

Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Navigating Seasonal Change: Prioritizing Mental Wellbeing for County Leaders and Employees

Dec. 3, 2024

Today's Webinar



Presenter

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Presenter

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Asking Questions and Using Closed Captioning

- All webinar functions are located on the toolbar at the bottom of your screen.



- **Questions:** Ask questions by using the Q&A function (you will not be able to unmute). Please indicate if you would like your questions to be answered anonymous.
- **Closed Captioning:** Click "Live Transcript" and then select "Show Subtitle" or "View Full Transcript".
- **Technical Problems:** If you experience technical difficulties, please send a direct Zoom chat message to the Host.



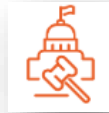
National Council for Mental Wellbeing

About Us

The National Council is a membership organization that drives policy and social change on behalf of more than **3,400** mental health and substance use treatment organizations and the more than **10 million** children, adults and families they serve.

We are a thought leader, solutions provider and leading voice on Capitol Hill with a **54-year** history of driving policy and social change.

Focus Areas



Public Policy



Workforce Development



Public Health



Equity



Integrated Health

Impact

- **229+** CCBHCs providing services across 20+ states.
- **\$12 million** for substance use and substance use disorders (SUD) workforce loan program.
- **3.5 million+** individuals trained in Mental Health First Aid (MHFA).
- **15,000+** MHFA Instructors nationally.
- **\$28 million** appropriations secured for MHFA.



Proud Partner of the National Association of Counties

Since launching our partnership in 2022, we've been proud to collaborate with NACo to offer MHFA to support the mental wellbeing of county employees and elected officials.

Together, we are creating a framework for counties to **destigmatize mental health and substance use challenges** as they provide residents with more equitable access to quality mental health and substance use treatment services.



Mental Health and Substance Use Challenges

130

people die by suicide every day on average

Source: American Foundation for Suicide Prevention (AFSP)

1 IN 5

people in the U.S. live with a mental health challenge.

Source: National Alliance on Mental Illness (NAMI)

24.5

days of work missed annually by employees with substance use challenges – two more weeks on average than their peers.

Source: National Safety Council (NSC)

10%

Fewer than 10% of employees feel their workplace is free of stigmas about mental health.

Source: McKinsey Center for Societal Benefit



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Time to Arrive

S.T.O.P.

- **S**top for a moment
- **T**ake a breath
- **O**bserve
- **P**roceed



Seasonal Impact



As The Seasons Change, We Change, Too!

With the EXPECTATIONS that
everything will be:

Joyful, **bright** and **Magical!**

What do you think?

