



Mental Health Programs

Program Summaries:

Mental Health First Aid (MHFA) is an award winning training program for members of the public in how to support someone in a mental health crisis situation or who is developing a mental disorder. The program has solid evidence for its effectiveness from randomized controlled trials and qualitative studies (refer to Attachment 1: MHFA Background document). It increases knowledge, reduces stigma and, most importantly, increases supportive actions. It also improves the mental health of first-aiders. *Mental Health First Aid* training can assist in early intervention and in the on-going community support of people with mental illnesses. It is useful for people employed in areas which involve increased contact with mental health issues and for carers of people with mental illnesses.

The **No Bull Support program** has been developed with the Bouverie Centre, Victoria's Family Centre with La Trobe University. The 4 hour *No Bull Support* workshop supports the broader community who are stressed and sometimes overwhelmed' by the stories of pain and suffering of friends and colleagues. The workshop aims to reduce some of the pressure people experience when they are not sure what to say or do when they worried about someone experiencing difficulties due to the declining rural communities or other stresses. *No Bull Support* is not teaching therapy or counselling, but rather, is a framework providing simple practical steps on how to support others. Evaluations of *No Bull* indicate significant increases in participant's knowledge of referral pathways and their level of confidence and knowledge in dealing with clients / people experiencing stressful situations.

A Framework for Understanding Poverty workshop gives participants in-depth information to help understand class differences and is based on the book *A Framework for Understanding Poverty* by Ruby K. Payne, Ph.D. After participating in this workshop, participants will learn strategies that can be implemented easily within their workplace, have a better understanding of how economic class affects behaviours and mindsets and understand the hidden rules of economic classes and how they apply to their clients. Topics covered include: resources, relationships, hidden rules, mental models, family structure, updated case studies, family dynamics, personal experiences with class, the role of language registers, discourse patterns and story structure, and the importance of relationships.

ASIST – Applied Suicide Intervention Skills Training Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide. The workshop helps people apply suicide first aid in many settings - with family, friends, co-workers and team mates and more formal helping roles. Many organisations have adopted the program as part of the professional development of their workers in suicide intervention training. The program's widespread use in communities across Australia helps promote a common language of assessment, risk management and referral across diverse organisational backgrounds.

Budget Requirements:

Program	Expense Items	Amount*
Mental Health First Aid <ul style="list-style-type: none"> ▫ 20 participants ▫ 16 hrs 	Two trainers <ol style="list-style-type: none"> 1. One trainer supported by employer 2. One trainer cost Catering 4x evenings or 2x full days Course Manual Venue/equipment hire	0 ~\$1000 \$25pp/day \$50pp \$100/day
No Bull <ul style="list-style-type: none"> ▫ 20-30 participants ▫ 4 hrs 	Trainers Venue/equipment hire Catering – as required	\$300 \$100/day
A Framework for Understanding Poverty <ul style="list-style-type: none"> ▫ 30 Participants ▫ 7 hrs 	Trainer (incl. prep) Workbooks Venue/equipment hire Catering Morning tea & lunch	\$720 \$15pp \$100/day \$25pp
ASIST – Lifeline <ul style="list-style-type: none"> ▫ 24 participants ▫ 16hrs 	Delivered by Lifeline Catering Venue/equipment hire Course materials	\$165pp \$25pp/day \$100/day \$55pp

* All amounts approximate

NB: Trainer travel may be an additional expense

Key Contact:

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Supporting Documents

- Background – Mental Health First Aid Program
- MHFA Flyer template
- No Bull Support Information
- A Framework for Understanding Poverty Flyer Template
- ASIST Training Flyer template

Background – Mental Health First Aid Program

What is Mental Health First Aid?

First aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is Mental Illness?

The most common and disabling mental illnesses are depressive, anxiety, substance use and psychotic disorders. Mental illnesses problems are very common. In any one year about one in five adult Australians experience a mental illness problem. Many people suffer a mental illness for a long time before they seek help. Furthermore, alcohol and drug problems frequently occur with depression, anxiety and psychosis.

