



# Mental Health First Aid and NACo Partnership Overview

# Agenda

- What is MHFA?
- MHFA at Work
- Q&A





# What is MHFA?

# National Council for Mental Wellbeing

Founded in 1969, the National Council for Mental Wellbeing is a membership organization that drives policy and social change on behalf of nearly 3,200 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve. **Our vision is to make mental wellbeing, which is thriving regardless of a mental health or substance use challenge, a reality for everyone.**



## PUBLIC EDUCATION AND AWARENESS

3 million+ people trained in MHFA in the U.S.

15,000+ MHFA Instructors.



## PUBLIC POLICY LEADERSHIP

**\$7.5 billion** in SAMHSA funding secured for FY23.

**\$28 million** in appropriations secured for MHFA.



## MEMBER DEVELOPMENT

3,100+ member organizations.

5,300+ NatCon attendees in 2023.



## WORKFORCE DEVELOPMENT

**\$12 million** for SUD workforce program.

Designed and implemented 1,500+ training and technical assistance programs.



# Mental Health First Aid

**130**

On average, 130 people die by suicide every day.

*Source: American Foundation for Suicide Prevention*

**1 IN 5**

Nearly 1 in 5 people in the U.S. lives with a mental illness.

*Source: National Institute of Mental Health*

**10.8 M**

Approximately 10.8 million full-time workers have a substance use challenge.

*Source: Substance Abuse and Mental Health Services Administration*

**10%**

Less than 10% of employees feel their workplace is free of stigmas about mental health.

*Source: McKinsey Center for Societal Benefit*

## BUILDING AWARENESS, UNDERSTANDING, AND SKILLS

Mental Health First Aid (MHFA) is an evidence-based course that teaches you how **to identify, understand and respond** to signs of mental health and substance use challenges. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenge or experiencing a crisis.



# The Unique Value of MHFA



## TIME TESTED

MHFA was created in Australia in 2001 by a nurse specializing in health education and a mental health literacy professor. The National Council introduced MHFA to the U.S. in 2008. Since then, the **curriculum has gone through dozens of peer-reviewed studies proving its efficacy** and has won international awards.



## ORGANIZATIONAL SUPPORT

MHFA is backed by the nation's preeminent association for mental health and substance use treatment professionals, the [National Council for Mental Wellbeing](#). We have access to an **enormous network of industry experts, corporate and nonprofit partners, MHFA Instructors and dedicated staff.**



## GLOBAL COMMUNITY

**Over 3 million people in the United States are trained in MHFA** thanks to more than 15,000 Instructors. Around the world, you can find MHFA training in **24 countries**, which work together to increase global impact and can support the training needs of multinational organizations.