Is it all JOYFUL,

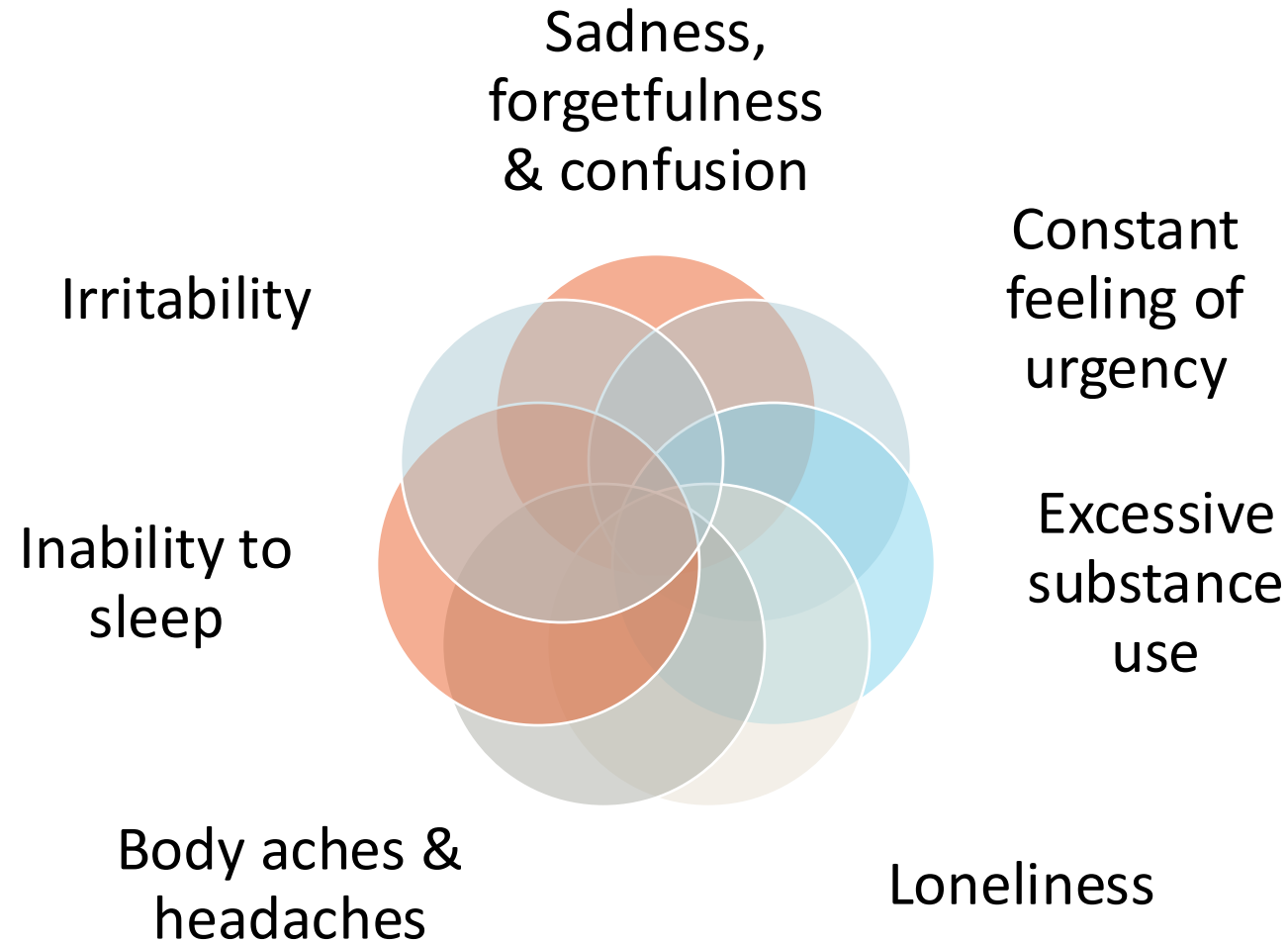
or

are there other emotions?

**Drop 1-4 emojis into the
chat that show your
current emotions around
the season!**



Symptoms of Seasonal Stress



Seasonal Myths

Suicide:

We hear that rates of depression and suicide spike at the holidays.

FACT: November and December are the months with the lowest recorded suicide rates overall and per day.

Eating Disorders:

Many American families have traditions surrounding food, desserts and indulgence.

FACT: Working with medical professionals, people with eating disorders can find complete recovery.

Alcohol Addiction:

During the holidays, many are celebrating, reconnecting with old friends, and the tendency to “let go” increases.

FACT: Celebrating does not equal addiction.

Mental Health:

Spending time over the holidays with your family is good for your mental health

FACT: Holidays can be very difficult for many of us.



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Preparing for Changes

Self-Evaluation:
Identify How
You're Feeling

Acknowledge
What You've
Lost

Make The
Most of It

Don't
Romanticize
Your Typical
Plans

Practice
Gratitude



Source: Mental Health America

Principles of Seasonal Wellness



Wellbeing Weather: Fall & Winter



1. Slow Down

- Be aware of nature's rhythm
- Conserve our energy



2. Keep Warm

- Physically
- Emotionally



3. Set Boundaries

- Be intentional about social connections



- Declutter the mental chatter
- Trust your process.
- Maintain self-care rituals
- Set your intention, then work toward it.
- Set healthy boundaries
- Trust there are **ONLY 24** hours in each day!

