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Mental Health First Aid Canada
Premiers soins en santé mentale



Mental Health First Aid First Nations

June 27, 2018

Ann M. Seymour



Overview



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- What is MHFA
- Comparison of Physical First Aid –Mental Health First Aid
- Review key tools of MHFA FN
 - Opening and Closing
 - Community Supports & Elders
 - Circle of Support
 - Eagle
- GOALS
- Increase Confidence:



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What is MHFA?

What is MHFA?



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- Mental Health First Aid is the help provided to someone developing a mental health crisis.
- The First Aid is given until appropriate professional help / treatment is received or until the crisis is resolved

Why is MHFA-FN Important?



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- Starts the conversation
- People get the help they need
- Destigmatizes



Key Tools



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- Setting the Stage
 - Community Lead
 - Opening & Closing
 - Support Persons and Elder(s)
- Circle of Support
- EAGLE Model

You Already Know...



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Physical first aid, NOW we will learn about the importance of:

MENTAL HEALTH FIRST AID TRAINING

Physical First Aid – MHFA



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Physical First Aid

Preserve life.

Stop injury or illness
from getting worse.

Promote healing.

Provide comfort to the
ill or injured.

Mental Health First Aid

Preserve life if a person may
be a danger to themselves.

Provide help to prevent the
mental health problem from
getting worse.

Promote the recovery of
mental health and wellness.

Provide comfort to the
person going through a
mental health challenge.



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Handout Available

Objectives of the Training



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1. Increase confidence and skills to help those in mental health distress
2. Reduce stigma and shame
3. Increase awareness of the signs and symptoms of the most common mental health disorders



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Language Exercise

Language



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Mental Illness does NOT define the person, i.e.
My cousin lives with schizophrenia, and NOT
she has schizophrenia, or she is schizophrenic



