

# STC COURSE LESSON PLAN

**Course Title:** Mental Health First Aid

**Course Hours:** 8

**Course Summary:** *(Brief description of the course)*

Mental Health First Aid is a course designed to give participants the knowledge and tools necessary to help people who are experiencing mental health problems and crises.

**Performance Objectives:** *(What the trainees will be able to do at the conclusion of the course.)*

At the end of the course, participants will understand mental health issues and will be equipped with knowledge and tools they need in order to aid people with mental health problems in getting the help that they need.

**Testing Type(s) if Required:** *(The type of test(s) to be given in the class or module; i.e., Multiple Choice Test (MCT), Job Knowledge Test (JKT), Behavior Skills Test (BST), and Written Skills Test (WST). Describe in writing each BST and WST to be completed in the class or module.)*

There is a test at the end of the course that is in multiple choice format and tests the participants level of knowledge of the subject.

**Max Class Size:** 30

**Min Class Size:** 12

**Room Setup:** *(e.g., classroom style, small group, theater, etc.).*

Classroom style or small group, depending on the number of participants

**Materials:** *(All material and equipment needed, including handouts and reference material for the class or module.)*

Mental Health First Aid manuals and handout packets for each participant

**Equipment needed:**

A television with a USB port or computer, projector and screen, and speakers for the PowerPoint Presentation and videos; a white board and/or easel for flip chart

**Outline:**

| Start Time      | End Time | Subject Matter  | Instructional Methodology:  | Trainers Speaking Notes:  | Instructor(s)        |
|-----------------|----------|---|---|---|----------------------|
|                 |          |   | Lecture<br>Group /Discussion<br>Demonstration<br>Group Exercise<br>Trainee Practice<br>Evaluation | Any notes to remind the trainer of anything pertinent in that section. This may include key concepts, targeted responses, activity instructions, etc. This should be written to a level that a person that is familiar with the content and course could step in and complete the training. | Victoria<br>Meredith |
| 1st day<br>8:30 | 10:30    | Discussion about mental illness in the U.S. and their impact, introduction of the ALGEE action plan, an overview of | Lecture, group discussion, group exercises, practice using scenarios, video                       | Teacher's manual: p. 1 – 27, overview of MHFA course and manual, Opinion Quiz, Disability Weights, Spectrum of Intervention, introduction of ALGEE action plan, Video – The Pain of Depression: Alice's Story, drawing  |                      |

|                             |       |  |   |  |  |
|-----------------------------|-------|--|---|--|--|
|                             |       | depression and anxiety.  |   | anxiety, risk factors for depression and anxiety.  |  |
| 10:45                       | 12:30 | Suicide: warning signs and assessment, self-harm, using the ALGEE action plan for depression and anxiety   | Lecture, group discussion, group exercises, practice using scenarios        | Teacher's manual p. 28 – 43, ALGEE for depression and anxiety, Helpful and Unhelpful Things to Say, Myths and Facts about Suicide, Suicidal Thoughts scenario, Self-Injury and Medical Emergencies, Depression/Anxiety scenario, introduction to CBT                   |  |
| 2 <sup>nd</sup> day<br>8:30 | 10:30 | Review of ALGEE action plan, assess for panic attack and for reaction to a traumatic event, overview of psychosis and of bipolar disorder, using ALGEE to help people with psychosis                                     | Lecture, group discussion, group exercises, practice using scenarios, video | Teacher's manual p. 44 – 73, ALGEE review, Panic Attack scenario, Traumatic Event scenario, Auditory Hallucinations script, risk factors for psychosis, ALGEE jigsaw, Video – Mental Health First Aid for Psychosis, safety stance, Helpful and Unhelpful Things to Do |  |
| 10:45                       | 12:30 | Substance abuse disorders, understanding substance abuse and identifying commonly abused substances, using ALGEE with someone with substance abuse problems, stages of change, ending test and evaluations, TMHA surveys | Lecture, group discussion, group exercises, practice using scenarios        | Teacher's manual p. 74-96, Standard Drinks and FAQ about Alcohol, What AM I? – identifying substances, Substance Abuse scenario, ALGEE for substance abuse, Recovery Position, The Stages of Change model, concluding ALGEE scenario, Exam and Evaluations             |  |