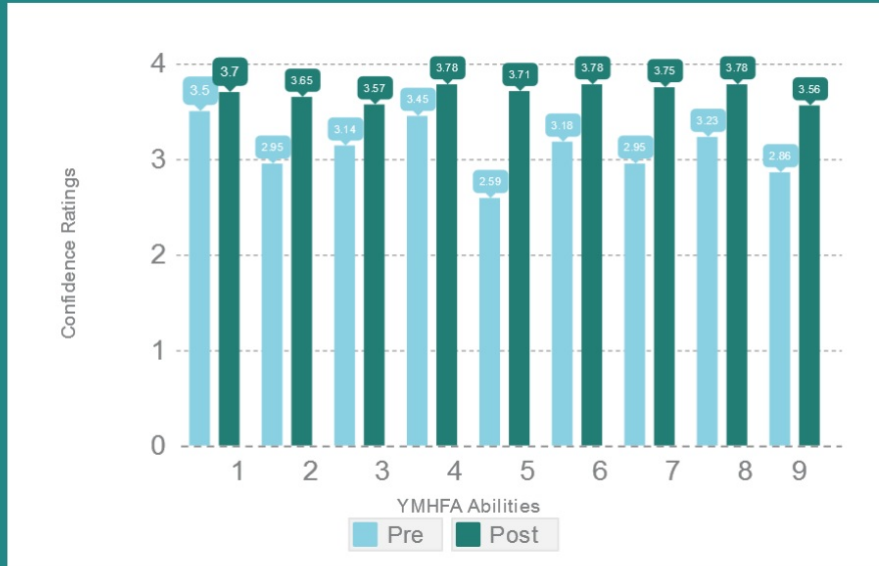
- 1: Recognize signs of mental health problems
- 2: Reach out to a youth in distress
- 3: Ask a youth if s/he is considering suicide
- 4: Actively listen to a youth in distress
- 5: Offer "first aid" information
- 6: Assist youth to seek help
- 7: Assist youth to connect to supports
- 8: Be aware of own views & feelings
- 9: Recognize & correct own misconceptions

24 participants included caregivers, foster parents, and youth-serving organizations.

These organizations have served **252** youth to date.



YMHFA Abilities (Pre and Post)



After the YMHFA trainings, trainees' self-reported confidence in their own YMHFA related abilities improved in all 9 areas.



COLLABORATIVE RESEARCH INITIATIVE

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