Individual and Community-Level Impact of the Youth Mental Health First Aid (YMHFA) Program

Coatesville, PA
Sept 2014 – June 2018

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Youth Mental Health First Aid (YMHFA) Training

- In 2014, the Brandywine Health Foundation in collaboration with regional partners implemented the National Council for Behavioral Health’s Youth Mental Health First Aid (YMHFA) training for individuals working and living in Coatesville.

- YMHFA is an 8-hour educational training program designed for adults to learn about mental illnesses/addictions affecting youth aged 12-18.
  - Warning signs
  - Risk factors
  - Ways to bolster confidence in helping youth experiencing a mental health or substance abuse challenge or crisis.

www.thenationalcouncil.org
www.MentalHealthFirstAid.org
Youth Mental Health First Aid (YMHFA) Training

• Provides a 5-step action plan:
  • Assess for risk of suicide or harm
  • Listen nonjudgmentally
  • Give reassurance and information
  • Encourage appropriate professional help
  • Encourage self-help and other support strategies
Program Impact

- Impact on Attendees
- Referrals to Providers
- Youth-Reported Depression
Program Impact on Attendees
Attendee Feedback

• “This information is very pertinent for anyone **working with children** to be able to offer assistance and provide support to children and families.”

• “…will most likely **encounter** some of the scenarios presented.”

• “It teaches you to be a **front line identifier of problems** and how to get the ball rolling toward making qualified help accessible.”

• “…made me feel a lot **more comfortable** about approaching a youth in distress.”

• “…[learned] it is okay to ask if someone is thinking about **suicide**.”
Referrals to Providers

Child Guidance Resource Centers

Human Services Inc.

Gaudenzia
Addiction Treatment & Recovery
Student-Reported Depression

The Pennsylvania Youth Survey (PAYS)
User Guide and Worksheets for School Professionals

“IT PAYS TO ASK...IT PAYS TO KNOW”

www.episcenter.org/paysguide
Acknowledgments

• The Brandywine Health Foundation, Coatesville, PA
  • Dana Heiman, Chief Impact Officer
  • Funding YMHFA – A Project of the Brandywine Health Foundation Video (April 2017)

• YMHFA Planning Team Committee Members, Advisory Board, certified trainers, and community partners

• WCU graduate student interns and assistants

• Funder Collaborative
  • The Scattergood Foundation
  • van Ameringen Foundation, Inc.
  • Substance Abuse and Mental Health Services Administration
  • United Way of Chester County
  • And many more

To start YMHFA Training in your community, please visit www.thenationalcouncil.org or www.MentalHealthFirstAid.org.