Mental Health First Aid

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Culture of Health

• Culture of Health is broadly defined as one in which good health and wellbeing flourish through the fostering of healthy communities that lead to making healthy choices and healthy lifestyles

• Includes both physical and mental health
Culture of Health

• **Only 10 to 20%** of the variability in personal health status can be attributed to actions by the care delivery system.

• **Fully 80 to 90%** is due to the actions of the health determinants.

• Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.
Mental Health

• Mental health is a state of successful performance of mental function resulting in productive activities, fulfilling relationships and the ability to adapt to change and cope with adversity.
Mental Health Prevalence

- Approximately one-half of the population experiences a mental health disorder over a lifetime
- The prevalence of mental disorders is similar in rural and urban areas
Mental Health Prevalence

• Estimated that 20 percent of children and adolescents age 9-17 years and older suffer from mental illness each year.

• 25% of older adults 65 years and older experience mental illness
Mental Health Prevalence

• **Major depressive disorder** affects approximately 14.8 million American adults, or about 6.7 percent of the U.S. population age 18 and older in a given year.
Mental Health Prevalence

- Approximately 40 million American adults ages 18 and older, or about 18.1 percent of people in this age group in a given year, have an **anxiety disorder**.
Mental Health Prevalence

• **Alcohol Use Disorder** 15.1 million adults ages 18 and older (6.2 percent of this age group) had AUD. This includes 9.8 million men (8.4 percent of men in this age group\(^4\)) and 5.3 million women

• Estimated 623,000 adolescents ages 12–17 (2.5 percent of this age group) had AUD.
Psychosocial Dysfunction and Substance Abuse

• Depression increases in both men and women as economic distress increases self medication increases

• Increased substance abuse problems

• Farm Suicide
  – Almost three times that of the rest of the population
Suicide

- According to the Centers for Disease Control and Prevention, suicide rates in Texas have been climbing since 2000, when the rate was 10.2 per 100,000 people.
- By 2017, the rate had risen to 13.4. Suicide is the 11th leading cause of death in Texas, while among 15 to 34 years olds it is the second leading cause of death (American Foundation for Suicide Prevention, 2019).
- SAMHSA reports that in 2017 over 700,000 adults aged 18+ reported as having had serious thoughts of suicide in the past year.
Drugs/ Opioids

- The 2015-16 NSDUH estimated that 4.6% (approximately 1.2 million) of Texans aged 12 and older had used opioids in the past year while 149,000 reported a past year opioid disorder (Opioid Use Disorder is defined as meeting criteria for opioid dependence or abuse). Of these, only 260,000 persons reported receiving treatment at a specialty facility.
Barriers to Care

• What are some barriers to care?
Mental Health Services: The AAA Approach

ACCESSIBILITY

AVAILABILITY

ACCEPTABILITY

of services for families
Despite a strong demand and growing societal awareness of the importance of mental health in the U.S., research revealed that the overwhelming majority of Americans (74%) do not believe such services are accessible for everyone, and about half (47%) believe options are limited (America’s Mental Health 2018)
ACCESSIBILITY

• Rural Americans travel further to provide and receive services
• Rural Americans are less likely to have insurance benefits for mental health care
• Rural Americans are less likely to recognize mental illnesses, and understand their care options
AVAILABILITY

- Mental Health Shortage Areas

AVAILABILITY

• Rural areas suffer from chronic shortages of mental health professionals
• Specialty providers highly unlikely to be available in rural areas
• Comprehensive services often not available
ACCEPTABILITY

• Few programs train professionals to work competently in rural places
• Rural people often lack choice of providers
• Stigma
• Urban models assumed to work for rural
Barriers to Care

• Rate your possible concerns that might affect your decision to seek treatment for a mental health/psychological problem for you or a family member.

• Yes or No
## Barriers to Care

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## Barriers to Care

### Stigma Barriers

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Barriers to Care

• People with high stigma and high barriers to care and mental health issues begin to doubt their coping abilities to deal with life which reduces their self-esteem.

• In turn results in lower self-efficacy and self-confidence & more social isolation.
Barriers to Care

• Perceived stigma and barriers to care leads to a belief that one can not ask for help and receive it in dealing with mental health issues.
COST

• Mental health and substance abuse cost US businesses between $80 and $100 billion annually.
COST

• One in Four Americans Say Work Is A Source Of Anxiety (Centers for Disease Control Prevention)

• Depression Cuts Productivity

• Half Of Employees With Anxiety Say It Interferes with Coworker Relationships

• Depression Costs Employers More Than Other Health Conditions (cost of medical, drug, absenteeism, and presenteeism)
COST

• Depressed Employees Lose 27 Work Days Per Year

• Four In Five Workers Report Poor Work-Life Balance

• However: 80 Percent Of Treated Employees Report Improvements
Depression

• Depression is a major cause of disability, absenteeism, presenteeism, and productivity loss among working-age adults. (Centers for Disease Control Prevention)

• In a given year, 18.8 million American adults (9.5% of the adult population) will suffer from a depressive illness

• Depression is estimated to cause 200 million lost workdays each year at a cost to employers of $17 to $44 billion
Anxiety

- Anxiety disorders are the most common mental disorders in the United States, affecting 18% of American adults (Kessler et al., 2005a; Kessler et al., 2005b) and as many as 33% of people at any point in their lifetime (Bandelow & Michaelis, 2015).

- Anxiety disorders are associated with poor job productivity and short- and long-term work disability (Plaisier et al., 2010; Plaisier et al., 2012; Sanderson et al., 2007; Hendriks et al., 2015; Erikson et al., 2009), resulting in more than $4.1 billion in indirect workplace costs.

- Anxiety disorders lead to an average of 4.6 work days lost to disability per month and 18.1 work days lost to disability per 3 months, as well as an average of 5.5 work days of reduced productivity per month (Harder et al., 2014).
Lack of Treatment

• In a mental health crisis, people are more likely to encounter police than get medical help. As a result, 2 million people with mental illness are booked into jails each year.

• Nearly 15% of men and 30% of women booked into jails have a serious mental health condition.

• Jails are now the de facto mental health provider for many counties.
Answers
UP STREAM
Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related problem or crisis.

Mental Health First Aid teaches risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.
MHFA

- Mental health problems are common
- Stigma is associated with mental health problems
- Many people are not well informed
- Professional help is not always on hand
- People often do not know how to respond
- People with mental health problems often do not seek help
MHFA

• Mental Health First Aid is designed to be a comprehensive training for the public which produces improved changes in knowledge, attitudes, and behavior when it comes to dealing with those who suffer from mental health conditions.

• 8 Hour class

• Youth and Adult version
Effective

• Recent 2018 meta-analysis of 18 trials (studies) found that MHFA led to improved:
  – mental health first aid knowledge,
  – recognition of mental disorders,
  – beliefs about effective treatment,
  – Confidence in helping a person with MH crisis

• Reduction in stigma
Texas A&M AgriLife Extension

• Invested through a ReBuild grant trained 30 staff to deliver MHFA.
• Additional trainers within Extension and communities.
• Other sources:
  • Community Mental Health Centers
  • Texas Education Agency
MHFA

https://www.mentalhealthfirstaid.org/
MHFA

Find a Mental Health First Aid Course

Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. Find a Mental Health First Aid course near you using the search tool below.

[LAW ENFORCEMENT: If you took the One Mind Pledge, CLICK HERE to schedule a training for your agency.]

FIND BY LOCATION
Enter Your City and State (eg. Arlington, Texas)

DISTANCE FROM ME
25 miles

FIND COURSES

Find courses by instructor name
Thank You

• Questions

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