

RURAL **HEALTH** WORKSHOP

Doing Mental Health Differently



Speakers

- Gladys Campbell
 - Education Director
 - NAMI New Orleans



- Karlee Seider
 - Louisiana Public Health Institute



Speakers

- Maria Alexander
 - Program Director and MHFA Instructor
 - Metropolitan Human Services District



Rural Health Workshop

*Mental Health First Aid
Collective*



Mental Health First Aid

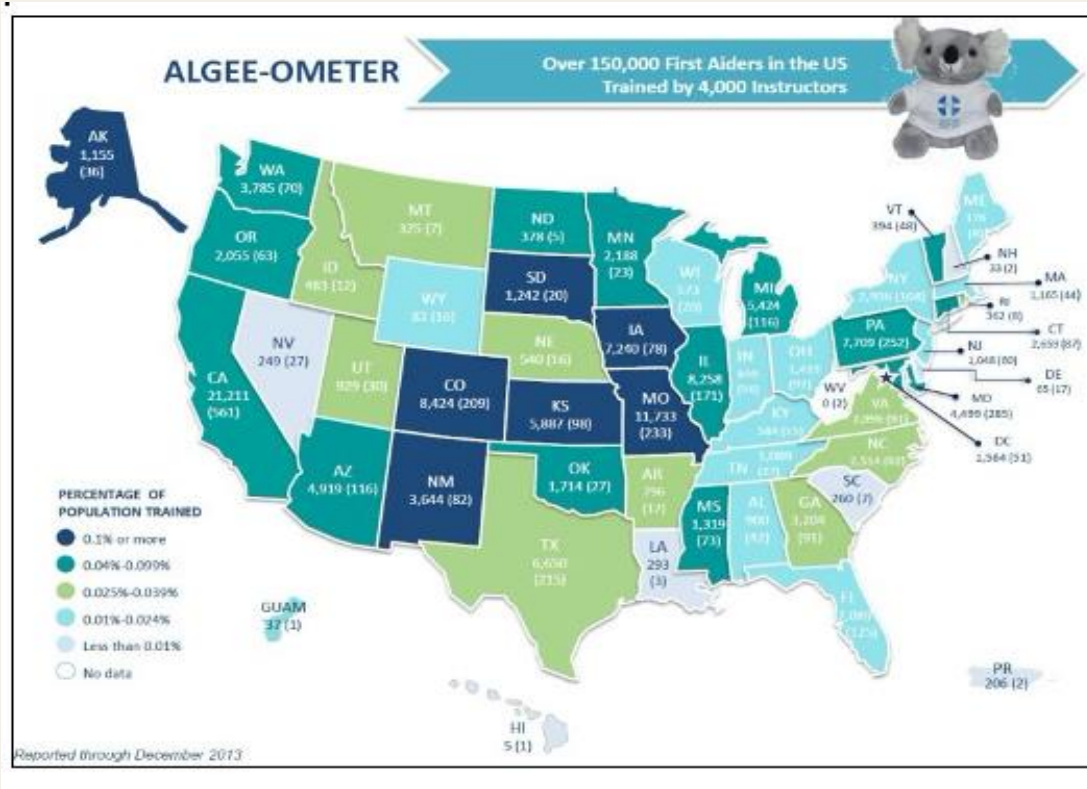
Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

This program takes the fear and hesitation out of starting these conversations by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

Why Mental Health First Aid

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- (MHFA) prepares participants to interact with a person experiencing a mental health crisis.
 - MHFA is an evidence-based public education program that introduces participants to risk factors and warning signs of mental health challenges, and builds understanding of
 - Appropriate detection techniques, interventions, and resource and referrals.
 - Teaches an action plan to identify and respond to signs of mental health or substance use challenges among individuals living in rural communities

Impact of MHFA



In Louisiana

- New Orleans -2,464
- Shreveport – 2,383
- Angola 1,986
- Baton Rouge

Communities in need

- Slidell – 83
- Sulphur – 27
- New Roads – 24
- Pineville – 18
- Colfax – 4

*Data can be located below:

<https://www.mentalhealthfirstaid.org/us-reach/>

Since the National Council for Mental Wellbeing brought Mental Health First Aid (MHFA) to America in 2008, our Instructors have trained over 2.9 million First Aiders from all 50 states and U.S. territories. But that's just the beginning!

Mental Health First Aid Collective

The collective message is to increase the capacity of New Orleans communities to recognize and respond to individuals experiencing a mental health crisis

Louisiana Public Health Institute

Strategic guidance, project coordination, certified MHFA instructors

Metropolitan Human Services District

Strategic guidance, communications and outreach, event planning, certified MHFA instructors

NAMI New Orleans

Strategic guidance, community outreach, certified MHFA instructors

New Orleans Health Department



Panel Discussion





Questions?

We want to hear from you!

<https://www.surveymonkey.com/r/RCYLXYT>



RURAL **HEALTH** WORKSHOP

Breakout Sessions: 11:00 a.m. – 12:00 p.m.

