



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

teen Mental Health First Aid

Information Session for Parents and Guardians

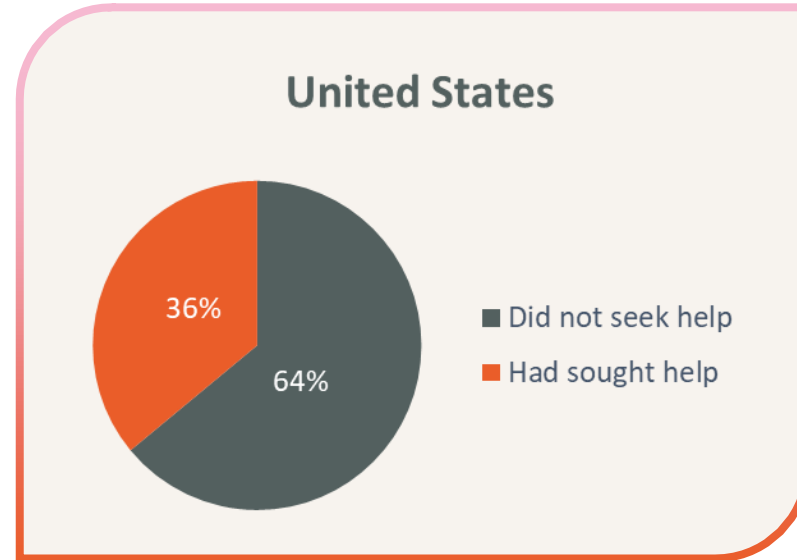
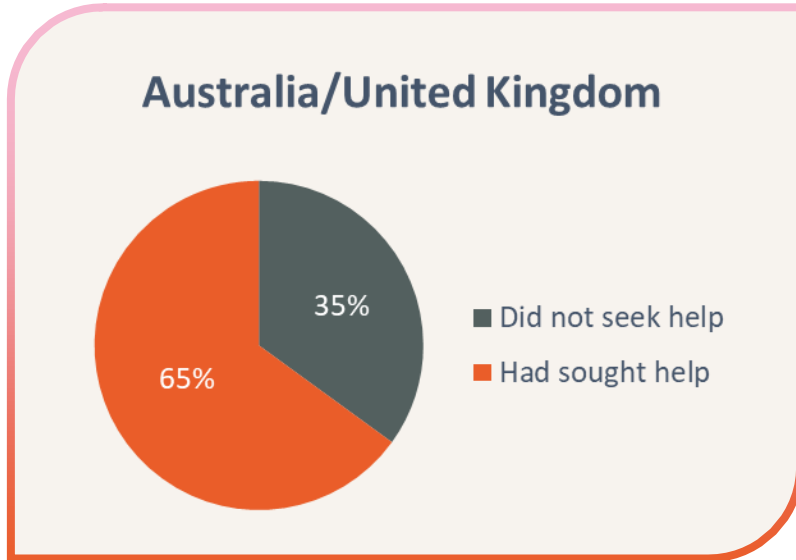
Why teen Mental Health First Aid?



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teens in the United States will experience a mental health challenge by the time they are 18.

Why teen Mental Health First Aid?