The Mental Health First Aid Program

While people often know a lot about common physical health problems, there is widespread ignorance of mental health problems. This ignorance adds to stigmatising attitudes and prevents people from seeking help early and seeking the best sort of help. It also prevents people providing appropriate support to colleagues and family members, simply because they do not know how.

In order to help people provide initial support for someone with a mental health problem, a Mental Health First Aid (MHFA) training course has been developed. This course is a 12-hour course developed in 2000 by Betty Kitchener and Professor Tony Jorm with the aim to improve the mental health literacy of members of the Australian community. It is now auspiced by [Orygen Youth Health Research Centre](#) at the [University of Melbourne](#). Participants receive a course manual and also a certificate at the completion of the course. Those who have completed the course have been very positive about the knowledge and skills they have acquired.

Summary

- Mental Health First Aid is an award winning training program for members of the public in how to support someone in a mental health crisis situation or who is developing a mental disorder.
- The program has solid evidence for its effectiveness from randomized controlled trials and qualitative studies. It increases knowledge, reduces stigma and, most importantly, increases supportive actions. It even improves the mental health of first-aiders.
- Mental Health First Aid training can assist in early intervention and in the on-going community support of people with mental illnesses. It is useful for people employed in areas which involve increased contact with mental health issues and for carers of people with mental illnesses.
- It is recommended that Mental Health First Aid training becomes a prerequisite for practice in certain occupations which involved increased contact with people having mental health problems, such as teachers and any emergency service personnel as first responders such as police, ambulance personnel and fire officers.

Evidence that it Works

A factor that really sets Mental Health First Aid apart from other educational approaches is the rigorous evaluation of its effectiveness. This began with an uncontrolled trial with 210 participants who were given questionnaires at the beginning of the course, at the end, and 6 months later. The course was found to produce a number of benefits, such as;

- improved knowledge of mental health problems,
- a decrease in stigmatizing attitudes,
- increased confidence in providing help to others, and
- an increase in the amount of help actually provided (Kitchener & Jorm, 2002b).

A problem with this evaluation was, of course, that there was no control group. So we next did a randomized controlled trial with a wait-list control group (Kitchener & Jorm, 2004). This was done in a workplace setting with 301 public servants. The results were similar to the earlier uncontrolled trial, but one surprising additional finding is that the course had a mental health benefit to participants. This effect was unexpected because the course does not provide therapy and promises no personal benefits. Also, participants are not recruited because of their own mental health problems; however, we found that the people in the trial tended to have somewhat worse mental health than the general population. We think the course may have improved mental health by providing participants with good quality information which allows them to make better choices about their own mental health care.

While this randomized control trial provided stronger evidence that the course is effective, the teaching was all done by Betty Kitchener who is the originator of the course. Perhaps she was an exceptional teacher who could inspire participants. We next wanted to find out if other instructors could achieve similar changes. We therefore conducted a second randomized controlled trial in a large rural area of Australia, using staff from the local health services as the instructors (Jorm et al., 2004). The results of this study were similar to the earlier trial, confirming that the benefits of the course were present with other instructors. As another approach to evaluation, we have also collected systematically stories from people who have used the skills learnt from a mental health first aid course (Jorm, Kitchener & Mugford, 2005). We have found that most participants actually use their skills to help someone and that there are usually positive effects. Importantly, we have found no evidence of negative effects, for example through the first-aider being over-confident and taking on more than they should.

An independent evaluation has been conducted by the Centre for Rural and Remote Mental Health in NSW with similar positive outcomes (Sartore *et al.*, 2008). There are two journal articles which give a summary of the evaluations undertaken for the MHFA program in Australia (Kitchener & Jorm, 2006; Jorm *et al.*, 2007).



Want to help the mental health of your community?

