



**Mental Health
First Aid Training**



Sue Clarke

**Training Manager
and MHFA Lead**

Middlesbrough and Stockton Mind





Mental Health
First Aid Training



Mental Health First Aid Impact Evaluation and Next Steps

The aims of MHFA are: -

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problem developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem



Mental Health
First Aid Training



Mind Mental Health First Aid training project, aims to:

- Improve public education about mental health
- Reduce stigma, misconceptions and discrimination associated with mental health
- Help “normalise” mental health



Mental Health
First Aid Training



Mind Mental Health First Aid training project, aims to:

- Improve social inclusion of individuals who are experiencing/have experienced mental health problems
- Increase accessibility of local services for those experiencing mental health problems
- Improve participant understanding of their own mental health



Mental Health
First Aid Training



The impact of Mental Health First Aid Training in the North East

- Middlesbrough and Stockton Mind on behalf of the NE Mind MHFA Partnership have trained over 1500 people in the North East in Mental Health First Aid over the past 18 months.
- An impact survey was conducted in November 2009 (to which 206 people responded) the results of which indicate the impact of the training in the North East.



Mental Health
First Aid Training



The impact of Mental Health First Aid Training in the North East

Improved public education about mental health:

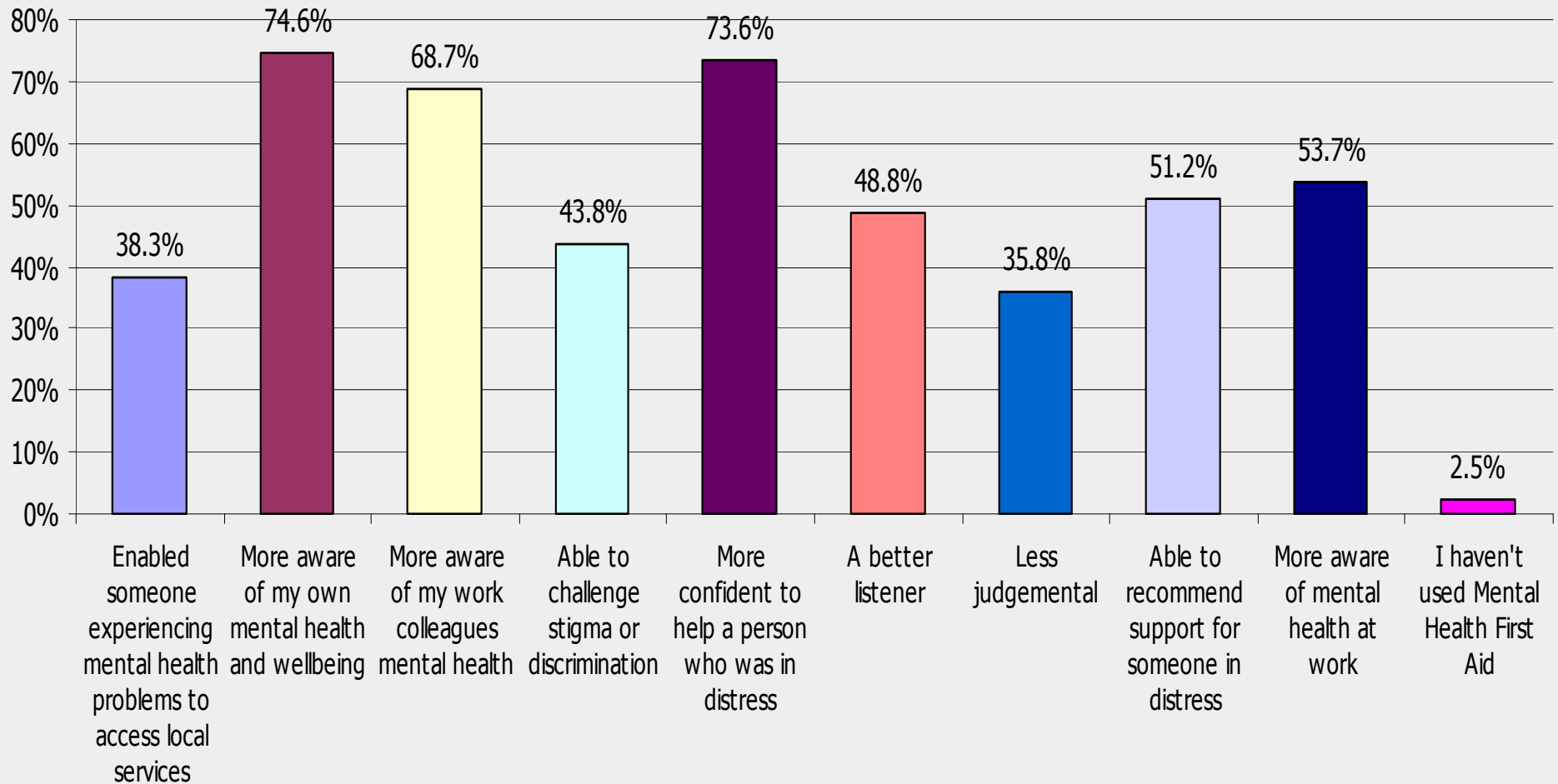
- As a result of the training **99%** of attendees have increased their knowledge and **98%** their increased their skills in MHFA.
- *Before* the course only **4%** of course attendees felt fully competent to address Mental Health First Aid issues, after the training this increased to **48%**.