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Exercise

Circle of Support

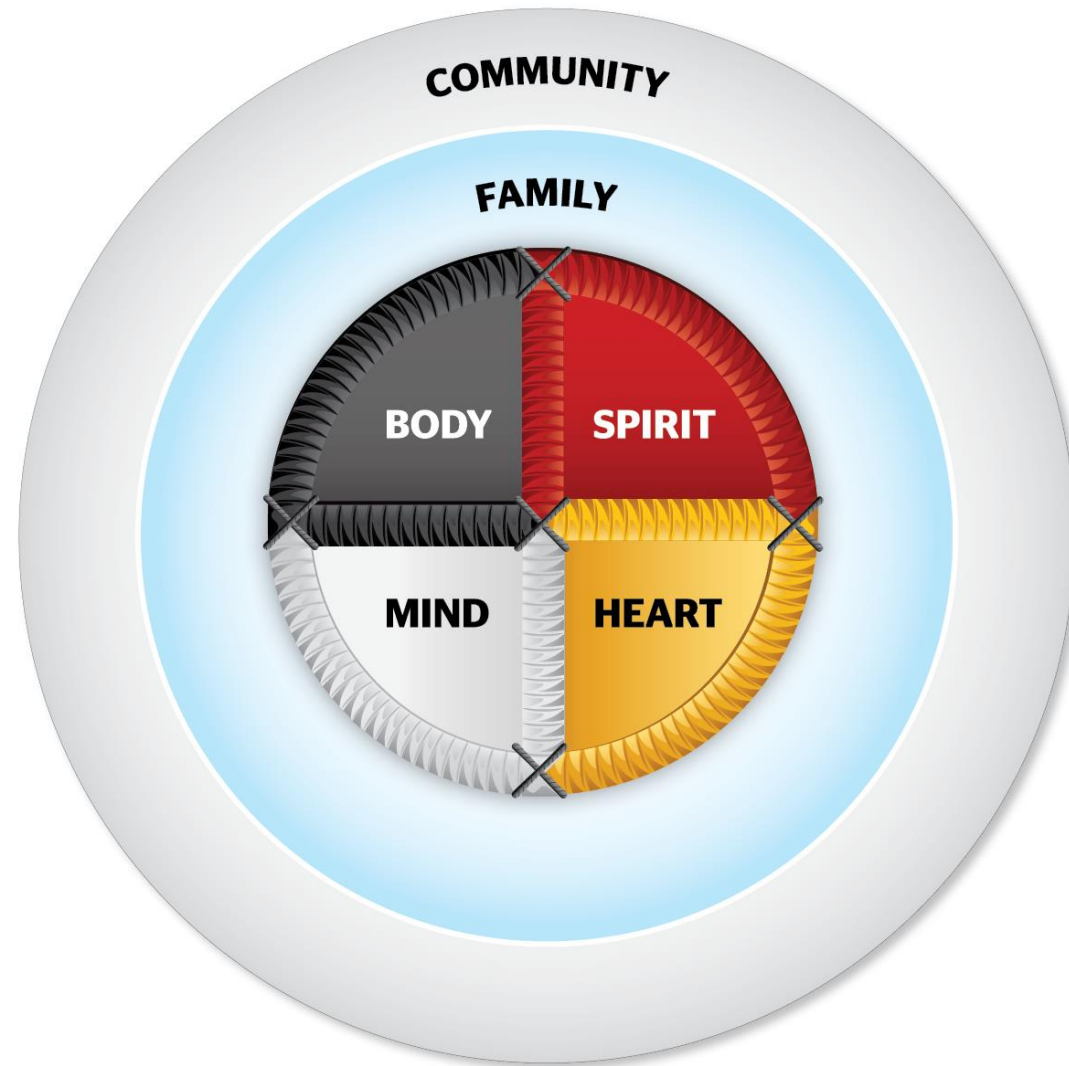
Circle of Support



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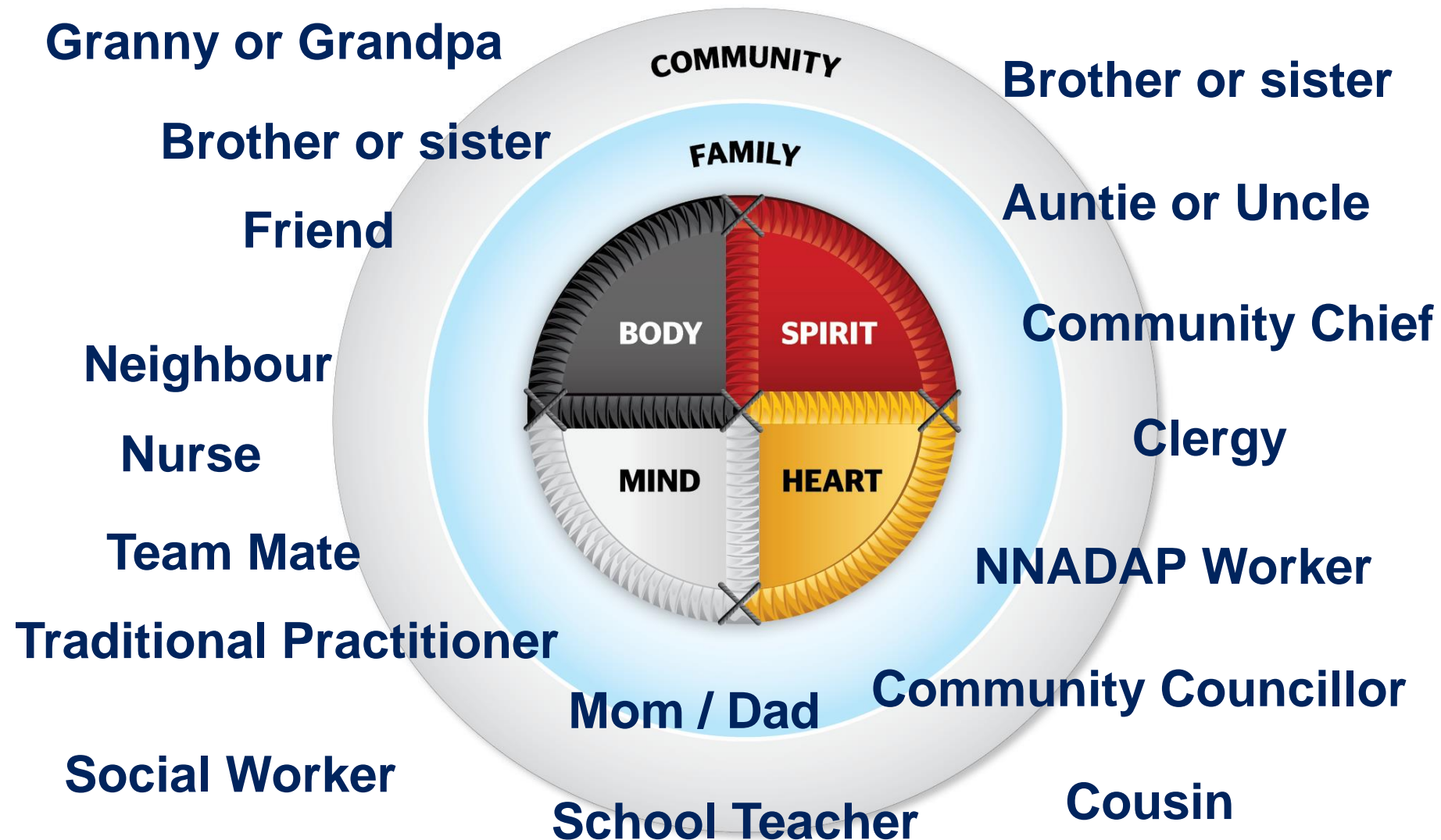
Circle of Support



