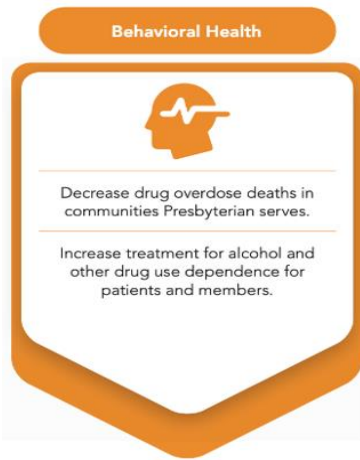


Mental Health First Aid in 2022

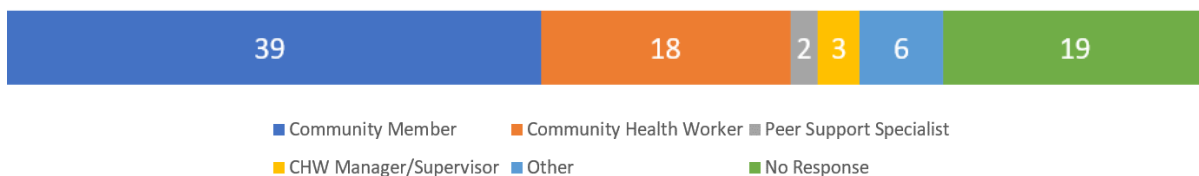
In 2021, Presbyterian Community Health was awarded \$20,000 from Bank of America with help from the Presbyterian Foundation, to provide Mental Health First Aid throughout the state of New Mexico. Mental Health First Aid (MHFA) is a skills-based training course that teaches participants about mental health and substance-use issues. Participants learn how to assist someone experiencing a mental health or substance-use-related crisis, the risk factors and warning signs for mental health and addiction concerns and how to support someone in both crisis and non-crisis situations. Since securing the funds and throughout 2022, funds were used to provide training to community members and Presbyterian staff statewide.



Mental Health First Aid falls under Community Health Department’s 2020-2022 Behavioral Health Goal to “Increase access to behavioral health services and reduce stigma associated with accessing those services for youth and adults”. In 2022, Certified Peer Support Specialists (Peers) and Community Health Workers (CHWs) from the Community Health Department and from the Healthplan who work in patient-facing settings and provide support and behavioral health resources were among those certified in Mental Health First Aid and Youth Mental Health First Aid.

In 2022, we looked at the roles/job titles of those who attended MHFA training. Of the 87 who participated in the survey, 47% were community members, 21% were Community Health Workers. 2% Peer Support Specialists 3% were managers or supervisors and 29% marked other or there was no response. Below is a participant breakdown of the learners who joined Mental Health First Aid in 2022. Of the 148 participants who joined, 87 completed the post-session survey.

PARTICIPANT ROLES/JOB TITLES



QUARTER 1

In the first quarter of the year, establishing relationships with partners to assist in providing Mental Health First Aid statewide was the priority. New Mexico’s Women in Leadership, a program dedicated to supporting women recently released and those soon to be released from prison by providing training and peer support to assist in their transition back into society, began offering MHFA training in March of 2022. Women In Leadership provided 7 Mental Health First Aid and Youth Mental Health First Aid to 79 participants throughout the state.

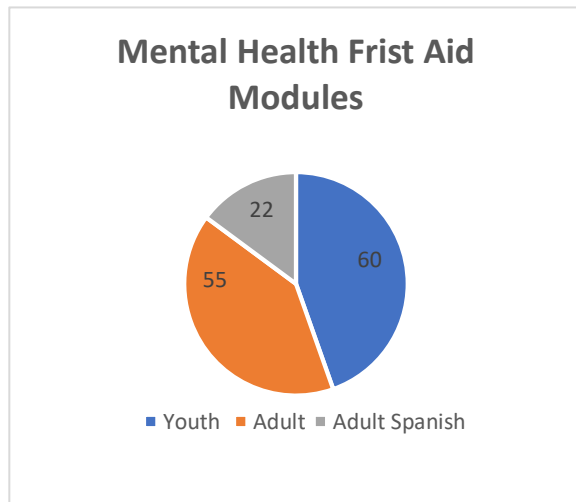
QUARTER 2

In Quarter 2 of 2022, onboarding additional instructors to increase outreach and improve sustainability efforts was the focus. Two Community Health team members attended the 3-day virtual session facilitated by National Trainers from the National Council for Behavioral Health and earned their Mental Health First Aid Instructor certification in May and June of 2022.