# MHFA Curricula Offerings



Adult MHFA



Youth MHFA



teen MHFA





**Mental Health FIRST AID**

*from* NATIONAL COUNCIL FOR MENTAL WELLBEING



# MHFA at Work

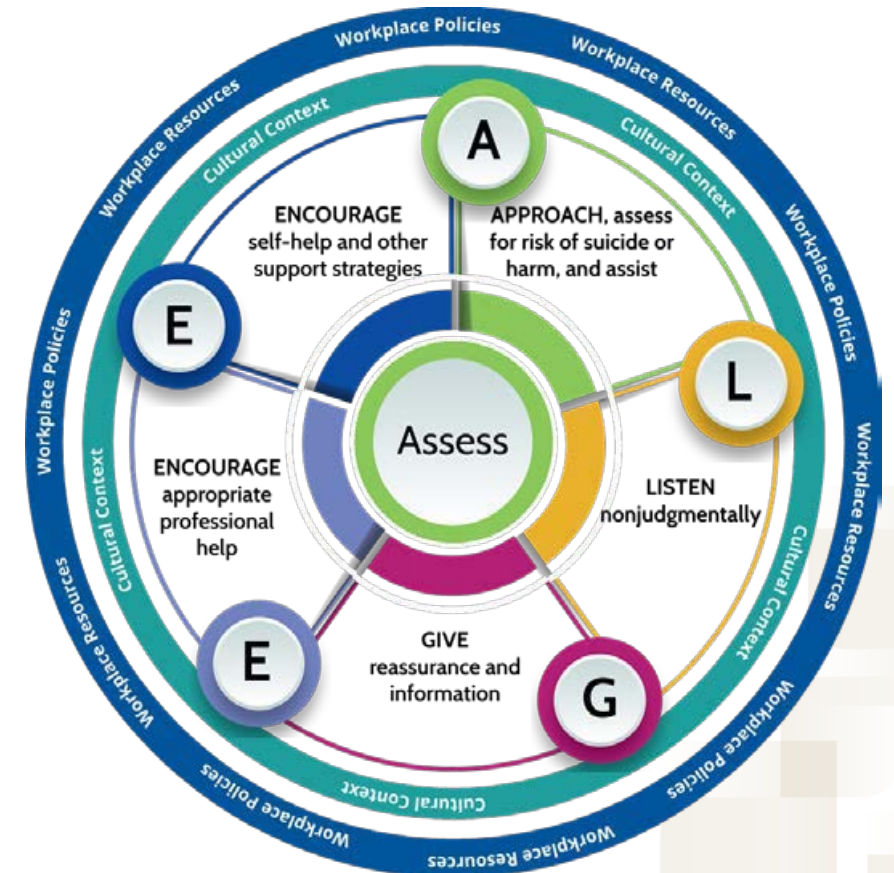


# Product Overview

**MHFA at Work** teaches employees how to **identify, understand and respond to signs and symptoms of mental health and substance use challenges encountered in the workplace**. Each training is customized to incorporate collaborative case studies and each organization's relevant policies, procedures, resources and employee services.

## WHAT IT COVERS

- Noticing signs and symptoms of substance use and mental health challenges.
- Navigating difficult conversations about mental health.
- Knowing that recovery is possible – and how to support it.
- Tackling mental health stigma in the workplace.
- Understanding principles of safety and privacy.
- Building resilience and strategies to alleviate burnout.
- Implementing the MHFA Action Plan (ALGEE).



# How MHFA at Work Can Help



Reduces Stigma.



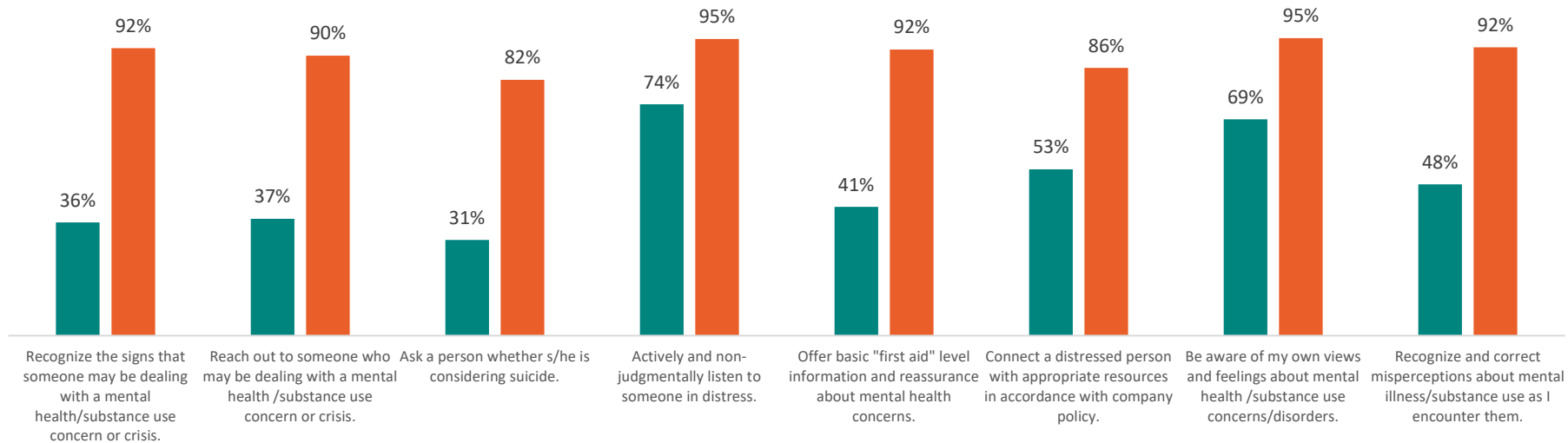
Increases literacy in mental health and substance use.



Increases likelihood that employees will reach out to someone who may be facing a mental health or substance use challenge.



Connects to appropriate resources, in accordance with organizational policies.



# NACo Course Offerings for Counties

**MHFA at Work** is an immersive, skill-building training that is informed by each organization's policies, procedures, and guidelines to ensure session is reflective of your wellbeing benefits and areas of interest.

## GENERAL AWARENESS

Introduces effective methods to support peer-to-peer interaction and collegial conversations *among staff*.

This program is designed to meet the learning needs of employees by using situational MHFA, informed by applicable policies/procedures, and explains the available resources and benefits offered to employees.

 *4 hours virtual or in-person*

 *30 participants per course*

## MENTAL HEALTH ESSENTIALS

These seminars cover the latest topics in workplace mental health. They are a great way to continue learning and address specific areas of concern. Participants come away with actionable strategies to foster wellbeing.

