

POPEDU: ID# 98844

Title:

Veterans Mental Health First Aid

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ACCEPTED

Session Title:

Education Poster Session 2 (Monday/Tuesday, 18 & 19 November)

Slot:

EDU PST2: Monday, 18 November 2019: 8:00 AM-8:45 AM

Abstract Describes:

Completed Work/Project

Applicable Category:

Clinical

Keywords:

Community Education Regarding Suicide signs/symptoms, Suicide Prevention and Veterans suicide

References:

Kitchener, B., & Jorm, A. (2015). Mental health first aid for veterans. Retrieved from <http://www.MentalHealthFirstAid.org>

Mohatt, N., Boeckmann, R., & Winkel, N. (2017). Military mental health first aid: development and preliminary efficacy of community training for improving knowledge, attitudes, and helping behaviors. *Military Medicine*, 182, e1576-e1583. Retrieved from <http://www.militarymedicine.gov>

Rosenberg, L., & Sederer, L. (2018). Mental health first aid for veterans. *HuffPost*. Retrieved from <http://www.huffingtonpost.com/linda-rosenberg/mental-health-veterans>

Abstract Summary:

Research suggests that 22 veterans die by suicide every day in the United States. Identifying effective interventions that increase services and access for veterans in the community has the potential to have

a significant public health impact. This presentation of an innovative project to address the increasing veteran suicide.

Content Outline:

I. Introduction

- A. Nearly half of all cases of behavioral health concerns among veterans are untreated
- B. Identifying effective communication that increase services and access to care for veterans in the community

II. Body

- A. Main Point #1: The lack of knowledge, persistent stigma about mental health, and negative attitudes toward treatment are among the most significant barriers of veterans.

1. Supporting point #1: Increased rates of untreated behavioral health needs

- A. Identifying effective interventions for decreasing barriers to care is a national priority.
- B. Barriers to care include lack of knowledge about mental health treatment and a strong tendency toward self-reliance.

2. Supporting point #2: Mental Health First Aid (MHFA) training program

- A. Research reflects that the education about military mental health needs and challenges is a critical strategy.
- B. Increases access to care for military personnel adequately in the community which assists in decreasing suicide rates.

B. Main Point #2: Communities need to be educated about mental health needs

1. Supporting point #1

- A. Developed to address the lack of knowledge about mental health in the community.
- B. Designed to give people the skills to assist someone who is developing a mental health problem

2. Supporting point #2:

A. A live training program (like First Aid or CPR).

B. Uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of the mental health conditions.

C. Main Point #3 MHFA aligns with the VA strategic plan.

1. Supporting point #1

A. Training educates nurses to identify and intervene during a mental health crisis.

B. The veteran will receive the assistance needed to de-escalate their eminent mental health emergency.

2. Supporting point #2

A. Increased access to care needs to be improved and the stigma

B. Implementation of the MHFA program assisted participants to be more comfortable and aware of the mental health issues confronting our veterans.

III. Conclusion

A. Many veterans are out there wishing for something better, hoping that assist will show up. That's what Mental Health First Aid is – assisting veterans to connect with care and ultimately discover a better place....

B. Take action today to accept this innovative program to address the increasing rate of veterans suicide!

Topic Selection:

Education Poster Session 2 (Monday/Tuesday, 18 & 19 November) (26149)

Abstract Text:

Research suggests that 22 veterans die by suicide every day in the United States. Unfortunately, nearly half of all cases of behavioral health concerns among veterans are untreated. Identifying effective interventions that increase services and access to care for veterans in the community has the potential to have a significant public health impact. This abstract provides a summary of an innovative project to address the increasing rate of veterans' suicide.

The lack of knowledge, persistent stigma about mental health, and negative attitudes toward treatment are among the most significant barriers of veterans. With the increased rates of untreated behavioral health needs among veterans, identifying effective interventions for decreasing barriers to care is a national priority. Veterans barriers to care include lack of knowledge about mental health treatment and a strong tendency toward self-reliance.

Research has reflected the education about military mental health needs and challenges is a critical strategy to increase access to care for military personnel adequately in the community.

The Mental Health First Aid (MHFA) is a training program developed to address the lack of knowledge about mental health in the community. MHFA is a live training program (like First Aid or CPR) designed to give people the skills to assist someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of specific mental health conditions. The MHFA adaption for use with the veteran population included the addition of mental health issues of veterans and their families. The Military MHFA is a promising intervention for reducing barriers to care.

The MHFA aligns with the VA Secretary's suicide prevention priority. The training educates the community participates to identify and intervene during a mental health crisis, therefore, the veteran will receive assistance needed to deescalate their eminent mental health emergency situation. To prevent suicides, access to care needs to be increased and the stigma surrounding mental health issues needs to be decreased. MHFA program implementation has assisted participants to be more comfortable and aware of the mental health issues confronting our veterans.

Many veterans are out there wishing for something better, hoping that assist will show up. That's what Mental Health First Aid is – assisting veterans to connect with care and ultimately discover a better place....