The Impact of Implementing Mental Health First Aid [MHFA®] with Prelicensure Nursing Students in Rural Indiana

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Purpose

- Support mental health in community
- MHFA® provides action plan to assist someone in a crisis
- Improve awareness
- Decrease stigma

Background and Significance

- Lack of mental health resources in rural Indiana
- Nurses first line providers in acute mental health crises
- Vital for first line providers to have simple algorithms based in evidence to use in acute situations
- Significant global research demonstrates increases in mental health literacy and safe practice behaviors with MHFA®

Method

- Intense, 8-hour training
- 5-step non-linear algorithm
- Implemented with junior level students in undergraduate nursing program

Major Outcomes

- Potential improvements in care for those with mental illness
- Increased literacy of providers for clients with mental health issues
- Evidence-based tool provides intervention options for new graduates

Conclusion and Implications

- IUPUC students often select employment in rural Indiana
- Increasing awareness of mental illness can assist the limited providers in meeting client needs
- Use of an evidence-based tool can improve care for some of the most vulnerable in rural Indiana communities

References

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