

BE THE **1** TO MAKE A
DIFFERENCE



USA
MENTAL
HEALTH
FIRST AID*

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID
Healthy Minds. Strong Communities.

MHFA in Agriculture & Addressing COVID-19

Dairy Girl Network | May 29th, 2020

Tramaine EL-Amin | Assistant Vice President Strategic Partnerships





Overview

MHFA can foster skills for building resilience among women in the dairy industry who continue to provide essential services to maintain farming operations.

This session will share information on best practices and guidance on how to support each other and ourselves during this crisis.



Learning Objectives

-  Identify at least two statistics on why it is important to address mental health in agriculture and rural locations across the US
-  Learn how MHFA is involved in the agriculture space and how MHFA is responding to COVID-19
-  Explore MHFA curricula updates and national mental health resources available to women in agriculture
-  Develop a basic understanding about the MHFA course

Let's start with a Poll Question

Let us know who is on today's call!



- A. Farmers
- B. Family members of farmers
- C. Part of farming community
- D. Work with farmers
- E. Other

Rural Mental Health

Why Mental Health Matters in Rural Communities

6.5M

More than **6.5 million** people in non-metropolitan counties experienced a mental health condition in 2016.

1.3M

Approximately **1.3 million** people living in rural areas have thoughts of suicide each year.

Shortage

Chronic shortages of mental health professionals exist in rural areas, as mental health providers are more likely to practice in urban centers.



Rural Mental Health in US

Rural/urban rates
of Mental Health
Disorders are the
same

Stigma and lack of
anonymity

80-90% of BH
providers work in
urban areas

Major challenges to
landscape of family
farming

Suicide rate 3.5
times that of
general population

Farming
communities are
changing

Poll Question

What is your current level of awareness about Mental Health First Aid?

- A. I am certified as a First Aider
- B. I've heard of it, but I'm unsure of details
- C. Never heard of it, but interested in learning more



National Council for Behavioral Health

We are the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services.

The National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery.

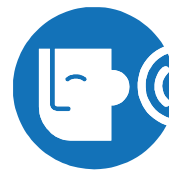
The National Council introduced **Mental Health First Aid USA** in 2008.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

Mental Health First Aid® is the help offered to a person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

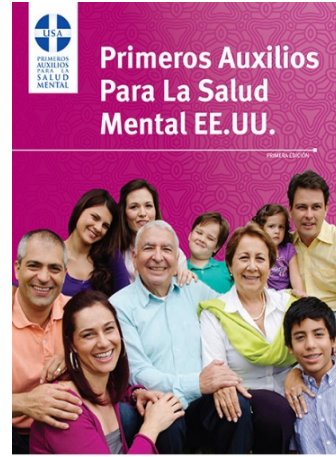
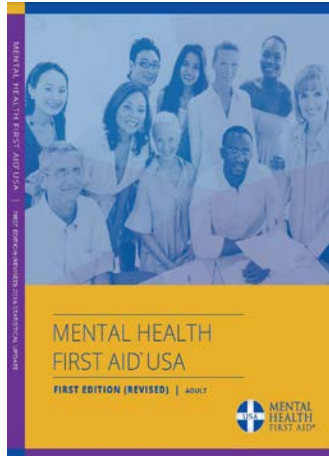
Mental Health First Aid® does not teach people to diagnose or to provide treatment.



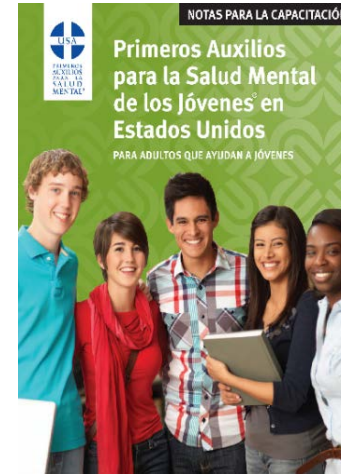
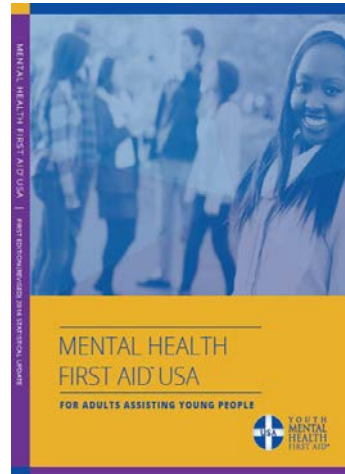
Curricula and Curriculum Supplements

