



Mental Health First Aid is a 12 hour course that can be facilitated over 2 full days or 4 half days. The course is broken up into 4 sessions and each participant receives a Mental Health First Aid manual. Mental Health First Aid is an interactive workshop inclusive of role plays, small and whole group activities, DVD's and individual exercises. To ensure participants learn applicable workplace skills the optimum number of attendees is 10-15 (in the case of –face-to-face training).

About the trainer

Michelle Rickenbach has many years practical experience working in the areas of mental health and community service. Her background is in psychology and education and she is a current head trainer for Relationships Australia and the program director and senior trainer for Life Returning Inc. Michelle's interests lay in mental illness and trauma and she is an advocate of trauma informed care practice across the health network.

Michelle has been facilitating Mental Health First Aid workshops for the past 3 years and has noticed an increase in demand from corporate clients, small businesses, allied health professionals and sole traders for this training. It has been encouraging to see workplaces acknowledging that the mental health of workers and clients is equally as important as physical health. This acknowledgement is supported by workplaces training in mental health first aid and by the inclusion of mental health policies into their OHS policies and procedures.

Continuing Professional Development (CPD) Points

The following professions are eligible for CPD points on completion of Mental Health First Aid training:

- Psychologists
- Teachers
- Dieticians
- Speech pathologists
- Audiologists
- Orthotists and prosthetists
- Pharmacists
- Occupational therapists
- Social workers
- Mental Health nurses
- Midwives
- Australian Practice Nurses
- Physiotherapists
- Chiropractors
- Lawyers in some states and territories of Australia

For more information about CPD points please contact the trainer,

Michelle Rickenbach.

Session 1 (3 hours)

Mental Illness

- **Prevalence and impact:**
(ie Statistics in the Australian population and what this means for your workplace in terms of absenteeism, presenteeism and reduced productivity)
- **Spectrum of interventions**
(Understanding the various strengths of a workplace in the 3 phases of intervention)
- **Recovery**
(What does 'recovery' mean? How can recovery be incorporated into the workplace?)

Mental Health First Aid

- **Why MHFA?**
(Why is this important? What are the perceived benefits in the workplace?)
- **The MHFA Action Plan**
(Overview of the practical skills that participants will learn and be able to apply to mental health crises and non-crisis at work: A 5 step action plan).

Depression

- **Signs, symptoms and risk factors**
(Interpreting signs and symptoms that may transpire in a workplace setting. There are many risk factors for an episode of depression- what risk factors could be directly or indirectly related to this environment?)
- **Interventions**
(Understanding the practical strategies that can be utilised to address depression in the workplace, what strategies are already in place and can these be utilised more effectively?)
- **MHFA Actions 1 & 2**

Session 2 (3 hours)

The **MHFA** Action Plan for **depression**

- **Crisis first aid for suicidal thoughts and behaviours**
(utilising current practical policies, procedures and resources that exist in the workplace in order to react appropriately to this crisis *or* if no policies/procedures exist, participants will learn how to respond to this crisis with the view to formulating a solid plan within their particular area of work)
- **Crisis first aid for non-suicidal self-injury**
- (Understanding non-suicidal self-injury, the prevalence, signs that this is occurring and the underlying reasons for this behaviour. Participants will be encouraged to consider NSSI in terms of other OHS policies)
- **MHFA Actions 3-5**
- (Practical skills 3,4,5 that can be applied in the workplace)

Anxiety

- **Signs, symptoms and risk factors**
- (Interpreting signs and symptoms of anxiety disorders that may transpire in a workplace setting. There are many risk factors for anxiety disorders- what risk factors could be directly or indirectly related to this environment?)
- **Interventions**
- (Understanding the practical strategies that can be utilised to address anxiety disorders in the workplace, what strategies are already in place and can these be utilised more effectively?)

Session 3 (3 hours)

The **MHFA** Action Plan for anxiety

- **Crisis first aid for panic attacks**
(It is estimated that as many as 1 in 10 people will experience a panic attack sometime during their lifetime. These can occur at anytime during the course of a day. Participants will learn how to recognise a panic attack and offer appropriate, practical first aid for an individual who is experiencing a panic attack)
- **Crisis first aid for traumatic events**
(Understanding how to deal with the 'fall out' of a traumatic event in the workplace, variations in how individuals react to traumatic events and we will explore some of the myths around workplace debriefing. Participants will be encouraged to consider current workplace policies and procedures specific to their area of work)
- **MHFA Actions 3-5**

Psychosis

(Inclusive of drug induced psychosis, psychosis in depression, psychosis in schizophrenia, psychosis in bipolar disorder)

- **Signs, symptoms and risk factors**

(understanding psychosis signs and symptoms, how symptoms may be managed in the workplace and how risk factors for an episode of psychosis may be reduced utilising the current workplace policies and procedures)
- **Interventions**
(How to practically assist someone experiencing a psychotic episode in the workplace including where/when/how to access external mental health resources)
- **MHFA Actions 1 &2**

Session 4 (3 hours)

The **MHFA** action plan for **psychosis**

- **Crisis first aid for severe psychotic states**
(Psychotic disorders are relatively rare however the incidence of drug psychosis is on the increase. Participants will be encouraged to consider their current workplace policies and procedures in order to appropriately respond to someone experiencing a severe psychotic state *or* if no policies/procedures exist, participants will learn how to respond to this crisis with the view to formulating a solid plan within their particular area of work)
- **Crisis first aid for aggressive behaviour**
(Aggressive behaviour due to mental illness is uncommon however at times it does occur. Participants will understand why the aggressive behaviour exists, how to respond appropriately and how to keep themselves safe).
- **MHFA Actions 3-5**

Substance Disorders

(alcohol, cocaine, marijuana, ecstasy, misuse of prescription drugs and current drug trends)

- **Signs, symptoms, risk factors, interventions**
(Participants will learn about substance dependency, symptoms of substance dependency and the impact that substance use and substance use disorders can have in terms of productivity, absenteeism and presenteeism. Participants will participate in a practical activity that ensures they understand the term 'standard drink' and why this concept is important.)
- **The **MHFA** action plan for substance misuse**
- **Crisis first aid for intoxication**
- **Crisis first aid for medical emergencies**
- **MHFA Actions 3-5**