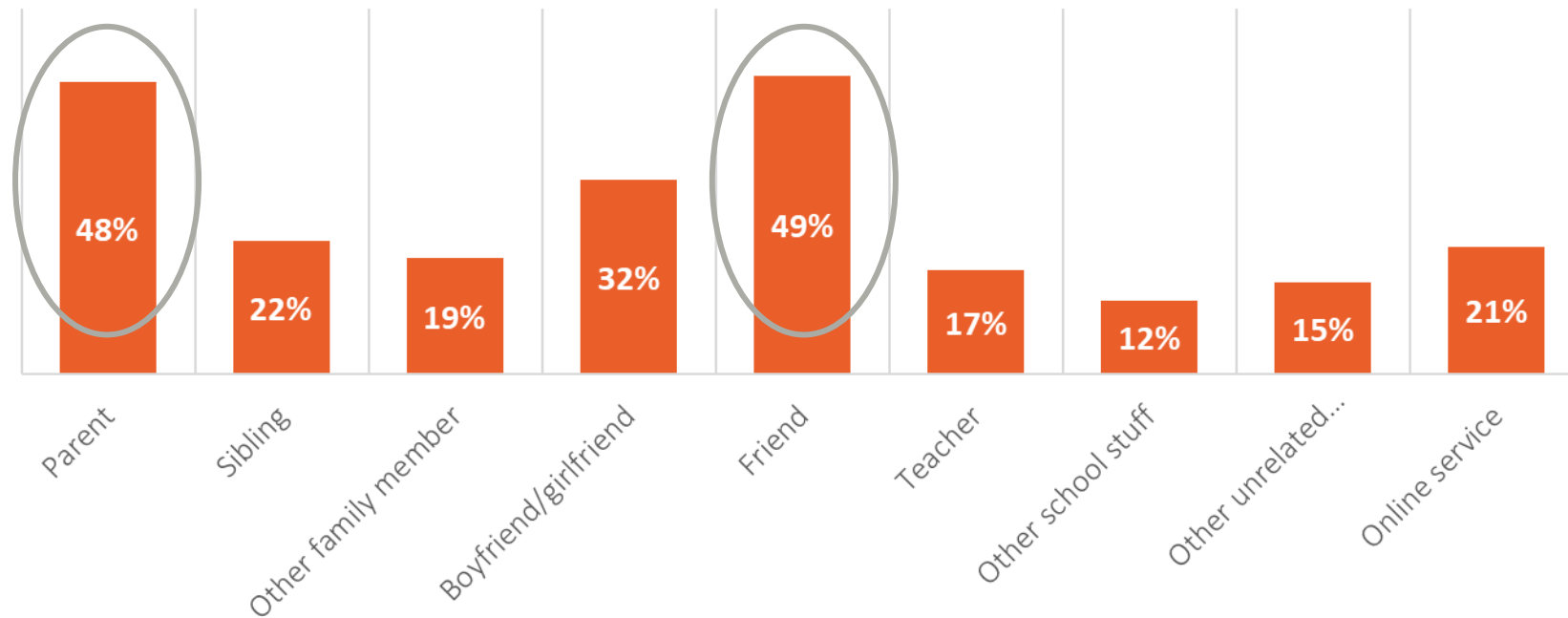


Too many young people with mental health challenges don't seek help.

Why teen Mental Health First Aid?

YOUNG PEOPLE PREFER TO SEEK HELP FROM FRIENDS AND FAMILY

■ Help seeking behaviors in young people



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What is teen Mental Health First Aid?

What is teen Mental Health First Aid?

AUDIENCE

- High school teens.
- Grades 10-12.
- Ages 15-18.

STRUCTURE

- Six 45-minute in-person sessions.
OR
Three 90-minute in-person sessions
- Blended delivery coming soon
(six-session format).

ORGANIZATIONS

- Schools/districts.
- Organizations partnering with a school.
- Youth-serving organizations or community sites.

Learning Objectives

- Recognize early warning signs that a friend is developing a mental health challenge.
- Recognize warning signs that a friend may be experiencing a mental health crisis, particularly suicide.
- Describe how to talk to a friend about mental health and how to seek help.
- Explain when and how to get a responsible adult involved.
- Discuss where to find appropriate and helpful resources about mental health challenges and professional help.
- Apply the tMHFA Action Plan to help a friend experiencing a mental health challenge or crisis.

tMHFA 5 STEP ACTION PLAN

1.



LOOK

for warning signs

2.



ASK

how they are

3.



LISTEN UP

4.



HELP

them connect
with an adult

5.



**YOUR
FRIENDSHIP**

is important

tMHFA Mental Health First Aid teaches young people how to identify, understand and respond to mental health concerns among their friends.

Learn more at [MHFA.org/teens](https://www.mhfa.org/teens)

teen Mental Health First Aid Action Plan

Emphasis on getting a trusted
adult to step in.



tMHFA Course Outline

tMHFA does not teach teens how to diagnose! It's information about being a supportive friend, encouraging friends to seek help and knowing when it's time to get someone else involved.

