

Implementation of Youth Mental Health First Aid Trainer Training and Feasibility of Implementation

Abigail Monroe, Psy.D.

Melissa Castle Heatly, Ph.D.

Allison Stiles, Ph.D.

Linda J. Alpert-Gillis, Ph.D.

Expanded School Mental Health Initiatives, University of Rochester Medical Center

Background

Concerns and Barriers Surrounding Youth Mental Health Care

- The Centers for Disease Control and Prevention data found 1 in 5 youth had a mental disorder and only ~20% received mental health care.
- The American Academy of Pediatrics declared a national emergency in youth mental health in 2020.
- Barriers to accessing mental health care include: limited availability, cost, time, stigma, and awareness of resources available.

Community Knowledge and Involvement as Interventions and Preventative Care

- US Surgeon General's recommendations for improving youth mental health, include empowering youth and their families to recognize and cope with emotions, and supporting the mental health of youth in educational, community, and childcare settings.

Youth Mental Health First Aid (YMHFA)

- YMHFA is an evidence-based, early-intervention public education program proven to increase public knowledge of youth mental health, how to appropriately respond to youth experiencing a mental health challenge, and help connecting to resources.

University of Rochester – Supporting Our Students (UR-SOS)

- Focus on strengthening educator's responses to mental and behavioral health needs in students, with an emphasis on capacity-building
- UR-SOS is training school-based YMHFA instructors/disseminate YMHFA trainings for middle- and high-school educators, and is looking for how to best support schools and communities on the initiative.

Specific Aims

- Identify need and desire for community-based mental-health training and support, specifically using the Youth Mental Health First Aid (YMHFA) curriculum.
- Identify barriers to disseminating and implementing YMHFA.
- Identify how the UR-SOS team can support instructors in the implementation of YMHFA to the Greater Rochester community.

Community Sample

- School Mental Health Staff and Administration
- Community Partners
- Mental Health and Affiliated Professionals

Completed YMHFA Instructor Training Survey

- Districts' School Mental Health team (n=8)
- Community partners (n=2)
- District School Administration (n=1)
- Experts with expertise in behavioral health, research, and family case management (n=3)

Methods

Survey of Participants in YMHFA Instructor Training

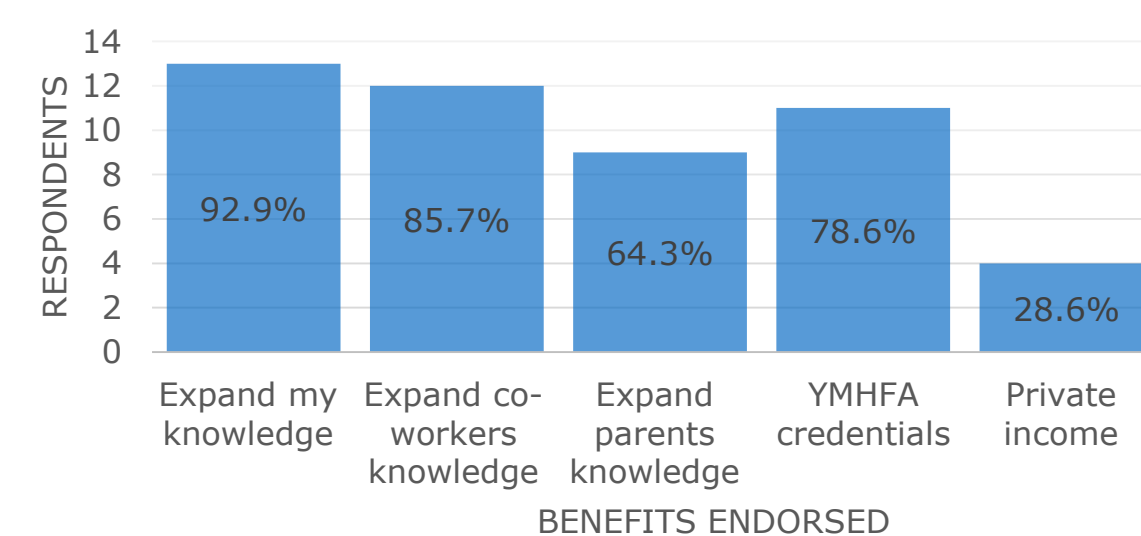
- Need & Desire for YMHFA Trainer Training
- Perceived benefits of becoming an instructor
- Facilitators & Barriers to implementing YMHFA Training
- Intended sites of implementation
- Ways UR-SOS can support implementation
- Concerns & Suggestions