Mental Health
First Aid Training



How have you practiced MHFA?

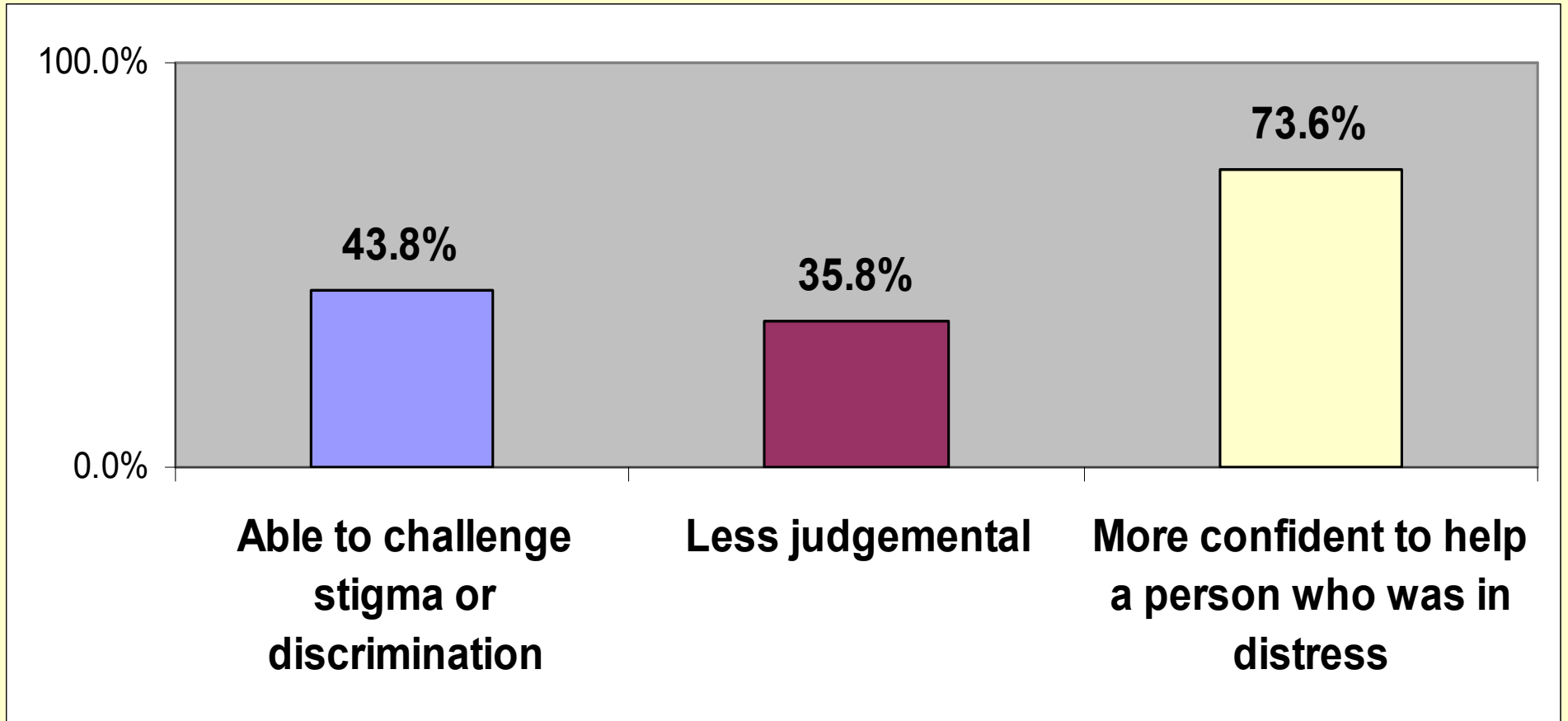


**Mental Health
First Aid Training**



How have you practiced MHFA?

