

ANNUAL REPORT

2014

What a fantastic year for everyone involved with Mental Health First Aid (MHFA) Australia. In just our second year operating as an independent not-for-profit organisation, we have achieved so much. Across 2014, MHFA Australia researched, launched and evaluated a variety of resources and programs. Mental Health First Aid continued to grow both nationally and internationally. In this report, we highlight our key achievements across 2014 that contributed to our vision of a community where everyone has the first aid skills to support people with mental health problems, and our mission to provide high quality, evidenced-based mental health first aid education to everyone.

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Resources Developed

Funded by the Australian Government Department of Health:

- MHFA Guidelines for helping an Aboriginal and Torres Strait Islander teenager with culturally appropriate mental health first aid
Full text article: <http://bit.ly/AMHFAteen>
- MHFA Supplementary Booklet for Assisting Aboriginal and Torres Strait Islander adolescents

In collaboration with Professor Tony Jorm's research team at the University of Melbourne:

- Re-development of MHFA Guidelines for suicidal ideation and behaviour: a Delphi study
Full text article: <http://bit.ly/suicide-guidelines>
- Re-development of MHFA Guidelines for non-suicidal self-injury: a Delphi study
Full text article: <http://bit.ly/nssi-guidelines>

All of our MHFA Guidelines are available for download from the 'Resources' menu of the MHFA website: <https://mhfa.com.au/resources/mental-health-first-aid-guidelines>



Research Evaluating MHFA

Undertaken by MHFA Australia:

- *Completed:* Evaluation of the tailored eLearning and face-to-face MHFA Courses for Frontline Workers - Medical Students, Nursing Students and Financial Counsellors (with three articles in submission)
- *Current:*
 - Development of MHFA guidelines for helping a person who has a gambling problem
 - Development of MHFA guidelines for providing mental health first aid to an LGBTIQ person
 - Development of MHFA guidelines for helping a confused older person
 - Development of MHFA guidelines for workplaces
 - In collaboration with Professor Tony Jorm's research team at the University of Melbourne:
 - WorkplaceAid: a randomised controlled trial on improving MHFA skills in the workplace
 - teenAid: a randomised controlled trial on improving MHFA skills in upper high school students
 - Training for Parents of Teenagers (TPOT): a randomised controlled trial evaluating the effectiveness of Youth MHFA for parents of teenagers

More info on current research projects: <https://mhfa.com.au/research/current-mhfa-australia-projects>

Undertaken by External Organisations:

- Effectiveness of MHFA training in Sweden, an RCT with a 6-month and 2-year follow-up
Abstract: <http://bit.ly/mhfa-sweden>
- MHFA is an effective public health intervention for improving knowledge, attitudes, and behaviour: a meta-analysis
Abstract: <http://bit.ly/mhfa-metaanalysis>
- Evaluating the effectiveness of MHFA training among student affairs staff at a Canadian university
Abstract: <http://bit.ly/mhfa-canada>

Programs Launched

- teen MHFA Program (3.5-hour course plus 3-day Instructor Training)

More info under the Courses' menu of the MHFA website

- Revised MHFA Instructor Continuing Professional Development (CPD) Program



MHFA website and Web Instructor Management System (WIMS) Re-Launched

- Upgraded to a new online operating system (Drupal) allowing more sophisticated functionality



MHFA Instructors and MHFA Courses for Members of the Public

NEW Instructors:

- 358 NEW Instructors trained in total across 2014: 172 in Standard MHFA, 30 in Tailored Frontline MHFA (13 in MHFA for Nursing Students, 13 in MHFA for Medical Students and 4 in MHFA for Financial Counselling), 91 in Youth MHFA, 21 in Aboriginal and Torres Strait Islander MHFA and 44 in teen MHFA

MHFA Courses:

- A total of 3,244 MHFA Courses were run by MHFA Instructors across 2014. Of these, there were 1932 Standard MHFA, 697 Youth MHFA, 224 MHFA for Nursing Students, 205 Aboriginal and Torres Strait Islander MHFA, 64 MHFA for Medical Students, 49 MHFA for Financial Counsellors, 48 teen MHFA, 10 MHFA for People with Intellectual Disability, 7 MHFA for Chinese People Living in Australia and 7 Vietnamese People Living in Australia

First Aiders:

- 35,957 people completed a MHFA Course in 2014 (33,473 via face-to-face and 2,484 via eLearning)



MHFA Australia Program Awards and Recognition

- Youth MHFA Program won The Mental Health Services (TheMHS) Silver Achievement Award
- MHFA Australia's Youth Programs Manager Dr Claire Kelly won the Depression & Anxiety Consumer Research Unit (CRU) Medal, funded by the National Institute for Mental Health Research at the Australian National University (ANU)

More info about our awards: <https://mhfa.com.au/our-impact/grants-and-donations>

Funding Procured for MHFA Australia Projects

- The Victorian Government allocated \$350,000 to provide Victorian community groups with MHFA training
- Black Dog Ride (BDR) raised over \$164,000, contributing towards the roll-out of teen MHFA in disadvantaged secondary schools across Australia
- Victorian Responsible Gambling Foundation provided funding to develop guidelines for the public in supporting gamblers to seek help and recover
- Ongoing funding (2012-2015) received from the Australian Government Department of Health for the development, rolling-out and evaluation of MHFA training for medical students, nursing students and financial counsellors
- Myer Foundation provided funding (2014-2015) to develop the Junior teen MHFA Course
- Ongoing funding (2012-2015) received from the Australian Government Department of Health for the Aboriginal and Torres Strait Islander MHFA Program
- In collaboration with Professor Tony Jorm's research team at the University of Melbourne:
 - NHMRC project grant won to evaluate MHFA in the Workplace via eLearning and blended models (combination of eLearning and face-to-face training)
 - Australian Rotary Health grant awarded to undertake a pilot randomised controlled trial of teen MHFA training in upper secondary schools in Victoria, also in collaboration with Dr Laura Hart at the University of Melbourne
 - NHMRC project grant won for the development and evaluation of gatekeeper training to improve the capacity of Aboriginal and Torres Strait Islander communities to prevent youth suicide

More info about our grants: <https://mhfa.com.au/our-impact/grants-and-donations>

MHFA International

- The MHFA Australia Program was adapted and adopted by Pakistan, the Republic of Ireland and New Zealand
- US Congress funded President Barack Obama's 'Now is the Time' Plan, which recommended financing of MHFA for adults (i.e. teachers) who interact with youth
More info: <http://bit.ly/SAMHSA-grant>

More info about the international spread of MHFA:
<https://mhfa.com.au/our-impact/international-mhfa-programs>

