Evaluating Knowledge, Use and Skills after Attending a Mental Health First Aid (MHFA) Training

Cheryl A. Schlamb, DNP, CRNP and Jacquelyn M. Owens, DNP, CRNP

Introduction

Goals & Outcome Objectives of MHFA

- College students are at-risk for mental health disorders
- The epidemic of mental illness can lead to attempted or completed suicides
- Many college campuses have health and counseling services for students who seek care
- What about students who do not seek care?
- How do we teach the campus community the knowledge necessary to identify a person who may be in crisis or at-risk for crisis?
- Mental Health First Aid’s goal is to increase the knowledge and awareness of mental health disorders and reduce the stigma associated with mental illness

Project Description: MHFA Training

- MHFA is an 8-hour program to educate and empower students, faculty and staff to reduce stigma of mental health
- Increasing awareness of mental health problems will lead to increased identification of at-risk students which
- Increases the ability to have a peer intervention for students with a mental health problem, some who might not know that they need help
- Create greater support systems on our campuses for students who may have or may be developing a mental health disorder

MHFA Training on WCU Campus:

- MHFA 8-hour training sessions have been offered to students, faculty and staff
- MHFA training sessions are SOLD OUT
- MHFA is an EBP program which has provided research opportunities for staff and faculty members
- Provides the knowledge and strategies for those trained to support students with mental health problems or disorders
- ULTIMATELY leads to a healthier college campus community

Research in Progress

Project Description/Design:
The project design is a pre/post test design. After participants register electronically for the MHFA course, they will be emailed an invitation to participate in a research project which will consist of a pre and post surveys at 2 months and 6 months post MHFA course

Objective:
To evaluate the effectiveness and use of MHFA training using pre and post surveys (knowledge) tools

Hypotheses:
Mental Health First Aid training will:
- Improved knowledge regarding MHFA
- Decrease stigma of mental health problems on our campus
- Lead to earlier interventions for mental health problems on our college campus

Research Question:
Does MHFA training improve the knowledge regarding mental health illnesses, know the appropriate ways to support someone with a mental health issue or who may be in crisis, connect to care someone with a mental health issue, and decrease mental health stigma on our campus?

Preliminary Results:
Provided onsite

References