NEW

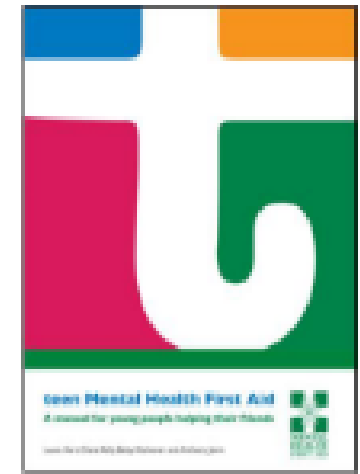
ADULT CURRICULA



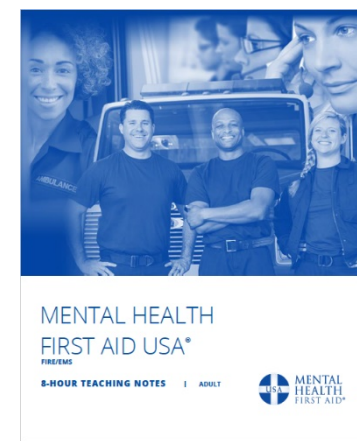
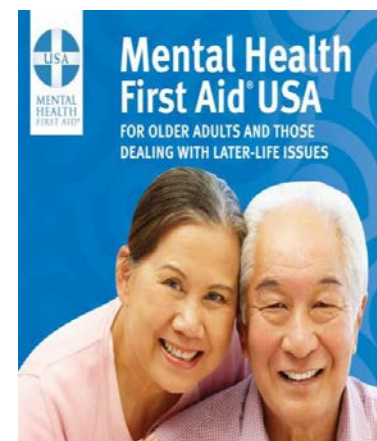
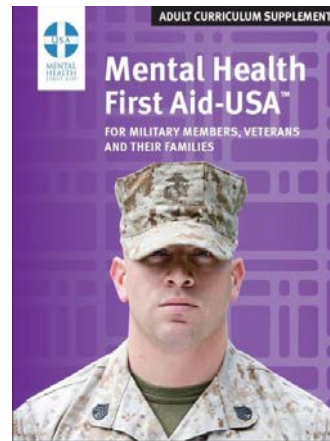
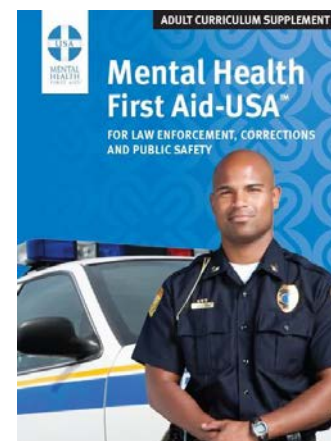
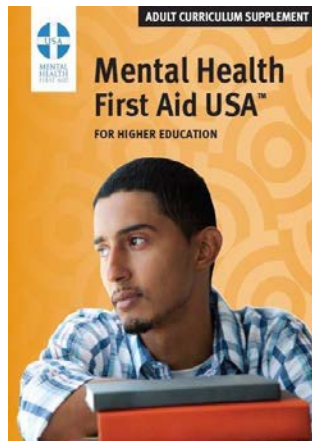
YOUTH CURRICULA



TEEN CURRICULA



ADULT CURRICULUM SUPPLEMENTS



Curricula Overview



- ⊕ **Risk factors and warning signs** of mental health and substance use problems (including typical adolescent development in YMHFA),
- ⊕ **Information** on anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders, (including ADHD for Youth MHFA), and eating disorders
- ⊕ **A 5-step action plan** to help someone who is developing a mental health problem or in crisis(e.g. suicide, panic attack or overdose)
- ⊕ Available evidence-based professional, peer and self-help **resources**

Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

Adult Curriculum Overview

- + What is Mental Health First Aid?
- + Mental health problems in the United States
- + Mental Health First Aid action plan
- + Understanding depression and anxiety
- + Mental Health First Aid action plan for depression and anxiety
 - *Suicidal Behavior - Depressive Symptoms*
 - *Non-Suicidal Self-Injury*
 - *Panic Attacks*
 - *Traumatic Events*
 - *Anxiety Symptoms*
- + Understanding Psychosis
- + Mental Health First Aid Action Plan
 - *Acute Psychosis - Disruptive or Aggressive Behavior*
- + Understanding Substance Use Disorders
- + Mental Health First Aid Action Plan
 - *Overdose - Withdrawal*
 - *Substance Use Disorders*
- + Using your Mental Health First Aid Training

2 Million

Mental Health First Aiders

Trained!