- I. Mental health in general, what mental health challenges are, how common they are in teens.
- II. Impact of mental health challenges on teens, how people with mental health challenges can get better, professionals who can help.
- III. Helping a friend who is in crisis because they are suicidal, introducing the tMHFA Action Plan, learning how it can be used in a crisis situation. A video shows a teen helping a friend who is experiencing suicidal thoughts.
- IV. Helping a friend who is in another type of crisis, such as threatening violence or harm to others, engaging in non-suicidal self-injury, or experiencing a traumatic event such as bullying, abuse or assault. Practice using the tMHFA Action Plan in these types of crisis situations.
- V. Helping a friend who may be in crisis due to substance use and helping a friend who may be developing a mental health challenge.
- VI. Recovery and resilience.

Benefits for Teens

- Teens will learn the skills they need to help their friends experiencing a mental health challenge and how to encourage their friends to reach out to a trusted adult.
- Teens will receive a manual to use during the course and take home after the last session. There are resources for further information in the manual.
- Teens who complete the training will receive a certificate of completion.

Lady Gaga and Teen First Aiders



Impact of tMHFA

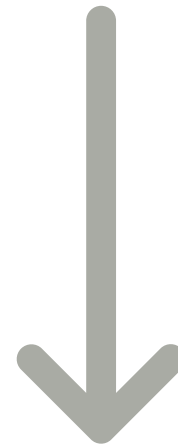


International Evaluation Results

Researchers at the University of Melbourne conducted two evaluations of the Australian teen Mental Health First Aid program that showed that learners:



- Demonstrated **increased mental health literacy**.
- Were **more confident** helping a peer with a mental health problem.
- **Viewed seeking help** from mental health professionals (school counselors, therapists, etc.) **more positively**.



- **Reported less psychological distress** after receiving the teen MHFA training.

2019-2020 Research Study

Researchers from Johns Hopkins University Bloomberg School of Public Health conducted an evaluation of tMHFA.

- Initial Pilot – 2018-2020
 - Evaluation study with eight pilot sites – 2018-2020
- Expanded Pilot – 2019-2020
 - Expanded study with over 35 sites – 2019-2020
 - Waitlist controlled trial with 40 sites – 2019-2020

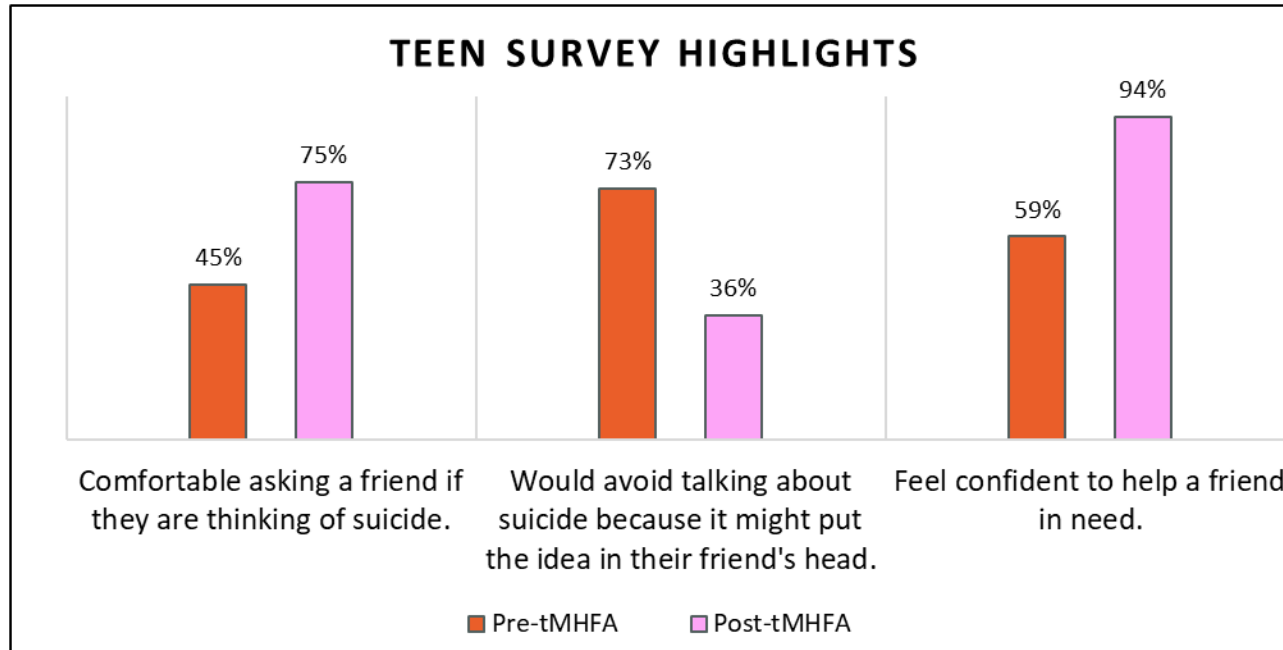
Teens participating in the study took a pre-test, post-test, and 3- and 6-month follow up tests.