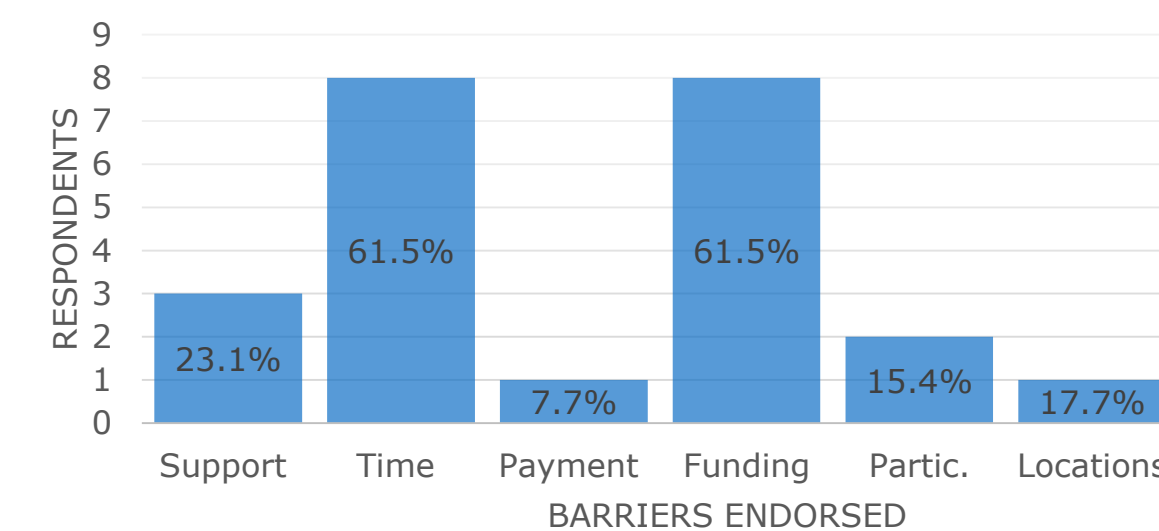
Quantitative Results

Domain	Survey Responses	Percentage Endorsed
Need/Desire for YMHFA	Teach other adults to help youth	92.9%
	Excited about YMHFA	64.3%
	Personally better help youth	50.0%
Barriers to Implementation	Time needed to implement training	61.5%
	Funding for supplies/materials	61.5%
Implementation	Schools	92.9%
	Churches/youth groups	14.3%
	Community Centers	42.9%
	Youth work with personally	28.6%
How UR-SOS Can Support	Family/Friends	35.7%
	Disseminate info/resources	69.2%
Maintaining Certification	Helping connect with programs	53.8%
	Yes	92.9%

BENEFITS OF BECOMING A YMHFA INSTRUCTOR



BARRIERS TO IMPLEMENTING YMHFA



Qualitative Results

Domain	Responses
Desire for YMHFA	<ul style="list-style-type: none"> Teaching other adults how to better help youth with behavioral and mental health needs Expanding training in youth mental health to staff that don't normally get trained Connecting training to communities/community partners
Concerns about YMHFA	<ul style="list-style-type: none"> Time needed to deliver the YMHFA training 3x per year. Funding for accessing and disseminating YMHFA materials and supplies.
How UR-SOS Can Support	<ul style="list-style-type: none"> Assistance connecting with community agencies to give trainings Advertising YMHFA trainings to the community Support in organizing and scheduling trainings

Conclusions

Key Findings of YMHFA Instructor Training

- There is a need/desire for teaching adults how to care for youth with mental health needs
- Becoming an instructor in YMHFA is a valuable asset to the community
- Despite barriers instructors plan on maintaining their certification after the first year.
- Instructors plan on providing YMHFA training in a variety of settings in the community including schools, churches, community centers, and among friends and family.
- Instructors value the support of the UR-SOS team and want their continued support.
- The UR-SOS team can help by connecting instructors to community agencies and districts to offer trainings, helping find the funding for supplies, helping problem-solve through time constraints, and helping with the organization and scheduling of YMHFA trainings.