

Mental Health First Aid Basic Training (12 hours)

Description:

The *Mental Health First Aid (MHFA) Basic Training* course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. It aims to increase mental health literacy, focusing on the four most common mental illnesses: substance-related, mood, anxiety and trauma-related and psychotic disorders. *MHFA Basic Training* teaches participants how to recognize early warning signs that a person may be struggling with a mental health issue as well as intervention strategies for mental health crisis situations. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities and workplaces.

Session 1: *Mental Health and Mental Illness*

- What is mental health?
- What is mental illness?
- What is Mental Health First Aid?
- Common mental health problems
- The five basic steps of Mental Health First Aid

Session 2: *Substance Related Disorders*

- What is a substance-related disorder?
- Types of substance-related disorders
- Types of substances
- Signs and symptoms of substance-related disorders
- Risk factors for substance-related disorders
- Mental Health First Aid for substance-related problems
- Crisis first aid for overdose
- Treatment and resources

Session 3: *Mood Disorders*

- What is depression?
- Types of depression
- Signs and symptoms of depression
- Risk factors for depression
- Alcohol, drugs and depression
- What is bipolar disorder?
- Signs and symptoms of bipolar disorder
- Risk factors for bipolar disorder
- Suicide in Canada
- Crisis first aid for suicidal behaviour
- Mental Health First Aid for mood problems
- Treatment and resources

Session 4: Anxiety and Trauma-Related Disorders

- What are anxiety and trauma-related disorders?
- Types of anxiety and trauma-related disorders
- Signs and symptoms of anxiety and trauma-related disorders
- Risk factors for anxiety and trauma-related disorders
- Alcohol, drugs and anxiety/trauma related disorders
- Crisis first aid for panic attacks
- Crisis first aid for Acute Stress Reaction
- Mental Health First Aid for anxiety and trauma-related problems
- Treatment and resources

Session 5: Psychotic Disorders

- What is a psychotic disorder?
- Types of psychotic disorders
- Signs and symptoms of psychotic disorders
- Risk factors for psychosis
- Alcohol, drugs and psychotic disorders
- Crisis first aid for acute psychosis
- Mental Health First Aid for psychotic disorders
- Treatment and resources

Mental Health First Aid Training: Adults who Interact with Youth (14 hours)

Description:

MHFA Canada: Adults Who Interact with Youth focuses on mental health problems and first aid for youth ages 12 to 24. Mental health problems often first develop during adolescence or early adulthood, with half of all mental disorders beginning by age 14, and 75 percent beginning by age 24.

Most mental disorders develop gradually. The early signs and symptoms of developing mental health problems will be different from the more established clinical profiles which are reflected later in life. The social, educational and family environments in which mental disorders occur in young people are also different from those later in life. Therefore, the information in this course is designed to be sensitive to the unique aspects of mental health problems in young people. It is meant to assist education professionals, health providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies.

Session 1: *Mental Health and Mental Illness*

- What is Mental Health First Aid?
- Common mental health problems
- The five basic steps of Mental Health First Aid

Session 2: *Substance-Related Disorders*

- What is a substance-related disorder?
- Types of substance-related disorders
- Types of substances
- Signs and symptoms of substance-related disorders
- Substance use by youth
- Risk factors for substance-related disorders
- Mental Health First Aid for substance-related problems
- Crisis first aid for overdose
- Treatment and resources

Session 3: *Mood Disorders*

- What is depression?
- Types of depression
- Signs and symptoms of depression
- Risk factors for depression
- Alcohol, drugs and depression
- What is bipolar disorder?
- Signs and symptoms of bipolar disorder
- Risk factors for bipolar disorder
- Suicide in Canada
- Crisis first aid for suicidal behaviour
- Mental Health First Aid for mood problems

- Treatment and resources

Session 4: *Deliberate Self-Injury*

- What is deliberate self-injury?
- Reasons for deliberate self-injury
- Risk factors for deliberate self-injury
- Mental Health First Aid for deliberate self-injury
- Treatment and resources

Session 5: *Anxiety and Trauma-Related Disorders*

- What are anxiety and trauma-related disorders?
- Types of anxiety and trauma-related disorders
- Signs and symptoms of anxiety and trauma-related disorders
- Risk factors for anxiety and trauma-related disorders
- Alcohol, drugs and anxiety/trauma related disorders
- Crisis first aid for panic attacks
- Crisis first aid for Acute Stress Reaction
- Mental Health First Aid for anxiety & trauma-related problems
- Treatment and resources

Session 6: *Eating Disorders*

- What is an eating disorder?
- Types of eating disorders
- Risk factors for eating disorders
- Mental Health First Aid for eating disorders
- Treatment and resources

Session 7: *Psychotic Disorders*

- What is a psychotic disorder?
- Types of psychotic disorders
- Signs and symptoms of psychotic disorders
- Risk factors for psychosis
- Alcohol, drugs and psychotic disorders
- Crisis first aid for acute psychosis
- Mental Health First Aid for psychotic disorders
- Treatment and resources

Mental Health First Aid for Seniors (14 hours)

Description:

Canada has an aging population. There are now more people aged 65 years and older in Canada than children under the age of 15 years. The likelihood of experiencing a mental health problem or illness in a given year increases as of age 69 and currently, men aged 80 and older have the highest suicide rates in Canada.

MHFA Seniors is an adaptation of the MHFA Basic Training course that is intended to increase the capacity of informal caregivers such as family and friends, as well as staff in care settings and communities to promote mental health in seniors, prevent mental illness and suicide wherever possible and intervene early when problems first emerge.

Course content and resource materials are based on best available evidence and practice guidelines and were developed in consultation with Canadian experts in the field of geriatric psychiatry.

Session 1: *Health and Mental Health*

- Canada's aging population
- What is health?
- What are mental health problems?
- Seniors living with mental illness
- Recovery and resilience

Session 2: *Mental Health First Aid*

- What is Mental Health First Aid?
- MHFA for Seniors
- Aims of Mental Health First Aid for Seniors
- Stigma and Ageism
- Who are Mental Health First Aid-ers for seniors likely to be?
- Self-care for the caregiver

Session 3: *Substance-Related Disorders*

- What is a substance-related disorder?
- Types of substance-related disorders
- Signs and symptoms
- Risk factors
- Mental Health First Aid for substance-related problems
- Crisis first aid for an overdose

Session 4: *Mood Disorders*

- What is a mood disorder?
- Types of mood disorders

- Signs and symptoms
- Physical health and depression in seniors
- Risk factors
- Suicide
- Mental Health First Aid for mood problems
- Crisis first aid for suicidal behaviour

Session 5: Anxiety and Trauma-Related Disorders

- What are anxiety and trauma-related disorders?
- What causes anxiety in seniors?
- Types of anxiety and trauma-related disorders
- Signs and symptoms
- Risk factors
- Mental Health First Aid for anxiety and trauma-related problems
- Crisis first aid for panic attacks
- Crisis first aid for Acute Stress Reactions

Session 6: Dementia

- Aging and cognition
- What is dementia?
- Types of dementia
- Signs and symptoms
- Risk factors
- Behavioural and psychological changes
- Responsive behaviours
- Mental Health First Aid for dementia

Session 7: Delirium

- What is delirium?
- Types of delirium
- Signs and symptoms
- Risk factors
- Undiagnosed/untreated delirium
- Mental Health First Aid for delirium

Session 8: Psychosis

- What is psychosis?
- Types of psychosis
- Signs and symptoms
- Risk factors
- Causes of psychosis in seniors
- Mental Health First Aid for psychosis
- Crisis first aid for a psychotic episode