*It's a great time to reset
for the new year!*





Resources for Support



Resources



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

- [Holiday Stress Resource Center](#)



MAYO CLINIC

- [Stress, depression and the holidays: Tips for coping](#)

Psychology Today

- [5 Ways the Change of Seasons Might Affect Your Mental Health](#)



SAMHSA
Substance Abuse and Mental Health
Services Administration

- [Effects of Severe Weather on Behavioral Health](#)



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Mental Health First Aid

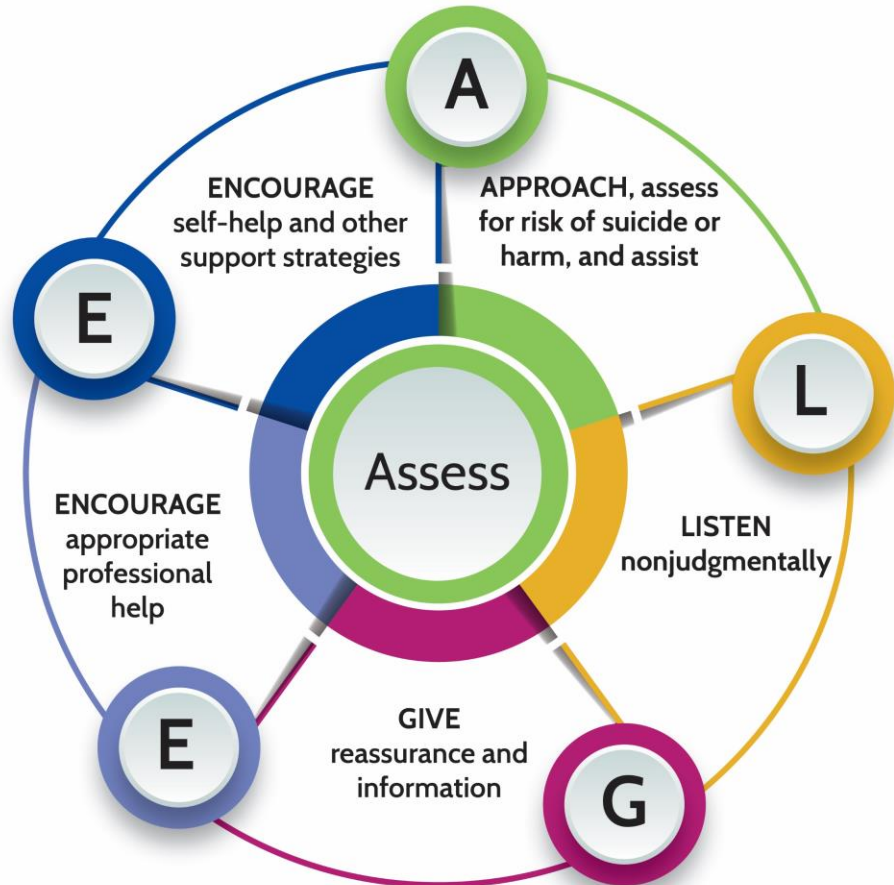
Mental Health First Aid (MHFA) is an evidence-based course that teaches learners how **to identify, understand and respond** to signs of mental health and substance use challenges.

The training gives learners the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenge or experiencing a crisis.

**MHFA First Aiders do not treat or diagnose; they serve as a vital link between a person experiencing a challenge and appropriate professional support.*



What does MHFA teach?



Identify. Understand. Respond. Connect.

- **Risk factors and warning signs** of mental health and substance use challenges.
- **Information** about anxiety, depression, trauma, substance use (including opioids), non-suicidal self-injury, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.
- **A 5-step Action Plan (ALGEE)** to help someone who is developing a mental health challenge or is in crisis.
- Available evidence-based professional, peer and self-help **resources**.



