

# Alaska School Safety & Well-Being Summit 2019



## Youth Mental Health First Aid: A curriculum overview

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September 2019 – Anchorage, AK

# Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Department of Education and Early Development (DEED), or the State of Alaska

# Session Learning Objectives

- What is YMHFA?
- Why YMHFA?
- YMHFA curriculum overview
- State standards on school staff training in suicide prevention and awareness
  - [AS 14.30.362](#)
- Understand the value in training school staff, families, and other adult community partners in YMHFA
- Testimonials

**Mental Health First Aid** is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

*Mental Health First Aid does not teach people to diagnose or to provide treatment.*





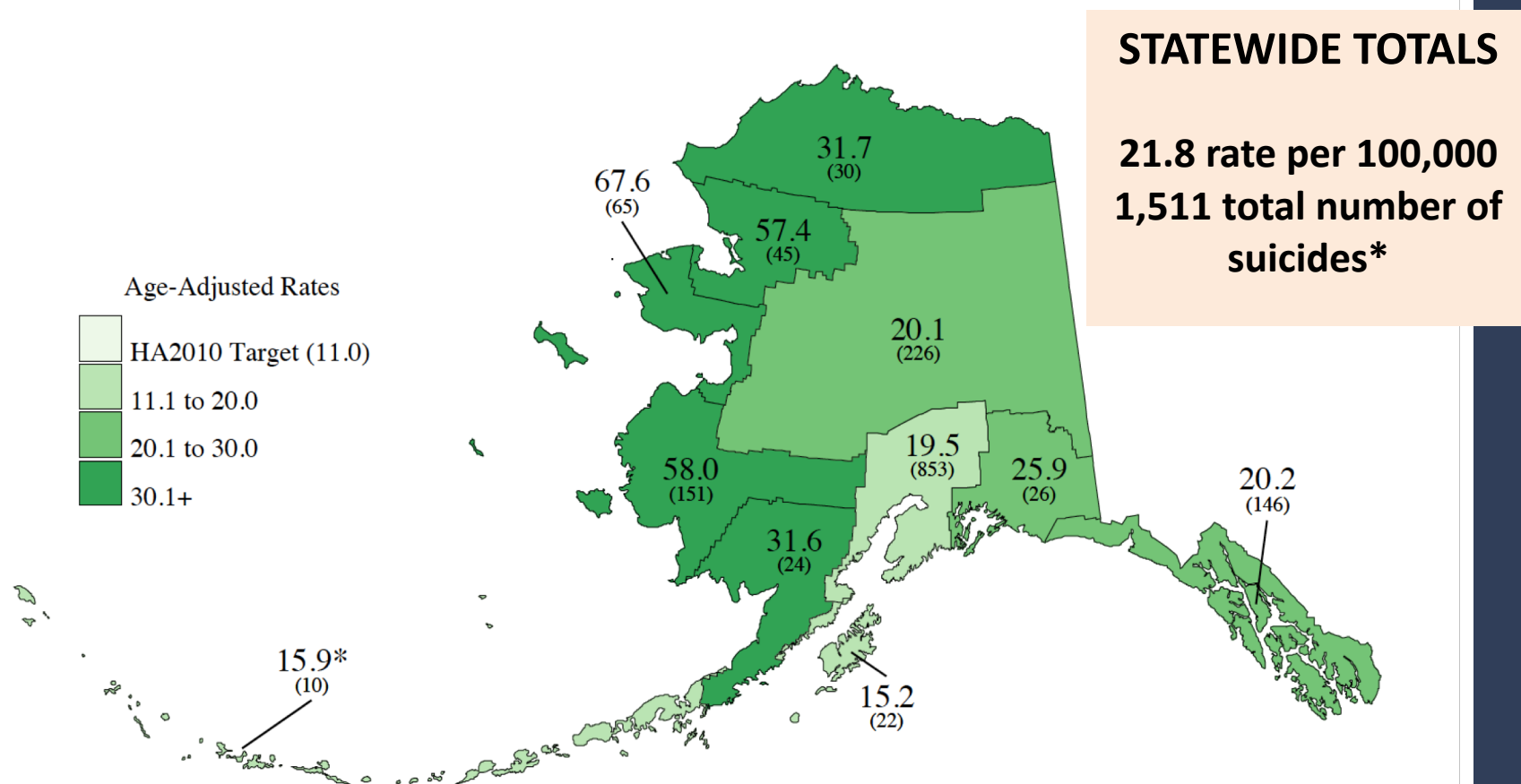
# Why Mental Health First Aid for Those who Work With Youth?