The pilot study measured:

- Knowledge of the general warning signs of a developing mental illness.
- Skills and confidence in providing Mental Health First Aid to a peer.
- Actual usage of teen Mental Health First Aid skills with peers three and six months after the training.
- Data so far is positive!

2019-2020 Research Study

Despite disruptions due to COVID-19, we collected data from **2,580 diverse teens** across **54 schools**.



- **98% of Instructors** reported they thought the tMHFA training was relevant to their teens.
- **99% of Instructors** believed the training made a positive impact on their teens.
- Instructors reported **referring 500 teens** to school or community mental health services following the training.

tMHFA Pilot Study Results: 6-month Follow-up

57% of teens reported encountering a peer experiencing a mental health challenge or crisis.

- **88%** of those teens reported using their tMHFA skills to help their peer.

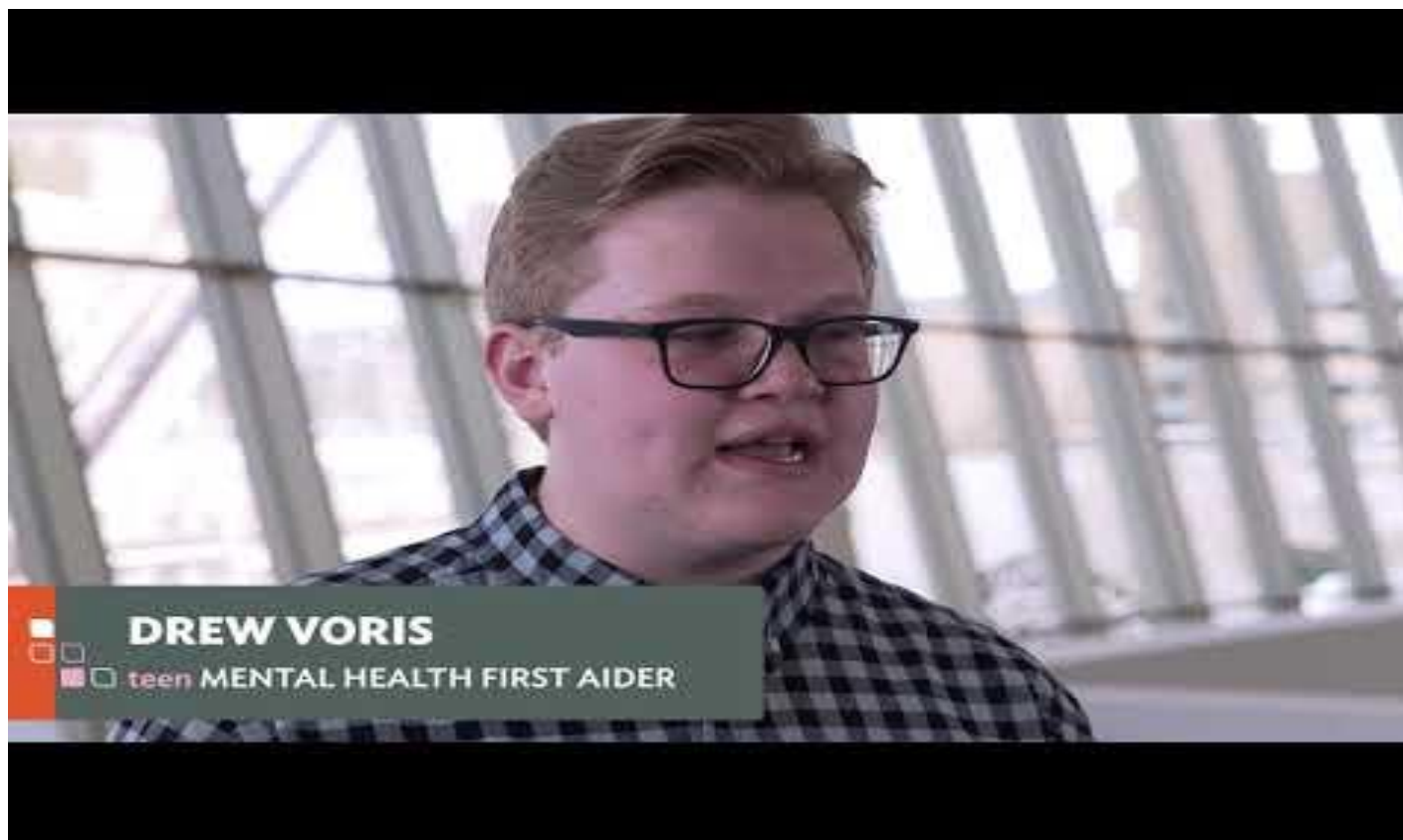
Specific to the challenges of COVID-19

- **70%** of teens said they used what they learned in tMHFA to deal with their own stress.
- **100%** of those teens reported that using their skills made them feel better or allowed them to get help.
- **67%** reported they used their tMHFA skills to help someone in their life experiencing stress.

What Do Teens Say About tMHFA?



What Do Teens Say About tMHFA?





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Ensuring Teens' Safety

Teen Safety

Exit Tickets

- At the end of each session, each teen will submit an Exit Ticket that asks:
 - How are you feeling?
 - Would you like an adult to check in on you?
- There will always be at least two adults in the room.
 - Manage learners.