Challenging stigma, misconceptions and discrimination

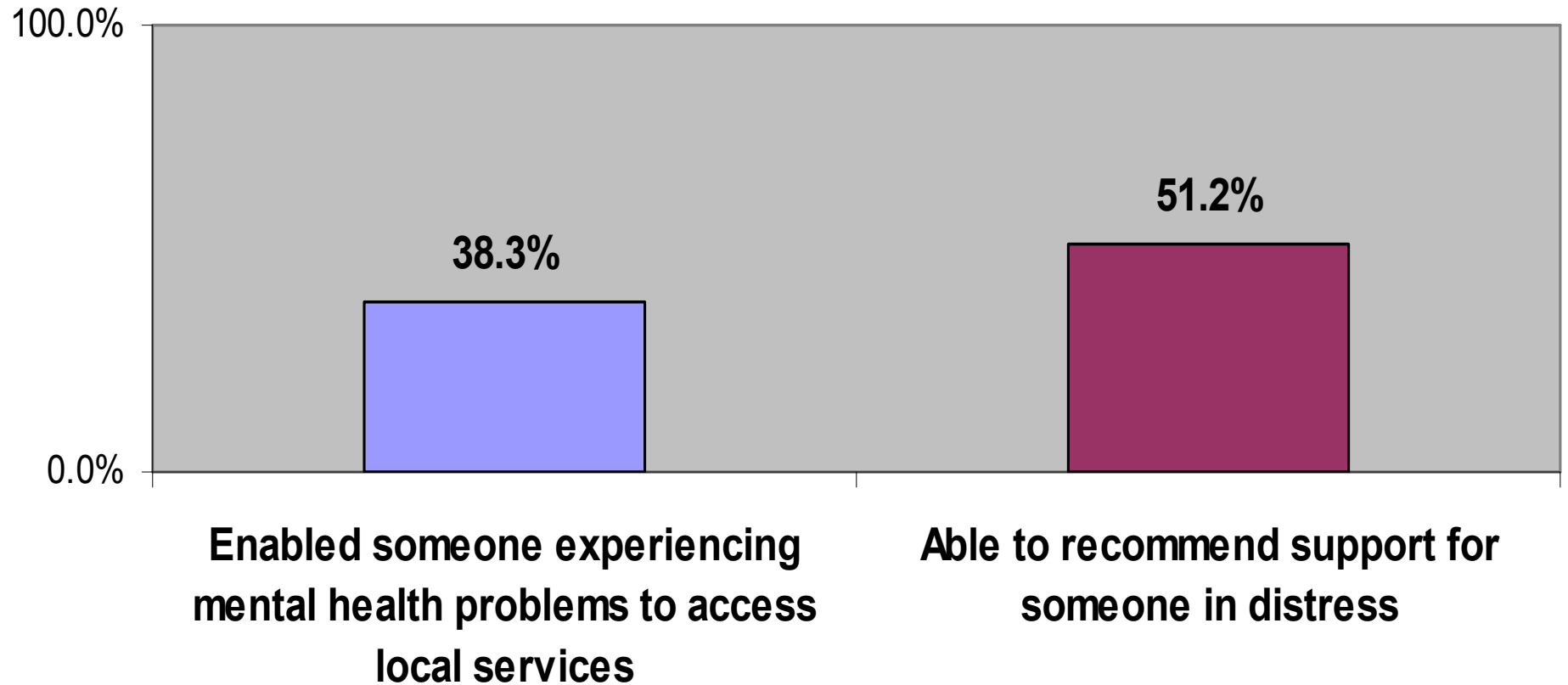


**Mental Health
First Aid Training**



How have you practiced MHFA?

Improved social inclusion and access to local services



Mental Health
First Aid Training



How have you practiced MHFA?

