

BACK TO THE BASICS:

MENTAL HEALTH EDUCATION



By: CDR Randy Bong

What is the Mental Health First Aid Course (MHFAC)?

- How I found this course:



What is this Mental Health First Aid you speak of?

- History
- Mission
- Vision
- Leadership
- Evidence based

COMPARING CPR GOALS:

Providing life saving support *until appropriate professional help arrives.*

CPR = heart attack



Mental Health CPR = suicidal ideations



Both certifications can be provided to individuals with little or no clinical training.

You CAN make a difference



Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

To bring Mental Health First Aid Training to your organization
contact: Amy Gamble at 304-281-4494 or email
amygamble64@gmail.com

TEACHING THE ALGEE ACTION PLAN

No...NOT **ALGAE**....!



THE ALGEE ACTION PLAN!

Assess for risk of suicide or harm

Listening without judgment

Give Reassurance and information

Encourage appropriate professional health

Encourage self-help and other support strategies

THE MASCOT



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm***
- Listen nonjudgmentally***
- Give reassurance and information***
- Encourage appropriate professional help***
- Encourage self-help and other support strategies***

CLASS CONTENT

Teaching the action plan includes a reference book that provides valuable resources as well as educates:

- Suicidal thoughts or behaviors
- Panic attacks
- Non suicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

Who should take a Mental Health First Aid course?

- All people/organizations that make up the fabric of a community
 - Professionals who regularly interact with a lot of people
 - Anyone interested in learning more about mental illness
- PHS Officers- A great skill set to have for all categories:
 - Deployments
 - Work environment
 - Daily life

SOME SEE A MAP, WHILE OTHERS SEE POTENTIAL



How do I get involved with the Mental Health First Aid Course?

- *www.mentalhealthfirstaid.org*
- Be a student:
 - Course dates
 - Course locations
 - Course instructors
- Be an instructor:
 - Opportunities available (adult and youth instructors)
 - Colorado program

There could be a PHS Officer in this picture



Thank you for your time...Happy Holidays