MENTAL
HEALTH
FIRST AID®




[MentalHealthFirstAid.org](https://www.MentalHealthFirstAid.org)

MHFA & Agriculture

Since 2008, we have:

-  **244** Instructors trained with a rural designation
-  **15,000** First Aider courses taught with the rural focus

States leading the way in rural communities include:

-  **Texas** – 3,341 First Aiders trained
-  **Colorado** – 1,650 First Aiders trained
-  **Florida** – 1,417 First Aiders trained

MHFA & Agriculture



Funded by HRSA, the National Council create a population focused toolkit for rural communities. The **Rural Quick Start Guide** teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural and environmental factors related to life in rural areas.

The National Council conducted an 8-Hour Adult MHFA course as a pre-conference session for the **National Farmers Union** annual convention and are working closely with them to identify areas of ongoing collaboration





MENTAL HEALTH FIRST AID

for Rural Communities

More than
6.5 MILLION
people in non-metropolitan
counties experienced a
mental health condition
in 2016.

Approximately
1.3 MILLION
people living in rural areas
have **thoughts of suicide**
each year.

Chronic shortages of
mental health professionals
exist in rural areas, as
mental health providers
are more likely to practice
in urban centers.

Between 1992-2010, **farmers
and ranchers** had a rate of
suicide that was on average
**3.5 TIMES
HIGHER**
than that of the
general population.

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Mental Health First Aid for Rural Communities teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural and environmental factors related to life in rural areas.

WHO SHOULD TAKE IT

- Community health workers, tribal health workers, Promotoras/Promotores
- Employers and business leaders
- Law enforcement personnel
- Corrections officers and parole/probation officers
- EMS personnel
- School personnel and educators
- Members of faith communities and their leaders
- Medical providers (e.g., nurses, medical assistants)
- Caring Individuals
- Librarians

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

The course will teach you how to apply the ALGEE action plan:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies



MENTAL HEALTH FIRST AID
NATIONAL COUNCIL
FOR RURAL HEALTH

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA,
VISIT MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

Mental Health First Aid for Rural Communities – One Pager



MHFA In the Current Work Environment

COVID-19 Stressors

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Cultural Considerations:

- Background
- Uniqueness and differences from other people
- Your community
- Capacity to understand what is happening around/to them
- Exposure to information, media, etc.

Stressors of Today

No contact with others

Worries about job duties, holding employment, financial constraints

Anticipation about the future and Unsure how long this will continue??

Constant doom and gloom (i.e. social media, news, etc.)

Working All the time

Everyone's in a different boat

Merged rolls and constant multitasking (employee, parent, spouse, managing families, schooling)

Lack of / no socialization with sick/older relatives

Lack of control over the situation



Anxiety is a typical human response to a stressful situation



Simple Ways to take care of Ourselves and Others

Exercise Stay Active

Set boundaries

Light a Candle

Reduce your caffeine Intake

Write it Down

Chew Gum

Spend Virtual Time with Friends and Family

Laugh

Learn to Say No

Learn to avoid procrastination

Take a yoga class

Practice mindfulness

Cuddle

Listen to soothing music

Deep breathing

Spend time with your pet

What to look for...

Signs

What we may see

Weight change

Withdrawal from others

Irritability

Changes in self-care/appearance

Personality change

Tearfulness

Indecisiveness/confusion

Increased alcohol or drug use

Having a dramatic change in mood

Self-criticism

Symptoms

What someone may feel

Sadness/anxiety

Low energy

Sleep disturbance

Appetite change

Headaches

Need for more of the substance over time

Physical Withdrawal

Unexplained aches and pains

Hopelessness

Helplessness

Thoughts of death and suicide

How can you help?

Encourage the person to:



- Tell others what he or she needs
- Identify sources of support
- Take care of himself or herself
- Use coping strategies that helped in the past
- Spend time somewhere in a safe and comfortable place
- Seek trained professional help for support

Encourage positive coping strategies.

Self-Care and Teambuilding Options



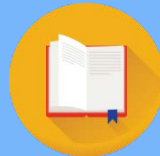
Physical Movement:
exercise, yoga, aikido,
tai chi, qi gong



Relaxation and
Meditation



Peer support
groups/12 Step
programs



Bibliotherapy
(self help books)



Family, friends, faith,
and other social
networks

Reminders on Self-Care



Accept Negative Emotions

– acknowledge that anxiety and emotions will show up and then let them go



Create New Routines

– plan and execute structured, predictable, healthful activities



Reinvent Wellbeing

– eat, exercise, socialize just as before *but differently*



Reflect, Relate, Reframe

– find the best ways to emerge from crisis with new insights and knowledge

How To Help...