MHFA Curricula Offerings



Adult MHFA



Youth MHFA



MHFA at Work Curricula Offerings

1

MHFA at Work
General Awareness

2

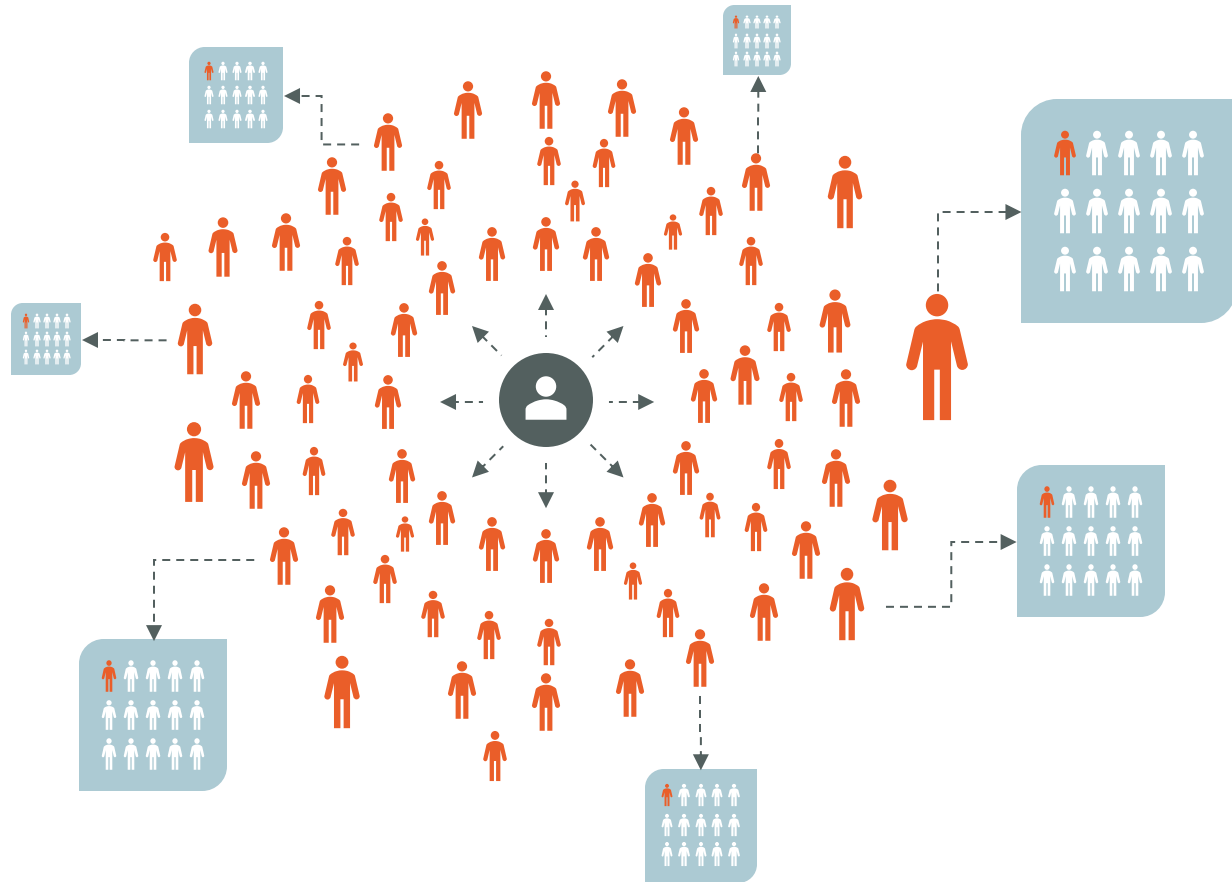
MHFA at Work
Mental Health Essentials

3

MHFA at Work
Intro (eLearning)



MHFA's Community Impact



MHFA Instructor



MHFA First Aider



MHFA First Aider's
close circle of
family and friends



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Counties Implementing MHFA



ROCKDALE COUNTY
GEORGIA



King County



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Want to learn more?

Visit MHFA.org/NACo

or email

MHFA_NACo@TheNationalCouncil.org.



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