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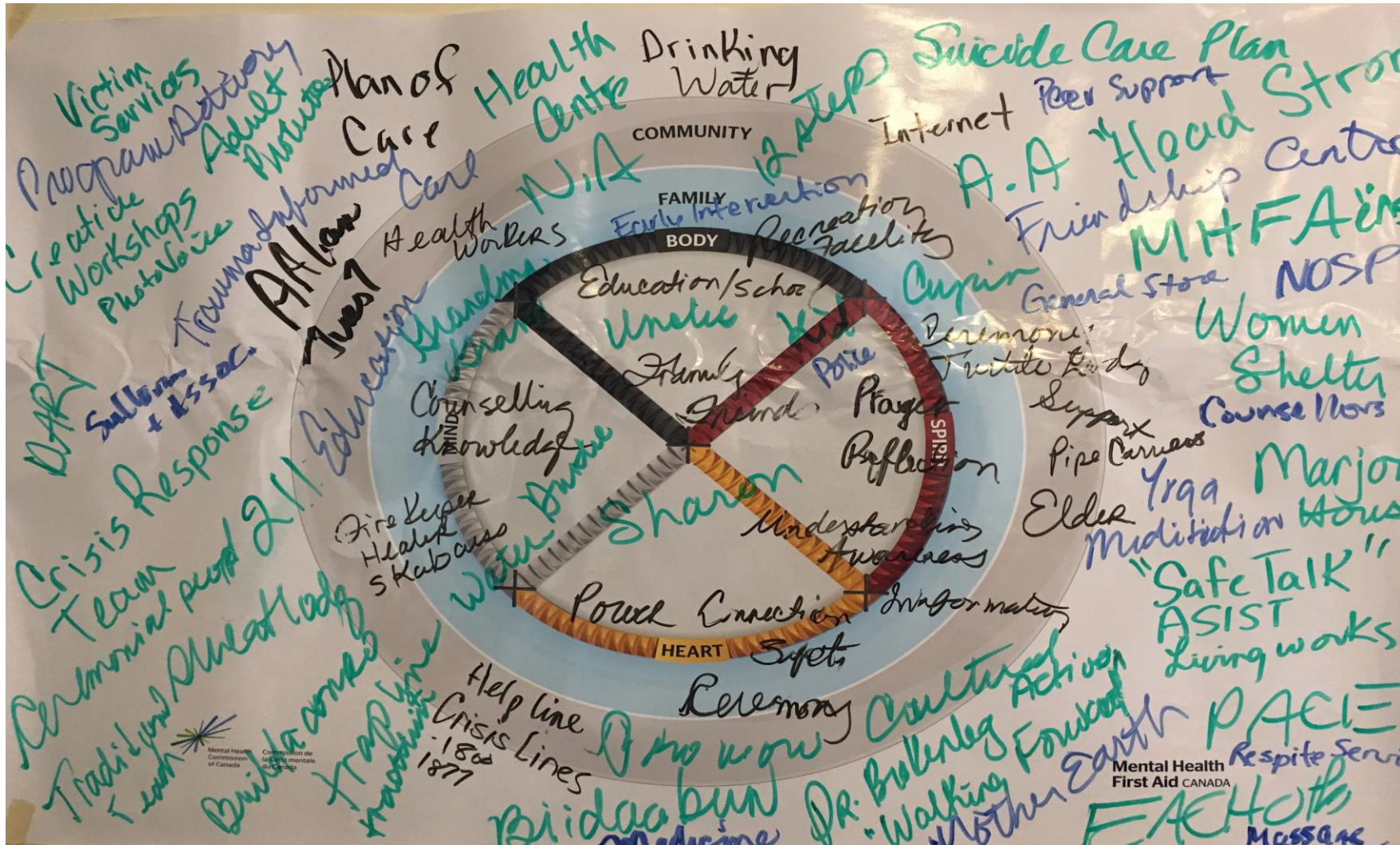


Circle of Support



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EAGLE



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Engage and Evaluate the risk of suicide or harm

Assist the person to seek professional help

Give Reassurance & Information

Listen without Judgement

Encourage self help strategies



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Testimonial



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“Because I don’t have any counselling background. I never thought I was capable at helping people. I knew I could, but I didn’t feel confident. But with this I think I would be able to help more in my job. I mostly work with youth programming.”

– Participant

Testimonial



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“Right now they are telling us about EAGLE. I didn’t know about that, that will be helpful because it guides us what to say, how to react, to keep calm and keep the person calm and not be judgmental.”

– Participant, Eskasoni First Nations

Questions?



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Mii-Gwetch
Niawen
Tansi
Thank you



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Course Specifics from here on...