A Mental Health First Aid Training Course is now available

Campaspe Primary Care Partnership is offering a free training course to assist people to provide support for people who are experiencing extreme stress or crisis situations and the early stages of mental health problems.

This training teaches people how to provide initial support for someone with a mental health problem, i.e. Mental Health First Aid (MHFA).

It looks at:

- How to recognize the symptoms for these illnesses;
- The possible causes or risk factors for these illnesses;
- The evidence-based medical, psychological and alternatives treatments available;
- How to give appropriate initial help and support to a person suffering one of these illnesses;
- How to take appropriate action if a crisis situation arises involving suicidal behaviour, panic attack, stress reaction to trauma or threatening psychotic behaviour.

This course is a 12-hour course run over **two days (2 x 6hr sessions)**. Participants receive a course manual and also a certificate at the completion of the course.

The trainers for this course will be **Emma Petersen, Social Worker with Department of Human Services - Centrelink and Ruth Turpin with Murray-Plains Division of General Practice.**

Where:	
When:	[2 days] 9:00am – 4:30pm both days
Cost:	FREE however a \$100 cancellation fee will apply for non-attendance (without sufficient notice)
RSVP due by:	[insert date]
RSVP to:	Ph: Please provide your contact details; Name: Email: Address: Telephone No.:

For more information, please contact [insert details of host organisation] or Emma Brentnall, Campaspe Primary Care Partnership on (03) 5484 4489 or email: emma.brentnall@campaspepcp.com.au.



No Bull Support - Supporting the People who Support Others

The No Bull Support workshop has been developed to support the broader community who are stressed and sometimes overwhelmed by the stories of pain and suffering of friends and colleagues. This includes businesses who are dealing with farmers such as agents, vets, volunteers, hairdressers, hardware stores, agribusinesses etc.

It aims to provide easy to follow guidelines on how to support someone in trouble by understanding their pressures, as well as ways to take care of you in the process.

The workshop also provides information about the emotional impacts of the current financial and climatic challenges and a comprehensive contact list of local services and people who are in positions to provide support to their local community.

This workshop aims to reduce some of the pressure people experience when they are not sure what to say or do when they are worried about someone experiencing difficulties due to the declining rural communities or other stresses.

No Bull Support is **not** teaching therapy or counselling, but rather, is a framework providing simple practical steps on how to support others. Community members are doing this crucial work already - NB Support simply helps them do it better.

Workshops Outline (Needing 3 - 4 hours to cover properly. This can be done over two sessions - day or evening...)

Brainstorm of fears, hopes and local issues

Information about how the following affect us all

- Stress
- Change, Grief and Loss
- Blame
- Depression and Anxiety
- Suicide
- Hope and Despair
- Supporting your child / adolescent *This module only when relevant to group...*
- Supporting others -at what level can/ are you comfortable to do this Who in the local area is available to refer to beyond your expertise
- Supporting yourself
- Compassion fatigue
- Necessity and permission to 'Self Care'

This program can be delivered in various modules if time doesn't permit Eg.

- The Children / Adolescent support module could be omitted if not relevant
- It could be run just as a "Self Care" module, however, the content of the first half is very relevant to understanding 'self care'.

Ruth Turpin, Rural Support Coordinator with Murray Plains Division of General practice, is part of a team that has developed the No Bull Support program in conjunction with the Bouverie Family Therapy Institute, at Latrobe University. Melbourne but also works in local communities in North Central Victoria.

"The importance of looking after you through times like this cannot be overemphasised." Ruth stated. "As a business person or a volunteer it is important to have strategies for yourself, your staff and your family. Access to information about local services that can provide needed assistance is invaluable."



Campaspe PCP Integrated Health Promotion: **A Framework for Understanding Poverty Workshop** (Day One)

Facilitator: Ruth Turpin

Ruth is a certified agency trainer of Dr Ruby Payne's *A Framework for Understanding Poverty*



Date: ...