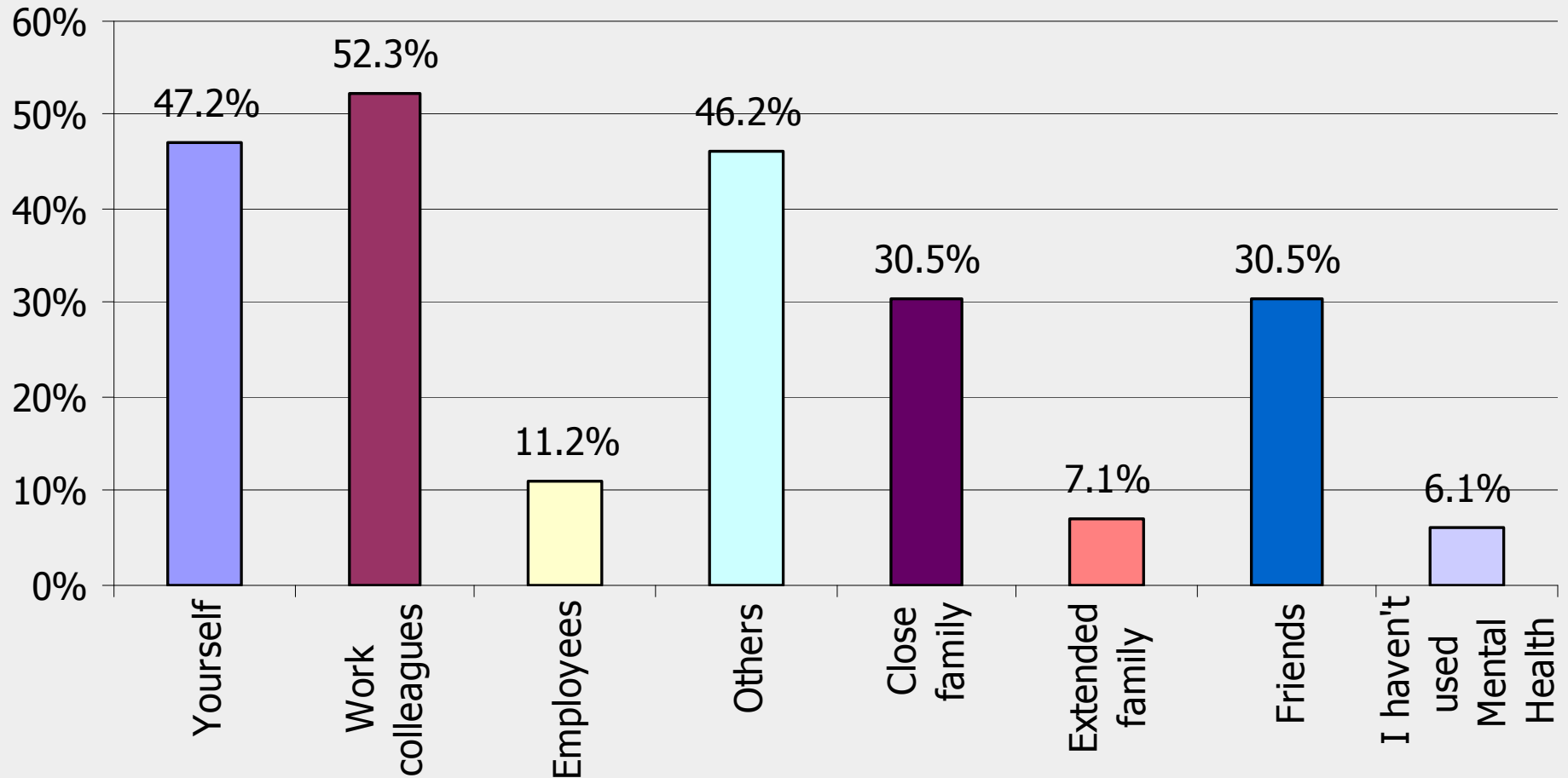
74.6% of those who completed the survey stated that they are more aware of their own mental health and wellbeing.