 - Respond to teen who wants a one-on-one conversation.
- Teens will receive a list of national, local and site-specific resources.

National Resources

- [National Suicide Prevention Lifeline](#)
 - Call 800-273-TALK (8255).
- [Crisis Text Line](#)
 - Text “MHFA” to 741-741 for free 24/7 crisis counseling.
- [The Trevor Project](#)
 - Specializes in supporting LGBTQ+ youth.
 - Call 866-488-7386 or text “START” to 678-678.
- [Teens Health](#)
- [National Alliance on Mental Illness](#)
- [National Institute of Mental Health](#)



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Site Implementation Plan

Site may customize this slide

Insert key dates, including pre-test, first class, class schedule, post-test, graduation, etc.



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Tips for Connecting with Your Teens

Approaching Your Teen

Sometimes your teen may approach you about a mental health challenge, but many times, you may have to approach them.

When you approach them, consider the following:

- Approach them privately in a place that is convenient for both of you.
- It's possible they may feel uncomfortable opening up at first.
- It's possible they may try to downplay their feelings for fear of upsetting you.

What to Say and How to Engage

- Make sure your teen knows you want to help.
- Be aware of your tone.
- Be aware of your body language.
- If your teen seems distressed, reassure them that help is available.
- Listen attentively and nonjudgmentally.

We are Excited to Begin Rolling Out teen Mental Health First Aid!



With **teen** Mental Health First Aid, we like to say that **it's OK to not be OK.**

Learn more at
MHFA.org/teens

BORN THIS WAY/
FOUNDATION

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