Timeline



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- 2001: Developed by Anthony Jorm & Betty Kitchener (Australia)
- 2010: Health Canada Recommended MHFA be adapted for First Nations
- 2011: Course Development Process
- 2012: Guidance Group Developed
- 2013: Course Material Reviewed & Tested in 3 Pilot sites
(ONTARIO, MANITOBA, BRITISH COLUMBIA)
- 2016: Course Evaluation and Delivery
- 2017: 76 FN Co-Facilitators Trained & 2,427 people trained in MHFA-FN

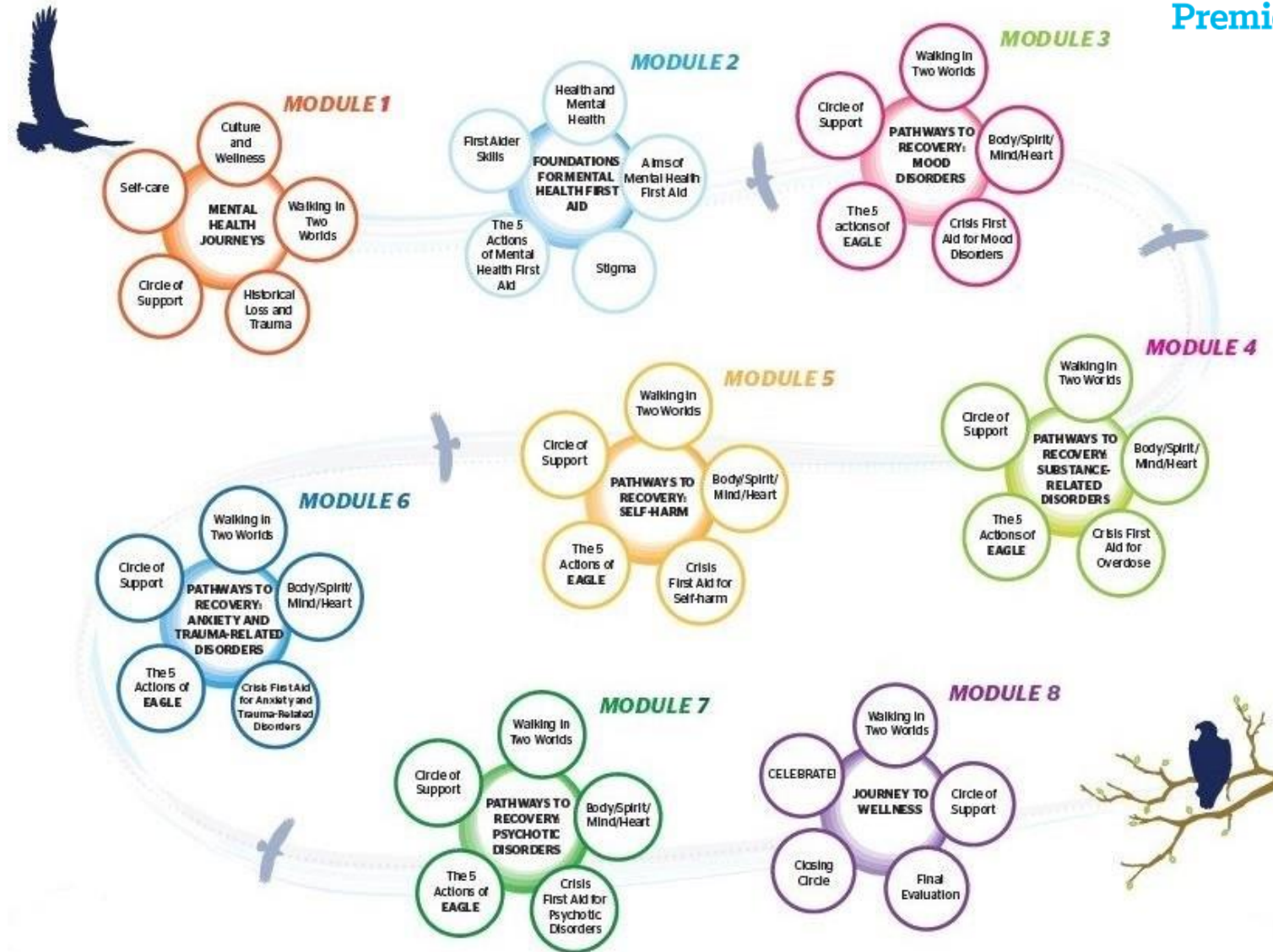
Course Snapshot



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First Nations Adaptation



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Module 1: Historical Component

Module 2: Foundations of MHFA

Module 3: Pathways to Recovery

Module 4: Substance Related

Module 5: Self Harm

Module 6: Anxiety & Trauma Related Disorders

Module 7: Psychotic Disorders

Module 8: Journey to Wellness

More Info...



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For more information on
Mental Health First Aid First Nations

Check out our website at:

<http://www.mhfa.ca/en/course-info/courses/first-nations>

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