Venue:

Time: 9am—4:30pm

Cost: \$60.00pp (incl GST)
Includes lunch and workshop materials

Who should attend?

- ✓ Health Professionals
- ✓ Social Workers
- ✓ Youth workers
- ✓ Community Development
- ✓ Community & Neighborhood Houses
- ✓ Service providers

Registration Form

Do you work with people who:

- ◆ Have TV, stereo and video games but no money for rent, food and basics?
- ◆ Don't turn up for appointments or programs and don't know what they want?
- ◆ Often treat you and your agency with disrespect, suspicion, and/or disdain?
- ◆ Don't seem to care about work, next week, or their long term health or future?
- ◆ Appear to engage in decision making that *just doesn't make any sense?*

This workshop explores how does poverty impacts learning, work habits and decision making. A framework for understanding poverty is a workshop developed by Dr Ruby Payne and based on her popular book of the same name. This workshop gives practical, real-world support and guidance to improve our effectiveness in working with people from all socioeconomic backgrounds.

For more information, please visit www.hbpls.com.au

To register please complete the form [overleaf](#) and return to **Lisa Pellegrino**

PHONE: 5484 4485 **FAX:** 03 5484 2291

EMAIL: administration@campaspepcp.com.au

Places are limited and priority will be given to Campaspe PCP

**Campaspe
Primary
Care
Partnership**



Working Together for Healthy Communities



ASIST

Applied Suicide Intervention Skills Training

Expressions of Interest

Campaspe Murray Mental Health Network
are seeking Expressions of Interest for people to
participate in **ASIST**—a two day interactive workshop in
suicide first aid to be facilitated
by Lifeline Central Vic



What will you learn?

Participants will learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help.

Why is it important?

Because it helps people apply suicide first aid in many settings - with family, friends, co-workers and team mates and more formal helping roles. Many organisations have adopted the program as part of the professional development of their workers in suicide intervention training. The program's widespread use in communities across Australia helps promote a common language of assessment, risk management and referral across diverse organisational backgrounds.

Where and when will it be?

When: ..

Where: Venue

Address

Parking considerations

Times: 9.00am-4.00pm both days

Cost: \$165 per person for workers/professionals. Community Members are encouraged to participate also and will receive a discount/subsidized rate of \$65. Limit of 24 persons to attend.

Bookings/Expressions of Interest

Please email your contact details to



**CAMPASPE MURRAY MENTAL HEALTH NETWORK
REACHING OUT TO THOSE IN NEED**

Focus: ASIST is a two day interactive workshop in suicide first aid

Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide.

Goals and Objectives

It is intended that ASIST participants will be better prepared to:

- reflect on how their attitudes and beliefs about suicide affect their intervention role;
- discuss suicide with a person at risk in a direct manner;
- build a collaborative approach to intervention focused on safe outcomes;
- review immediate suicide risk and develop appropriate safeplans;
- demonstrate skills required to intervene with a person at risk of suicide;
- identify resources available to a person at risk of suicide;
- make a commitment to improving community resources;
- recognise that suicide prevention is broader than suicide first aid and includes life-promotion and self-care for caregivers.(Based on LivingWorks Trainer's Manual, p vii)

ASIST Trainers

ASIST is presented by a team of at least two registered trainers who have completed a one-week LivingWorks Training for Trainers (T4T) program. Trainers use internationally standardised LivingWorks learning materials - tailoring examples and applications to local needs. The Australian LivingWorks team has contributed to the development of these materials and produced Australian editions of the workbook and Suicide Intervention Handbook.

ASIST Participants

The workshop helps people apply suicide first aid in many settings - with family, friends, co-workers and team mates and more formal helping roles.

Many organisations have adopted the program as part of the professional development of their workers in suicide intervention training. The program's widespread use in communities across Australia helps promote a common language of assessment, risk management and referral across diverse organisational backgrounds.

Lifeline, accessible on 13 11 14 in Australia, is one of many community resources available to persons at risk of suicide.