IN AN EMERGENCY OR CRISIS

If you or someone you know tried to hurt themselves, get help immediately by calling 911

If you or someone you know is having suicidal thoughts and needs to talk to a crisis counselor, please take advantage of these **free** resources:

National Suicide Prevention Lifeline: 800-273-8255 (TALK)

Crisis Textline: Text "MHFA" to 741741

Trevor Project (LGBTQ Youth): 1-866-488-7386 OR Text "START" to 678678

COVID-19 Resources for Agriculture

[Dairy Girl Network COVID-19 Resource Hub](#)

[COVID-19 Farm Resources | Center for Dairy Excellence](#)

[Resources for Farmers Affected by COVID-19 – Farm Aid](#)

[Coronavirus and USDA Assistance for Farmers | Farmers.gov](#)

Resources for **COVID-19**

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

<https://www.thenationalcouncil.org/covid19/>

Disaster Distress Helpline - 1-800-985-5990 **Text** “TalkWithUs” to 66746

National Domestic Violence Hotline 1-800-799-7233

Local / State online websites and resources

IN AN EMERGENCY OR CRISIS

If you or someone you know is having suicidal thoughts and needs to talk to a crisis counselor, please take advantage of these **free** resources:

- **Call 911 – Ask for a Wellness Check or CIT trained responder**
- **National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)**
- **Suicide Prevention Chat Services (NSPL)**
- **Crisis Text line: Text “MHFA” to 741741**

Links to Additional Helpful and Reliable Resources

Centers for Disease Control and Prevention (CDC)

- [COVID-19: Managing Stress and Anxiety](#)

American Psychiatric Association (APA)

- [COVID-19/Coronavirus Resources and Information Hub](#)
- [Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

World Health Organization (WHO)

- [COVID-19/Coronavirus: Mental Health Considerations](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- [Tips for Social Distancing, Quarantine and Isolation](#)

National Alliance on Mental Health (NAMI)

- [COVID-19 and Mental Illness Guide](#)

Local Call Centers and Hotlines If you or someone else are experiencing high levels of stress, anxiety or depression, reach out for support.

3,2,1- Mental Health Call to Action!

3

self care activities that you
can do in the next 7 days

2

supports you can call
you can check in with if
you need to

1

goal about mental health
awareness to work toward
during the next 12 months
in your club



Questions & Answers

Farm & Ranch Stress Assistance Network (FRSAN)

United States Department of Agriculture (USDA) & the National Institute of Food and Agriculture (NIFA)

Purpose:

To establish a nationwide Farm and Ranch Stress Assistance Network (FRSAN) that provides stress assistance programs to individuals who are engaged in farming, ranching, and other agriculture-related occupations on a regional basis.

Eligibility:

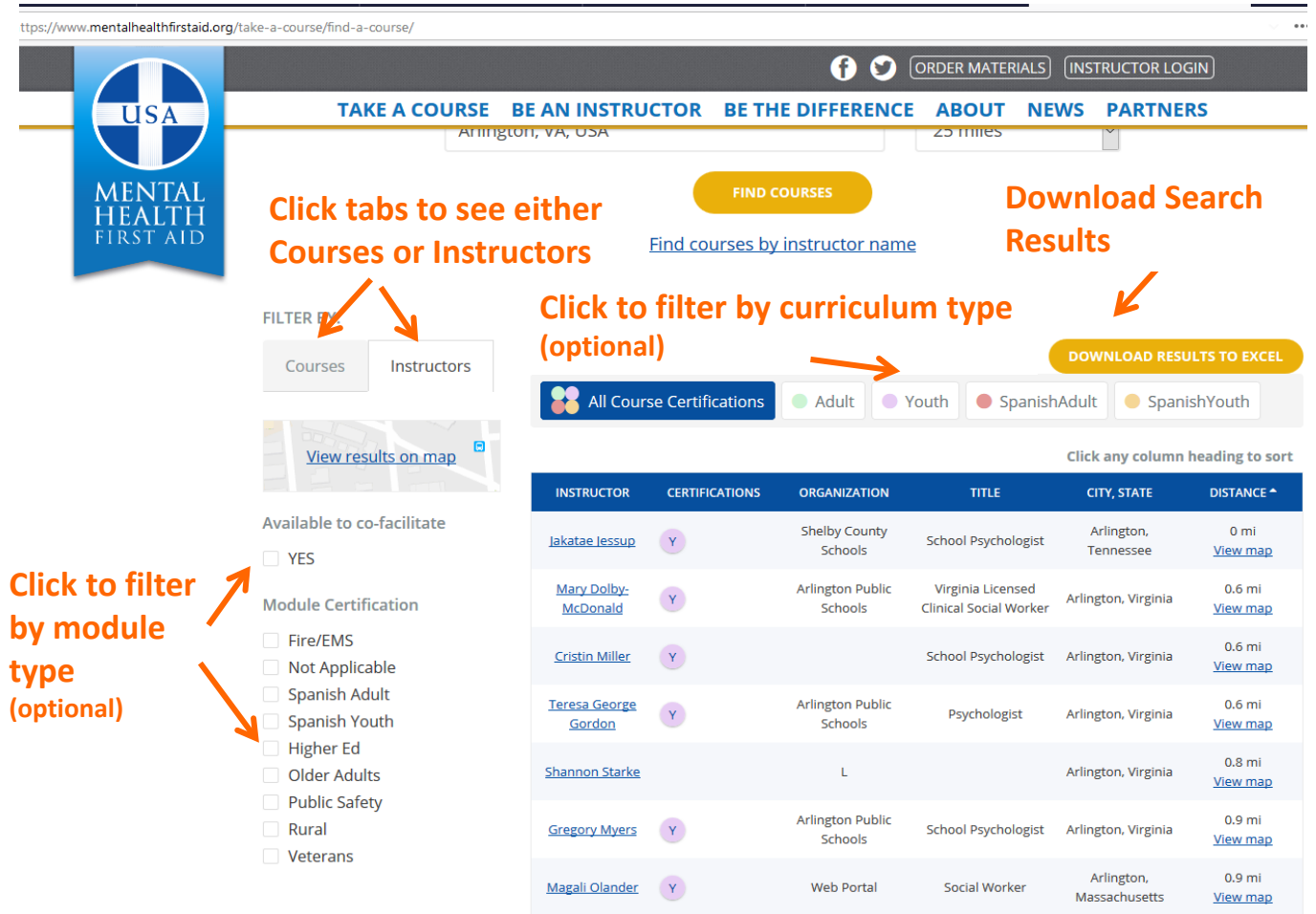
Applications may only be submitted by a collaborative state; tribal; local or regionally-based network, or partnership of qualified public and/or private entities, as determined by the Secretary

Deadline: 5:00 P.M. Eastern, June 23, 2020

<https://nifa.usda.gov/funding-opportunity/farm-and-ranch-stress-assistance-network>

How to Find Area Courses or Instructors

1. Go to www.mentalhealthfirstaid.org and click “Find a Course”
2. Search by City, State or by Zip code and select the search area (“Distance from Me”)
3. A list of courses will appear. Click “Download to Excel” to download search results
4. To see a list of Instructors, click the **Instructors tab**. If desired, **filter instructors** by Certification. Click “Download to Excel” to download search results



Click tabs to see either Courses or Instructors

Download Search Results

Click to filter by curriculum type (optional)

Click to filter by module type (optional)

INSTRUCTOR	CERTIFICATIONS	ORGANIZATION	TITLE	CITY, STATE	DISTANCE
Jakatae Jessup	Y	Shelby County Schools	School Psychologist	Arlington, Tennessee	0 mi View map
Mary Dolby-McDonald	Y	Arlington Public Schools	Virginia Licensed Clinical Social Worker	Arlington, Virginia	0.6 mi View map
Cristin Miller	Y		School Psychologist	Arlington, Virginia	0.6 mi View map
Teresa George Gordon	Y	Arlington Public Schools	Psychologist	Arlington, Virginia	0.6 mi View map
Shannon Starke		L		Arlington, Virginia	0.8 mi View map
Gregory Myers	Y	Arlington Public Schools	School Psychologist	Arlington, Virginia	0.9 mi View map
Magali Olander	Y	Web Portal	Social Worker	Arlington, Massachusetts	0.9 mi View map



Take a course. Save a life. Strengthen your community.

#BeTheDifference



For more information, to find a course or a list of certified instructors, visit

www.MentalHealthFirstAid.org



@NationalCouncil @MHFirstAidUSA



TramaineE@thenationalcouncil.org