



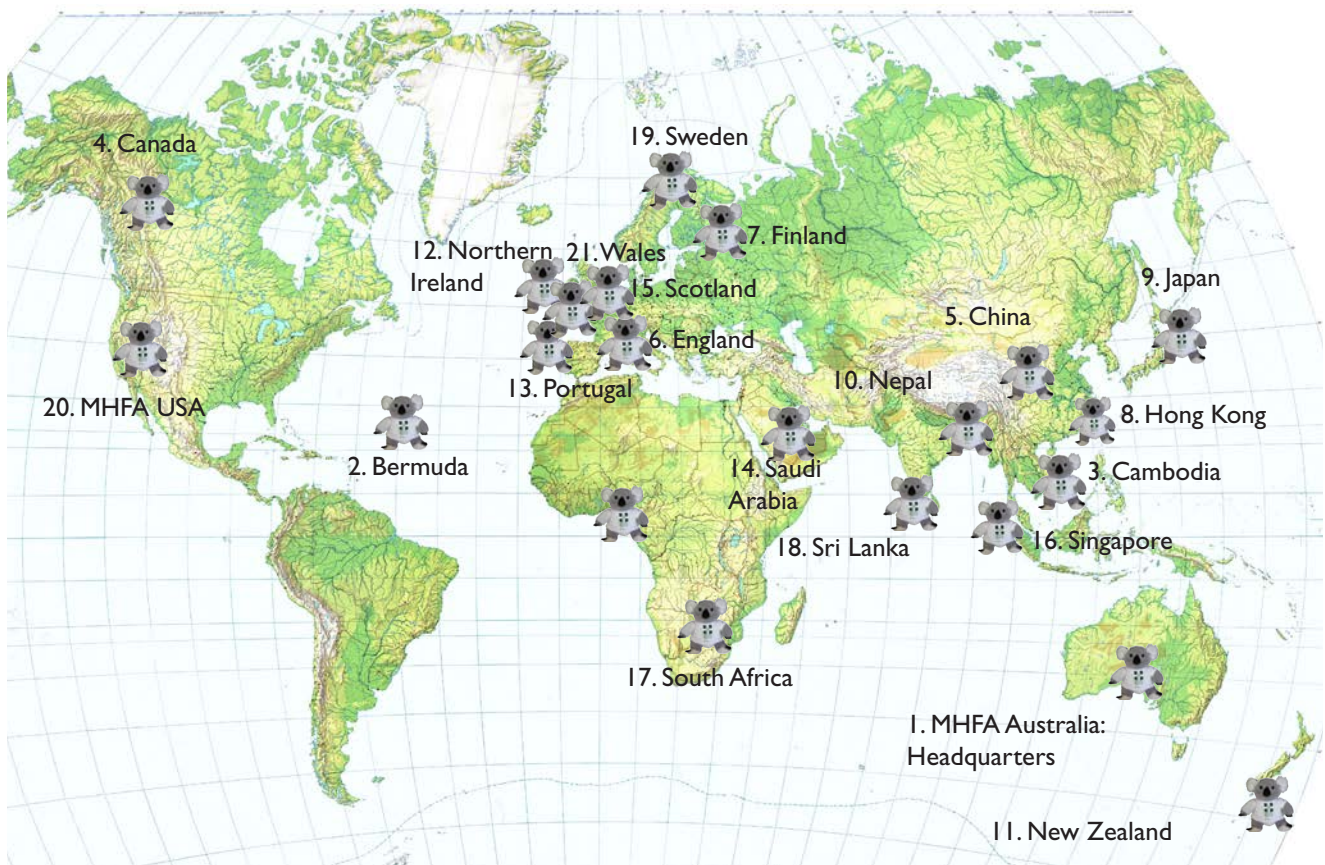
Mental Health First Aid International (MHFA-I) Newsletter

Edition 3, November 2012



Welcome to the third edition of the MHFA-I Newsletter, produced by MHFA Australia to allow an opportunity for MHFA organisations across the globe to share achievements and to strengthen and inspire the international MHFA network. A MHFA-I newsletter was not produced last year, and we apologise for this. From now on we will ensure that this is a yearly newsletter coordinated by MHFA Australia in partnership with all MHFA organisations across the globe.

The MHFA Australia Program has now spread from Australia to 20 other countries, as you can see in the map below!
Our Algee is a bit of a jet-setter. We hope you enjoy reading the exciting MHFA-I news.



In this newsletter - news from each of the 21 MHFA organisations across the world (in alphabetical order):

- | | | |
|-------------------|---------------------------|-----------------------|
| 1. MHFA Australia | 8. MHFA Hong Kong | 15. MHFA Scotland |
| 2. MHFA Bermuda | 9. MHFA Japan | 16. MHFA Singapore |
| 3. MHFA Cambodia | 10. MHFA Nepal | 17. MHFA South Africa |
| 4. MHFA Canada | 11. MHFA New Zealand | 18. MHFA Sri Lanka |
| 5. MHFA China | 12. MHFA Northern Ireland | 19. MHFA Sweden |
| 6. MHFA England | 13. MHFA Portugal | 20. MHFA USA |
| 7. MHFA Finland | 14. MHFA Saudi Arabia | 21. MHFA Wales |



MHFA Australia currently has over 1,000 accredited MHFA Instructors & 200,000 MHFAiders throughout Australia!



I. MHFA Australia www.mhfa.com.au

Never a dull moment at the MHFA headquarters! