

*Accrediting Staff as Mental Health First Aiders* **Youth Mental Health First Aid Training**

Today, schools are investing more deeply into the mental health and wellbeing of their staff and student bodies. Schools understand it is no longer considered sufficient to leave the management of staff and students’ mental health to a small number of senior staff members in order to be providing optimal pastoral care.

Studies show that 14% of young Australians aged 4-17 experience mental health or behavioral problems. Specifically, **12% of teenagers report to have thoughts of taking their own life**, and 4.2% of them sadly attempt suicide. 20%, which accounts for **1 in every 5 students will develop one of the common mental illnesses** such as depression, anxiety or substance use disorder in any 12 month period. In our community, the adolescent age group is at highest risk, which dramatically affects their academic performance as well as their physical and social development.

*e.g. Secondary.*

*In a school of 800 students, in a single*

*12 month period*

***160 will develop a mental health*** *illness, yet only* ***40 will receive help****.*

Despite these alarming numbers, only 1 out of 4 young persons with a mental health illness receive professional care.1Students and parents can be at a loss as to how to locate appropriate assistance at a period when in many cases, the young person has already reached a crisis point. At the same time, teachers who are at the front line of adolescent care may be unable to detect the early signs of a mental health illness and address them effectively.

*The median age of onset for any one of the common mental illnesses is 18 years old... meaning* ***most will experience their first symptoms whilst attending school****.*

The **solution** to managing the above presented statistics is straightforward. School staff needs to be better equipped to readily identify and intervene both from a duty of care and pastoral care standpoint. If they do, simply put, they can save lives.

Beyond Limits Learning Clinic therefore has one main **goal**: to have all school staff trained in mental health first aid. Established in 2011, BLLC looks towards breaking down the lack of knowledge among adults which can perpetuate the stigma about mental illness and champion the improved support, early detection and treatment of mental health illnesses in our community. BLLC is made up of highly qualified and extensively experienced teachers, clinical psychologists and allied health professional whom provide educational assistance for young people experiencing a range of cognitive, learning, social and behavioural difficulties as well as training for adults who care for these young people.

What is Mental Health First Aid?

Mental Health First Aid is a registered NREPP program, domestically and internationally respected and practiced.

*Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g., the person is suicidal or has had a traumatic experience). Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.*

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country. Beyond Limits Learning Clinic offers MHFA courses as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.

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***14-hour Youth Mental Health First Aid Course*** *-*YMHFA

**The 14-hour Youth Mental Health First Aid (MHFA) Course teaches adults (18 years and over) how to provide initial support to adolescents who are developing a mental illness or experiencing a mental health crisis.**

Participate Accreditation / CPD Points

*What can schools expect from the Youth MHFA course?*

Teachers and staff are equipped with correct knowledge and appropriate tools to handle crisis situations within an emotionally sensitive and legally appropriate manner.

A reduction in students arriving at a crisis point undetected.

The school is provided with clear and consistent protocol to ensure the emotional and physical wellbeing of staff and students.

Pressure on the school counsellor and mandatory reporters is reduced by having fellow staff correctly identifying and referring students in need.

Evaluation of previous adult participants reported improved personal mental health, confidence in providing mental health first aid coupled with increased support shown to students and co-workers within the school community.

On completion of the course, participates are asked to completed a short online exam of 15 questions. Upon pass (80%) participates will receive their Mental Health First Aiders Certificate which is valid for 3 years. Renewal requires a short refresher course (just as a traditional first aid certificate operates). If participants do not wish to complete the exam they are presented with a certificate of completion. CPD points are rewarded regardless of exam completion.

Course Structure Options

Beyond Limits learning Clinic understands the time limitations within a school and therefore can provide the 14 hr Youth co6urse in a number of ways.

* Two 6 hr sessions
* One 6 hr session per/wk over 2 weeks
* Four 3 hr sessions
* Additional options can be organised

Cost

|  |  |
| --- | --- |
| **Option One:** | *Price* |
| Flat Rate  \*Max 20 Participants | $2,980 |
| **Option Two** |  |
| Per Head  No. of participants (on site school training) |  |
| 3-10 | $215 |
| 11- UP | $180 |

\*Off site school training is available on request.

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