



## ONLINE (BLENDED VIRTUAL) ADULT MENTAL HEALTH FIRST AID



### COURSE OVERVIEW AND INSTRUCTIONAL GOALS

**COURSE LENGTH:** **8 Hours (1 Day)**

8 hours online

### COURSE OVERVIEW

**This entire course is conducted online. Two (2) hours are self-paced online with the remaining six (6) hours being live instructor-led via Zoom.** This 8-hour course is a skills-based course designed to educate attendees about how to identify, understand, and respond to signs of mental health and substance use challenges among adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches attendees to safely and responsibly identify and address a potential mental health or substance use challenge. Topics covered in this course include but are not limited to: Common signs and symptoms of mental health and substance use challenges, how to interact with a person in crisis, how to connect a person with help, as well as expanded content on trauma, substance use, and self-care.

***NOTE: This version of Adult Mental Health First Aid is conducted entirely online through a blended virtual process consisting of self-paced online pre-work followed by a live instructor-led training session. Students will need a computer or tablet with webcam and microphone capabilities to participate in this course. This course is ONLY available for residents of the United States.***

### INSTRUCTIONAL GOALS

Upon completion of this course the attendee will be familiar with:

1. Evaluate the impact of early intervention on mental health challenges adults face.
2. Understand the steps of the MHFA Action Plan.
3. Apply the appropriate steps of the MHFA Action Plan (ALGEE) to a scenario where a person shows early signs of a mental health challenge.
4. Apply the appropriate steps of the MHFA Action Plan (ALGEE) to a scenario where a person shows worsening signs of a mental health challenge.
5. Apply the appropriate steps of the MHFA Action Plan (ALGEE) to a scenario where a person shows signs of a mental health crisis.
6. Choose appropriate methods for self-care following the application of Mental Health First Aid.



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ADULT MENTAL HEALTH FIRST AID**



**DAY TO DAY / HOUR TO HOUR AGENDA**

**TIMES FOR ONLINE COURSES ARE EASTERN STANDARD TIME**

**DAY ONE**

<b>Hours:</b>	<b>Instruction:</b>
1000-1030	Course Administration, Course Overview, & Welcome
1030-1100	MHFA Self-paced Introduction Recap
1100-1200	ALGEE: Mental Health First Aid Action Plan
1200-1300	MHFA for Early Signs and Symptoms
1300-1400	MHFA for Worsening Signs and Symptoms
1400-1500	Lunch
1500-1600	MHFA for Crisis Situations
1600-1700	Self-care for the Mental Health First Aider



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### COURSE OUTLINE

- I. Preface
  - A. Course Overview
  - B. Instructional Goals
  - C. Agenda
  - D. Task and Materials Check-in
  - E. Learning Agreement
  
- II. MHFA Self-paced Introduction Recap
  - A. Learning Objectives
  - B. Recap Activity
  - C. Knowledge Check
  - D. Recap Activity
  
- III. ALGEE: Mental Health First Aid Action Plan
  - A. ALGEE
  - B. Action A: Assess, Approach, and Assist in a Non-Crisis
  - C. Action L: Listen Nonjudgmentally
  - D. Action G: Give Reassurance and Information
  - E. Action E: Encourage Appropriate Professional Help
  - F. Action E: Encourage Self-help and Other Support Strategies
  - G. Knowledge Check
  
- IV. Mental Health First Aid for Early Signs and Symptoms
  - A. Importance of Early Intervention
  - B. Early Signs and Symptoms
  - C. Video: Boxing – Part 1
  - D. Skill Development: Early Signs and Symptoms Group Scenario #1
  - E. Knowledge Check
  
- V. Mental Health First Aid for Worsening Signs and Symptoms
  - A. Delaying Treatment Worsens Outcomes
  - B. Worsening Signs and Symptoms
  - C. Video: Boxing – Part 2



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- D. Skill Development: Scenario #2
- E. Knowledge Check
  
- VI. Mental Health First Aid for Crisis Situations
  - A. What is a Crisis
  - B. Crisis Situations: Safety Considerations
  - C. Crisis Situations: Your Role
  - D. Types of Crisis Situations
  - E. May Become a Crisis: Panic Attacks
  - F. Video: New Job
  - G. May Become a Crisis: Aggressive Behaviors
  - H. May Become a Crisis: Immediately Following a Traumatic Event
  - I. May Become a Crisis: Ongoing Support After a Traumatic Event
  - J. May Become a Crisis: NSSI
  - K. Crisis: Medical Emergencies
  - L. Crisis: Suicide Myths and Facts
  - M. Crisis: Suicide
  - N. Suicide Risk Assessment
  - O. Video: Shining a Light – Part 1
  - P. Video: Shining a Light – Part 2
  - Q. Video: Shining a Light – Part 3
  - R. Crisis: Substance Use Crisis
  - S. Psychosis/Psychotic State
  - T. Video: Neighbors
  - U. Skill Development Group Scenario #3
  - V. Knowledge Check
  
- VII. Self-Care for the Mental Health First Aider
  - A. Privacy
  - B. Self-Care for Adults
  - C. Self-Care Action Plan: Revisit
  - D. Knowledge Check
  - E. Reflection



## ONLINE (BLENDED VIRTUAL) ADULT MENTAL HEALTH FIRST AID



### STUDENT EQUIPMENT LIST

#### INDIVIDUAL

- This course is conducted entirely online
- Computer or tablet and internet connection are mandatory
- Zoom will be used to deliver the online instructor-led training – students do not need a Zoom account, but they do need to download Zoom software
- **Computer or tablet device must have webcam and microphone to participate in class discussions (internal or external)**
- Student materials will be made available via the Mental Health First Aid (MHFA) Connect System



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### NTOA PROVIDED INSTRUCTOR MATERIALS

#### INSTRUCTOR PACKET (sent electronically)

- Course roster
- Instructor agreements

#### COURSE PRESENTATION MATERIALS

- PowerPoint presentations available on Basecamp for download
- Adult MHFA Teaching Notes available on Basecamp for download



## ONLINE (BLENDED VIRTUAL) ADULT MENTAL HEALTH FIRST AID



### ADULT MHFA PARTICIPANT PROCESSING GUIDE

#### SECTIONS

- Call to Action
- Participant Rights and Responsibilities
- Course Objectives
- In-Person Course Outline
- Our Values and How We Developed the Curriculum
- Segment 1: Welcome to Mental Health First Aid
- Segment 2: MHFA Self-Paced Introduction Recap
- Segment 3: MHFA Action Plan (ALGEE)
- Segment 4: MHFA for Early Signs and Symptoms
- Segment 5: MHFA for Worsening Signs and Symptoms
- Segment 6: MHFA for Crisis Situations
- Segment 7: Self-care for the Mental Health First Aider
- Reflection
- Resources
- Notes