Mental Health
First Aid Training



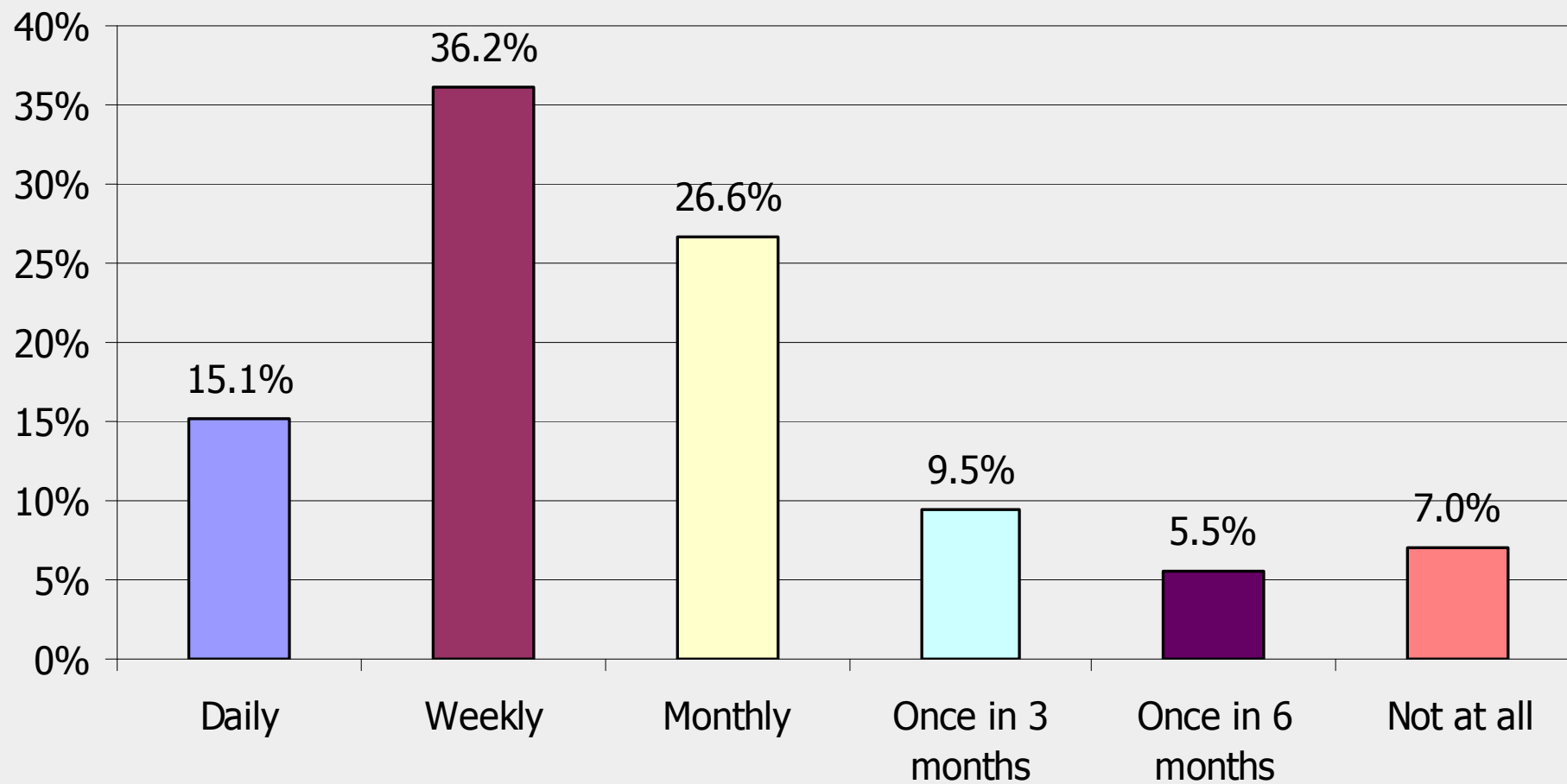
Who have you used MHFA with?