Quarter 3

After obtaining certification, mentoring and creating documentation, data collection procedures, and providing training opportunities were the focus. The Community Health Department hosted 5 Mental Health First Aid and Youth Mental Health First Aid sessions in 2022, training 69 participants. The Adult and Youth curricula were available to participants, which allowed us to provide training to a more extensive variety of professionals and community members.

Quarter 4



In quarter 4, trainings continued and were held virtually with two options: full-day sessions or blended sessions. In full-day sessions, participants joined 8 hours of facilitated learning from an instructor. The blended learning option offered participants the flexibility of having two hours of self-paced learning followed by up to 6 hours of learning facilitated by an instructor. Two of the sessions in quarter 4 were held in Spanish, using *the Primeros Auxilios para la Salud Mental* version of the curriculum. 37% of those trained were trained in the adult curriculum. 41% were trained in the Youth curriculum and 12% were trained in the Adult, Spanish curriculum.

Bank of America funding recipients were asked to provide training throughout New Mexico and offer training to the Black/African American community and male, Hispanic/LatinX community members. In 2022, plans to offer these sessions to the requested audiences began. 2% of those who attended the training identified as a Hispanic male or Black/African American.

2022 BUDGET

In 2022, spending increased as we gained new instructors, partnerships and offered training beyond the Community Health Department. Virtual participant slots were purchased for participants who preferred the blended version of the training. The cost of instructor training was a necessary expenditure to ensure the program is sustainable. New Instructors were supplied with hard copies of instructor manuals, and teaching notes which were not included in the price of the Instructor training through the National Council for Mental Wellbeing. Established instructors were provided with updated teaching notes and supplies. Participant manuals and processing guides were necessary for in-person and virtual full-day sessions. A portion of our budget was dedicated to our partnership with Women In Leadership, which offered funding and coordination support in 2022.

Item Description	2022	2023
Blended Training Participant Slots	\$827.95	\$1500.00
Instructor Training	4747.50	0.00
Participant Manuals and Processing Guides	\$1405.99	\$2500.00
Women In Leadership Instructor and Coordinator Charges	\$3250.00	\$1950.00
Instructor Supplies	\$497.03	0.00
Misc	\$480.16	\$500.00
Total	\$11208.63	\$6450.00

SUSTAINING MENTAL HEALTH FIRST AID

Mental health First Aid has been included in the Community Health Department’s Goals, Strategies and Measures for 2023 were it will provide workforce and community training to build skills for those who support individuals with mental health or substance use disorders.

With 2 additional Mental Health First Aid instructors, we will expand our reach to provide training to communities statewide. Reducing the barriers that can come with attending such an extensive training will remain a priority. Virtual sessions, blended sessions and in-person sessions will be provided at no cost to participants. MHFA offers the flexibility to disperse the training hours to meet the needs of the participants. Mental Health First Aid will be offered to agencies that serve the Black/African American and Hispanic/Latinx communities to continue our efforts in offering MHFA to these demographics.

In 2023 the proposed budget will be reduced significantly due to having the cost of instructor training and instructor supplies removed from this year’s budget. Though the number of participants trained will increase, the program will not rely as heavily on partnerships with outside agencies to host or promote training, reducing the instructor and coordinator charges.

Mental Health First Aid and Youth Mental Health First Aid will be offered to the community as a part of Presbyterian’s Health Equity Training, to partnering agencies and Presbyterian staff. In 2022, Mental Health First Aid instructors used the standard set by the National Council for Mental Wellbeing which states that there should be a minimum of 5 participants per session. In 2023, we will increase that standard to no less than 10 to reduce costs associated with coordinating trainings. The training will be promoted on the Health Equity Training site and on Presbyterian social media pages to encourage participation and provide general information about the importance of stigma reduction training.