

# Mental Health First Aid 10,000 Lives Initiative

Mission:

Train 10,000 lay persons in MHFA in 16 North Texas counties within 3 years

Vision:

To reduce preventable crises/admissions through a targeted hospital utilization methodology; Improve the prevention and treatment of mental health (MH) disease and substance abuse (SA) in the North Texas Region

Strategies:

- Align with the Texas Statewide Behavioral Health Strategic Plan 2017-2021
- Utilize DFWHCF BH-CHNA data to address MH gaps
- Intend to compliment (not duplicate) MHFA efforts
- Prevention and early intervention focused
- Help address behavioral work shortages

Initiative Partners:

- Baylor Scott & White Health • MHMR Tarrant • Parkland Health & Hospital System • Medical City Green Oaks • NAMI Dallas • UnitedWay of Greater Dallas
- Texas Health Resources • Mental Health America • North Texas Behavioral Health Authority • Lakes Regional • Pecan Valley Centers • LifePath • Texas Scottish Rite Hospital
- UT Southwestern Medical Center • JPS • Tenent Health • Children’s Medical Center • Lakes Regional Community Center • Texas Department of State Health Services

Counties to be Served	
Collin	Rockwall
Dallas	Tarrant
Denton	Wise
Ellis	Grayson
Erath	Somervell
Johnson	Hood
Kaufman	Navarro
Parker	Hunt



# Mental Health First Aid Training Overview

- Evidence-based public education and prevention tool
  1. Improves people's mental health
  2. Increases understanding of mental health issues and treatments
  3. Connects more people with care
  4. Reduces stigma
- Improves the public's knowledge of:
  - Mental Health
  - Substance Abuse problems
  - Connects people with care for mental health & substance abuse
- 8 hour training on 5 step action plan (ALGEE)
  - **A**ssess for risk of suicide or harm
  - **L**isten nonjudgmentally
  - **G**ive reassurance and information
  - **E**ncourage appropriate professional help
  - **E**ncourage self-help and other support strategies