Mental Health
First Aid Training



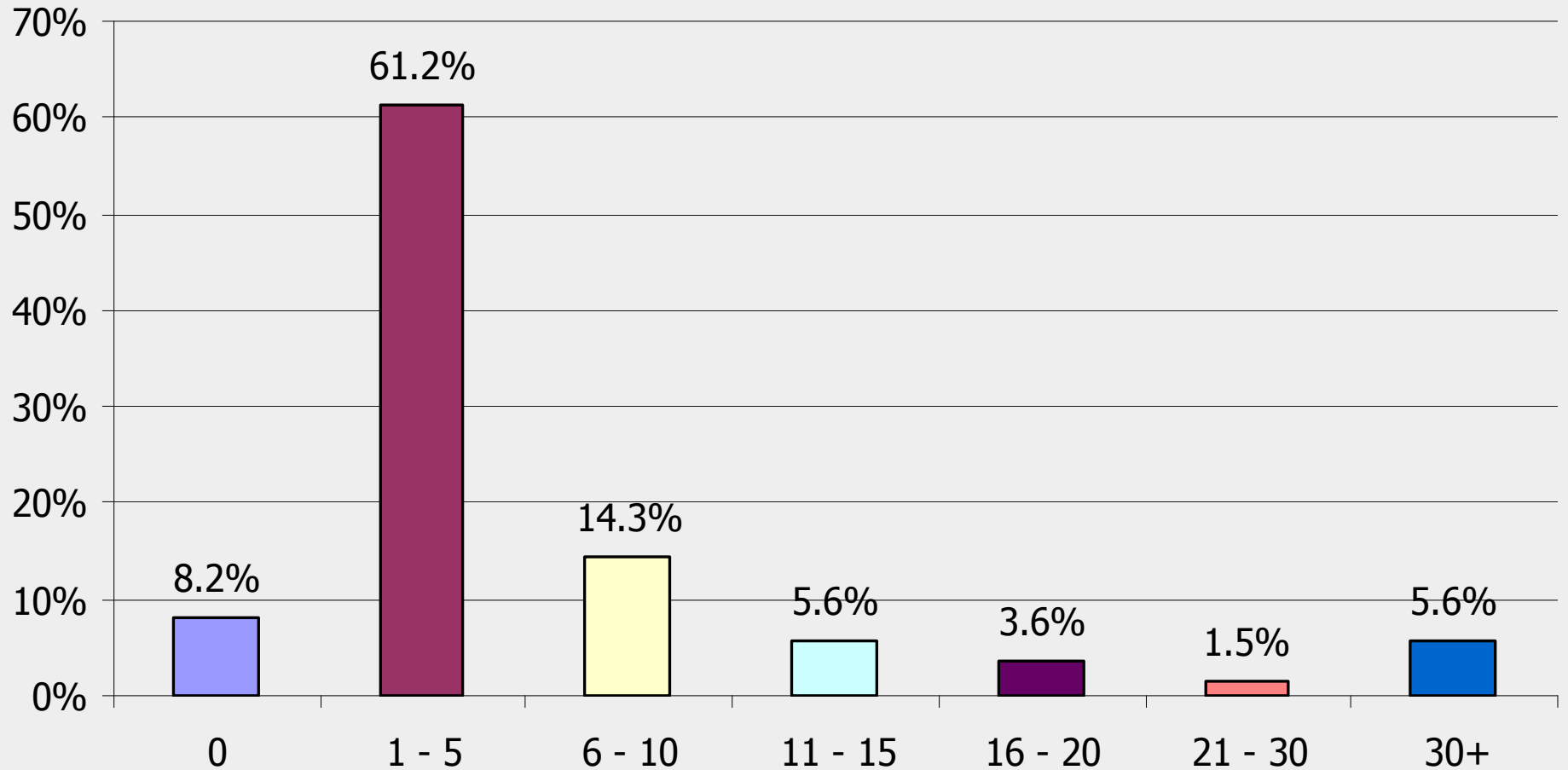
How often have you used MHFA?



Mental Health
First Aid Training



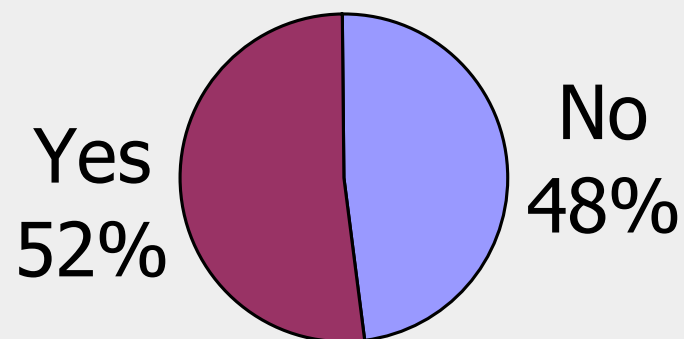
How many people have you helped using MHFA?



**Mental Health
First Aid Training**



Would you like more Mental Health Training?



Mental Health
First Aid Training



Conclusion

The survey shows that:

- Mental Health First Aid training has had a significant and real impact on the mental health of those trained, and the people they interact with.
- Those trained in, and practising Mental Health First Aid are making a valuable contribution to improving mental health in their workplace and community.
- Appropriate high quality training delivered by the voluntary sector can make a real difference to the lives of people in the North East.



Mental Health
First Aid Training



Next steps for Mind

- Continue to have a significant impact in North East via MHFA training and to measure this using further robust evaluations (diaries, settings impacts, workplace data, services accessed)
- Deliver further training (in addition to MHFA)
- Continue to deliver MHFA (3,600 by March 2011 and more beyond and introduce MHFA for those working with young people)



Mental Health
First Aid Training





Mental Health
First Aid Training



- Thank you for attending our conference today and for the help and support you are providing for the people in our region.
- We look forward to working with you in the future.