 *60-90 minutes live virtual*

 *30-300+ participants per session*

# MHFA at Work – General Awareness

## MHFA AT Work TRAINING AGENDA

SEGMENT	TOPIC
1	<b>What is Mental Health First Aid (MHFA)</b>
2	<b>MHFA in Crisis and Non-Crisis Situations</b>
3	<b>Self-care</b>

## Delivery Options

- General Awareness sessions are delivered in **four hour or (2) two-hour sessions** of facilitated classroom instruction for groups of up to 30 participants
- All virtual participants are highly encouraged to open video to ensure a rich learning environment



# Who should take MHFA at Work – General Awareness

## DEPARTMENTS

- Transportation & infrastructure
- Public Safety
- Human Safety
- Community Health
- Call center staff

## ROLES AND TITLES

- Human resources and benefits partners
- Senior leaders and front- line managers
- Clinical and wellness staff
- Call center staff

**General Awareness** focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearance that show there might be a challenge rather than on a specific disorder. Participants learn the MHFA Action Plan and how to apply to non-crisis and crisis situations. By the end of the course, participants will be able to:

- Describe the purpose and role of Mental Health First Aid.
- Identify the impact of mental health challenges and recovery on the well-being of adults in the workplace.
- Describe the principles of workplace safety and privacy.
- Recognize the signs and symptoms of mental health challenges and how they impact the workplace.
- Explain and practice the 5 steps of the Mental Health First Aid Action Plan (ALGEE).
- Discuss appropriate methods of self-care for individuals in the workplace.

*The course does not certify any participant as a Mental Health First Aider.*



# MHFA at Work – Mental Health Essentials

## VIRTUAL DELIVERY

- Mental Health Essentials sessions are delivered in **60 to 90-minute sessions** for groups of up to 300 participants\*
- All virtual participants are highly encouraged to open video to ensure a rich learning environment

*\*Mental Health Essentials is designed for the entire workforce and can be delivered to small and large groups of employees. Larger groups can be accommodated with prior notice.*

**Mental Health Essentials** seminars provide a high-level introduction to workplace wellbeing and reinforce the principles of MHFA to foster peer support and engagement. The session includes information on best practices in the workplace and guidance on how to support each other and ourselves during this crisis, with a focus on the impact of trauma, the importance of team engagement, self-care, and mindfulness.

Participants will learn how to:

1. Define and increase our awareness of mental wellbeing, mental illness and recovery.
2. Identify common signs and symptoms of mental health challenges in the workplace.
3. Explore strategies to help reduce stigma, build resiliency, and make wellness a priority so we can move forward together.



# Pricing Schedule

**NACo Members and Affiliates** will benefit from a 3% discount applied to our standard retail pricing. Final contract values will be determined based on scope of work and tiered discounts will be applied for high-volume implementers.

## GENERAL AWARENESS

Virtual an In-person facilitation will be determined by each county's implementation plan

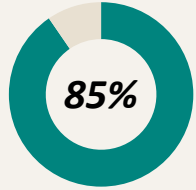
Trainings	Virtual	In-Person
1-75	\$6,050	\$6,800
76-150	\$5,750	\$6,500
151-300	\$5,400	\$6,150

## MENTAL HEALTH ESSENTIALS

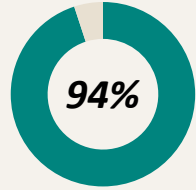
Seminars are typically facilitated on the National Council's virtual platform  
(In-person events can be coordinated upon request)

Virtual	In-Person
\$4,125	\$4,850

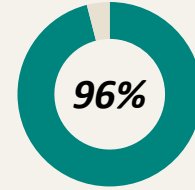
# MHFA at Work Outcomes



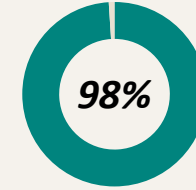
increase in overall confidence (including recognizing signs and reaching out to help) after the program.



of participants agree mental health challenges can happen to anyone and recovery is possible after going through training.



of participants agree the knowledge they learned in MHFA at Work will be useful to their work.



of MHFA at Work participants in 2021 said they would recommend the training to a colleague.

## Anonymous Learner Feedback

- “Our Instructors were amazing in making us feel safe in discussing sensitive issues. It was an incredible course, and I am very grateful I was given the opportunity to take this course.” - kate spade new york.
- “That was the most engaging training, especially virtually, I've been a part of in a VERY long time. I appreciate the opportunity to have taken that course.” – Kroger.
- “I loved this class and will take what I learned and use it in my job and family life. I think every Banner Leader should take this course; it is that valuable to me.” – Banner Health.





# Q&A



**Questions?**

Email [JonathanG@TheNationalCouncil.org](mailto:JonathanG@TheNationalCouncil.org)

Visit [MHFA.org/NACo](http://MHFA.org/NACo)