- 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
- 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



# Intentional Self-Harm (Suicide) Deaths

## Rates and Numbers by Region of Residence, 2006 - 2015



\*Rates based on fewer than 20 occurrences are statistically unreliable and should be used with caution.

Source: Alaska Health Analytics and Vital Records. Last updated on 02/13/2017.

# YMHFA curriculum content

- Prevalence of mental health issues in youth
  - Typical adolescent development
  - ALGEE action plan
  - Signs and symptoms
  - Non-suicidal self injury
  - Risk factors
  - Protective factors
  - Medication for youth
  - Suicide intervention
  - Panic attacks
  - First aider self-care
- Exploring the ALGEE action plan and first hand language with youth using case scenarios
    - **A**ssess for risk of suicide or self-injury
    - **L**isten non-judgmentally
    - **G**ive reassurance and information (not advice)
    - **E**ncourage professional support when necessary
    - **E**ncourage self help and other support strategies

**Part one**

**Part two**

# State training requirements

- **Sec. 14.30.362. Suicide awareness and prevention training.**
  - (a) A school district and the department shall provide youth suicide awareness and prevention training *approved by the commissioner* to each teacher, administrator, counselor, and specialist who is employed by the district or department to provide services to students in a public school in the state at no cost to the teacher, administrator, counselor, or specialist.



# Mental health is a **COMMUNITY RESPONSIBILITY**

- Building and enhancing skills
- Increasing noticing skills
- Everyone watching over our youth – the “Village” approach
- Practicing skills in a safe place
- Affirmation of what you are already doing
- Empowerment to help you assist someone you care about
- Opportunity to provide first aid until professionals can assist
- Resources in community

# WHAT IF...?

WHAT HAPPENS IF WE **DON'T**  
NOTICE OR **DON'T** ENGAGE  
OUR YOUTH IN  
CONVERSATIONS ABOUT  
THEIR MENTAL AND PHYSICAL  
HEALTH?

# TESTIMONIALS

- “My husband and me were so thankful that we abled to attend this workshop, it helped my husband a lot. most of all it really gave us some tools to deal with my child, especially the parts of ALGEE was emphasized LISTEN with out judging and motivation and a lot of encouragements. Thanks a lot again”

— Foster parents



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# TESTIMONIALS

- “I wanted to check in and also say thank you for putting together the Mental Health First Aid training and offering it to coalition members. The training was excellent and I am glad I was able to attend. I have now encouraged 3 other staff at the Forum to participate in the training as they also work with youth through our programs.”

— **Alaska Youth Development Coalition member**



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# TESTIMONIALS

- “First of all I would like to tell you what a wonderful course you presented two weekends ago. It was very enlightening and I took away so much information. I almost cancelled due to the need to fly out the next day to be with a dying friend but glad that I did not as I have used some of the knowledge obtained to help our friends, family, and myself through this difficult time.”

— School teacher



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# TESTIMONIALS

- “...People really seemed to get a lot out of the course. That was inspiring. I saw one person from the training over the weekend at Fred Meyer’s. She said that after the training she had a reaction to the material—it brought up some things for her. Now I know to mention this and let people know they can talk to me or my co-trainer if they need someone to debrief with. It is a wonderful feeling to be a part of such a worthwhile cause.”

— **YMHFA instructor**



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# TESTIMONIALS

- “Your class in November was very informative for me. I feel like I should constantly be re-trained and refreshed on the concepts of Suicide and Crisis intervention. Even though I’ve been on the front lines for years in that capacity, I want to be aware of new techniques and ideas as they become available. Thank you again!”

– **School counselor**



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# TESTIMONIALS

- “Hope all is well with you. I am writing a quick note to let you know that [NAME] has been so impressed with the feedback she’s gotten from the YMHFA trainings, that she is requiring it for every member of the [AGENCY]. This will be in addition to the 80+ frontline staff we plan to certify this year. We are so pleased to have connected with you on this, so I wanted to personally thank you and wish you a Happy New Year. Thanks for all you are doing for our state!”

— **Non profit executive director**



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# MY CHALLENGE TO YOU!

- TAKE A YOUTH MENTAL HEALTH FIRST AID CLASS!



# Questions?



# Resources

## Alaska Training Cooperative LMS

- [www.aktclms.org](http://www.aktclms.org)

## Youth Mental Health First Aid

- <https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/>

## Alaska Careline

- 1-877-266-4357 (HELP)
  - 24 hours/7 days a week
- Text *4help* to 839863
  - 3 to 11 PM Tuesday to Saturday



# Presenter Information

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