

# Mental Health First Aid

## Participant Voices

Do participants think highly of  
Mental Health First Aid courses?

You bet they do!

**A collection of quotes and ratings from  
2014 MHFA course evaluations**

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**Certified Mental Health First Aid Instructor**

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Available courses:

- Youth Mental Health First Aid
- Adult Mental Health First Aid
- Adult Mental Health First Aid for Law Enforcement, Corrections and Public Safety
- Adult Mental Health First Aid for Military Members, Veterans and their Families
- Adult Mental Health First Aid for Higher Education

Learn more about Mental Health First Aid USA, at: <http://www.mentalhealthfirstaid.org/cs/>

Special thanks to the Association of Oregon Community Mental Health Programs (OCMHP) for supporting MHFA.





## **Mental Health First Aid Participant Voices**

- **Great information!**
- **Very helpful!**
- **Nice pace.**
- **Took time explaining.**
- **Everyone was able to engage,  
could ask questions, could respond.**
- **The activities were great.**
- **Great interaction.**



## **Mental Health First Aid Participant Voices**

- **Very informative!**
- **Truly appreciated!**
- **I loved it!**
- **Filled gaps in my understanding of mental health issues.**
- **I learned a great deal more than anticipated.**
- **Valuable knowledge.**
- **Excellent material.**



## **Mental Health First Aid Participant Voices**

- **This course is excellent!**
- **Very important knowledge.**
- **Well put together.**
- **Practical and useful.**
- **Examples were eye-opening.**
- **I wish I had taken this course earlier in life!**
- **Should be required of school staff.**
- **Will use info in my work and personal life.**



## **Mental Health First Aid Participant Voices**

- **It was enlightening.**
- **Very effective course for K-12 staff.**
- **The information was well explained and understandable.**
- **I learned a new concept, “recovery in mental illness”.**
- **Course needs to be shared across the state.**



## **Mental Health First Aid Participant Voices**

- **It was enlightening.**
- **Information well explained and understandable.**
- **This course is excellent.**
- **Examples were eye-opening.**
- **Very effective course for K-12 school staff.**
- **Course needs to be shared across the state.**
- **Very positive, excellent learning experience.**



## **Mental Health First Aid Participant Voices**

- **My overall response: Appreciation! Thanks!**
- **It was worth giving up a day to learn this!**
- **Clearly written materials.**
- **Very helpful tools, interactions, activities.**
- **Practical, research-based approach.**
- **So accessible to all.**
- **Very important for the community.**
- **Very good program.**



## **Mental Health First Aid Participant Voices**

- **Being able to work with the concepts in different ways helped me get a better grasp of the material.**
- **Helpful step-by-step instructions on how to respond; how to ask about suicide**
- **Ease of the instructor talking about different types and signs of disorders.**
- **Solid curriculum**





## **Mental Health First Aid Participant Voices**

- **Great book, materials to take home, community resource handout.**
- **Good process to understand and approach youth and adults.**
- **Direct, simple, clear material relevant to community health.**
- **Understanding and helping youth.**
- **Opportunity to practice skills learned.**



## **Mental Health First Aid Participant Voices**

- **Instruction was good; answers complete.**
- **Reinforcing, common sense approach.**
- **Recognizing symptoms and what to do and not to do. Very helpful.**
- **Helpful things to say (words and phrases), communication, suicide intervention.**
- **Encouraged being non-judgmental.**
- **Now I have better understanding of issues.**



## **Mental Health First Aid Participant Voices**

- **Looking forward to going through the book!**
- **The game show (activity) was a great teaching tool!**
- **This course was general enough not to be scary or intimidating, but specific enough to be very instructive.**
- **Very helpful course videos, examples, discussions and materials.**



## **Mental Health First Aid Participant Voices**

- **I'm now more aware of the different kinds of mental disorders and how I can help.**
- **The activities really helped us practice the skills that were taught.**
- **Group exercises were enlightening and fun!**
- **I hope this may help specifically in school settings without school counselors.**
- **This course would be excellent for law enforcement!**



## The foregoing comments were made by....

- **School staff (teachers, speech pathologist, counselor, program director and superintendent)**
- **Faith community leader and congregation members**
- **Law enforcement/correction and 1st responder staff**
- **Parents, guardians, and other family members**
- **Employers and employees**
- **Behavioral health services and primary care providers**
- **Pharmacist**
- **Court Appointed Special Advocates (CASAs)**
- **Violence and addiction prevention workers**
- **Community volunteers**

Source: 100% of evaluation data for the seven (7) courses taught by Mary Ann Dearborn during 2014.

More participant demographics: Males=18%/Females=82%; 18-24yo=6%; 25-44yo=27%; 45-60yo=40% 61+yo=27%

## Participants gave high ratings to 2014 Youth/Adult MHFA courses:

Overall Course	Agree	Strongly Agree
Goals clearly communicated	100%	67%
Goals and objectives achieved	100%	69%
Content practical & easy to understand	100%	69%
Adequate opportunity to practice skills learned	100%	67%

Instructor	Agree	Strongly Agree
Skills were engaging and approachable	100%	76%
Demonstrated knowledge of material presented	100%	78%
Clearly, effectively facilitated activities & discussions	100%	76%

Source: 100% of evaluation data for the seven (7) courses taught by Mary Ann Dearborn during 2014.

Rating scale (response options): 1=strongly disagree; 2=disagree; 3=uncertain; 4=agree; 5=strongly agree

## Participants gave high ratings to 2014 Youth/Adult MHFA courses

<b>Practical Application</b>	<b>Agree</b>	<b>Strongly Agree</b>
<i>As a result of this training, I feel more confident that I can...</i>		
Recognize signs that a person may be dealing with a mental health problem/challenge or crisis	94%	53%
Reach out to that person	98%	51%
Ask the person whether s/he is considering killing her/himself	96%	65%
Actively and compassionately listening to the person	100%	69%
Offer the person basic 'first aid' information and reassurance about mental health problems	100%	61%
Assist the person to seek professional help	99%	61%
Assist him/her to connect with community, peers, personal supports	98%	61%
Be aware of my own views and feelings about mental health problems and disorders	98%	63%
Recognize and correct misconceptions about mental health and mental illness when I encounter them	91%	66%

Note: Participants who did not respond "agree" or "strongly agree" responded "uncertain" (nobody responded "disagree").

Source: 100% of evaluation data for the seven (7) courses taught by Mary Ann Dearborn during 2014.

Rating scale (response options): 1=strongly disagree; 2=disagree; 3=uncertain; 4=agree; 5=strongly agree

# Isn't it time **YOU** became a Mental Health First Aider?

**Take a course, save a life,  
strengthen your community.**

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