

Department: Health Department **Program Contact:** Neal Rotman

Program Offer Type: Existing Operating Program **Program Offer Stage:** As Proposed

Related Programs:
Program Characteristics:
Executive Summary

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid increases mental health literacy in the community, providing a preventive and empowering tool to the community. It provides the public with the education necessary to intervene before an individual potentially reaches mental health crisis. The program offer funds two Mental Health First Aid trainings per month with up to 30 participants per training.

Program Summary

Mental Health First Aid is a national program managed, operated and disseminated by the National Council for Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. The national program trains and certifies instructors to deliver the 8-hour Mental Health First Aid course. There are also Youth Mental Health First Aid and Law Enforcement Mental Health First Aid certifications. The interactive 8-hour course presents an overview of mental illness and substance use disorders and introduces participants to risk factors and warning signs of mental health problems, it builds understanding of their impact, and overviews common treatments. Participants of the 8-hour course become certified as Mental Health First Aiders and learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. The Mental Health First Aid course has benefited a variety of audiences and key professions, including: primary care professionals, employers and business leaders, faith communities, school personnel and educators, state police and corrections officers, nursing home staff, mental health authorities, state policymakers, volunteers, young people, families and the general public.

In FY15 we estimate that 600 Multnomah County employees and community members will have been trained in Mental Health First Aid and Youth Mental Health First Aid. In FY16, Mental health First Aid will continue to be offered to all county employees; and identified community groups and members who express a need for increased awareness and training in preventing mental health crisis in the community.

Performance Measures

Measure Type	Primary Measure	FY14 Actual	FY15 Purchased	FY15 Estimate	FY16 Offer
Output	# of individuals trained in Mental Health First Aid ¹	239	720	600	720
Outcome	% of individuals who report greater understanding of mental illness.	87.5%	90%	90%	90%

Performance Measures Descriptions

¹ The Suicide Prevention Coordinator position funded in FY15, has provided the necessary program administration to increase promotion of mental health awareness and increased community involvement.

Revenue/Expense Detail

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
Program Expenses	2015	2015	2016	2016
Personnel	\$86,107	\$0	\$88,306	\$0
Contractual Services	\$103,500	\$10,000	\$85,945	\$0
Materials & Supplies	\$0	\$20,000	\$20,062	\$0
Internal Services	\$0	\$0	\$14,148	\$0
Total GF/non-GF	\$189,607	\$30,000	\$208,461	\$0
Program Total:	\$219,607		\$208,461	
Program FTE	1.00	0.00	1.00	0.00

Program Revenues				
Beginning Working Capital	\$0	\$30,000	\$0	\$0
Total Revenue	\$0	\$30,000	\$0	\$0

Explanation of Revenues

Significant Program Changes

Last Year this program was: FY 2015: 25076A Mental Health First Aid