

Mental Health First Aid

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What will you
learn today?

Learn about	Learn about Mental Health First Aid and Youth Mental Health First Aid
Recognize	Recognize the challenges
Increase	Increase awareness of Mental Health programs in Extension
Receive	Receive a brief overview of ALGEE Action Plan

History of MHFA & YMHFA

2000

- Program originated in Australia

2008

- Adult Mental Health First Aid USA

2012

- Youth Mental Health First Aid
USA

2018

- Teen Mental Health First Aid USA

2019

- Adult and Youth Mental Health
First Aid Revisions



5.13%

of youth report having a
**substance use or
alcohol problem.**

– Mental Health America

1 in 5

teens and young adults
**lives with a mental
health condition.**

– National Alliance for Mental Illness

64.1%

of youth with major depression
**do not receive any mental
health treatment.**

– Mental Health America

Know the numbers

YOUTH MENTAL HEALTH

BY THE NUMBERS



1 in 5 children ages 13-18 have, or will have, a serious mental illness.

50% of all lifetime cases of mental illness begin by age 14.



Suicide is the **3rd** leading cause of death in youth ages 10-24.



90% of those who die by suicide have an underlying mental illness.

Appx. **50%** of students age 14 or older with a mental illness **drop out of high school.**



Three Learning Options

1

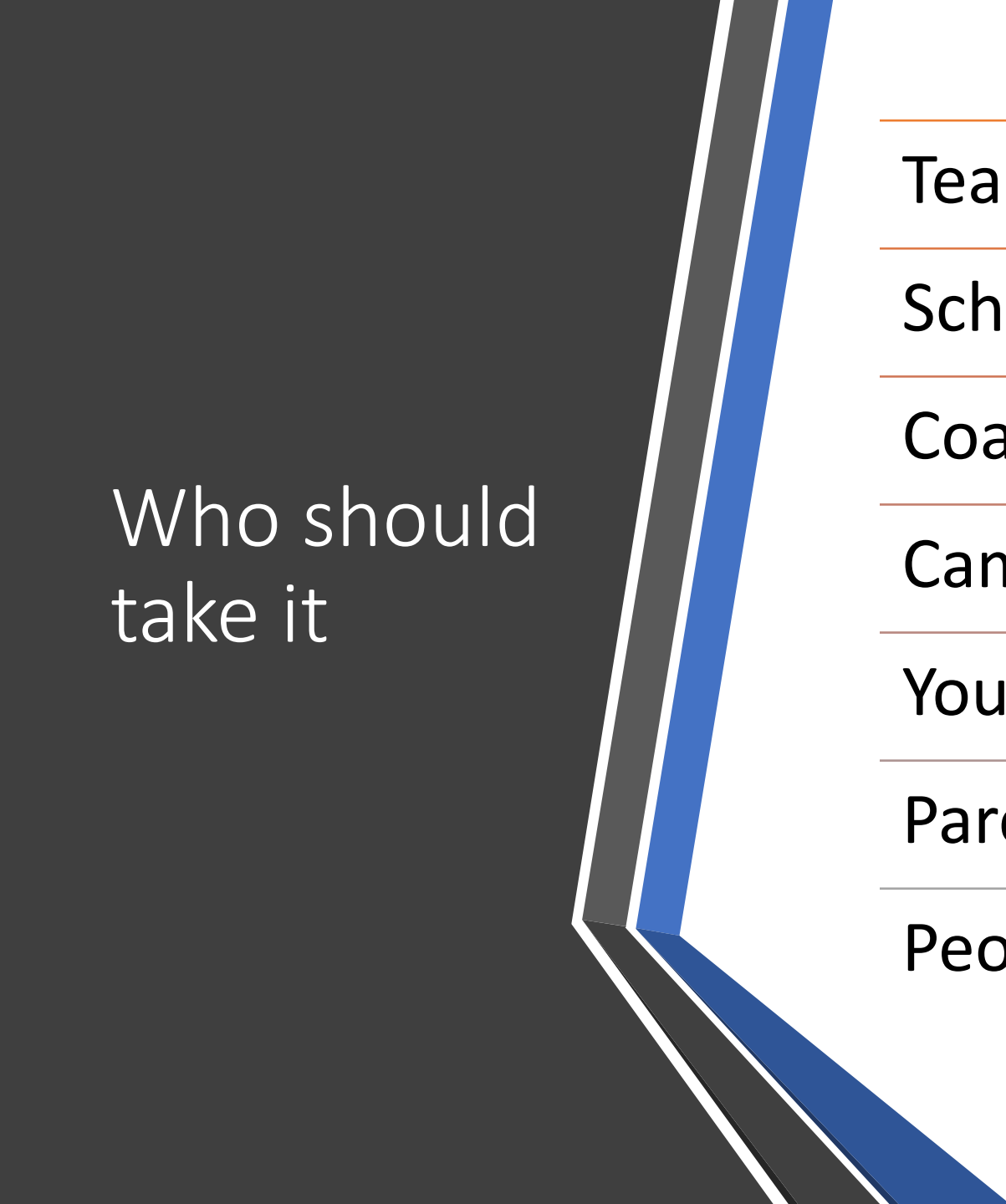
Virtual. First Aiders will complete a 2-hour, self-paced online class, then participate in a 4- to 5-hour Instructor-led videoconference.

2

Blended Learning. After completing a 2-hour, self-paced online class, First Aiders will participate in a 4-hour, in person, Instructor-led class.

3

In-person. First Aiders will receive their training as an 6.5-hour Instructor-led in-person course



Who should
take it

Teachers

School staff

Coaches

Camp counselors

Youth group leaders

Parents

People who work with youth

What it covers

- Common signs and symptoms of mental illness in this age group, including
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- NEW: Expanded content on trauma, addiction and self-care and the impact of social media and bullying

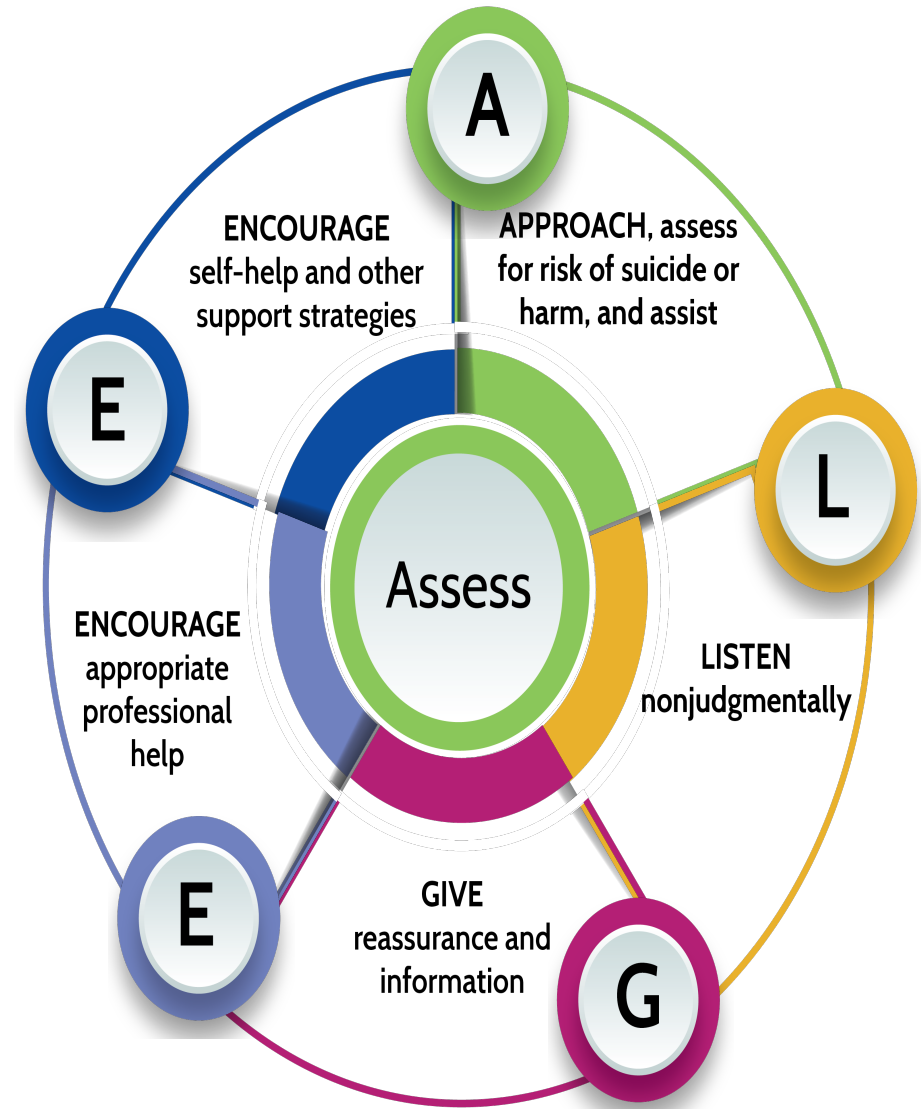


**Artist: Sasha
Mosquera**

ALGEE: The Action Plan

ALGEE: THE ACTION PLAN

-  **ASSESS** for risk of suicide or harm.
-  **LISTEN** non-judgmentally.
-  **GIVE** re-assurance and information.
-  **ENCOURAGE** appropriate professional help.
-  **ENCOURAGE** self-help and other support strategies.





Upcoming Mental Health First Aid Webinars

<https://extension.psu.edu/mental-health-first-aid-webinars>

June 21

July 13

August 10

September 13

Thank You



“ As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it’s just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, ‘How can I be helpful?’ that is a powerful question.” — Alyssa Fruchtenicht, school-based mental health counselor



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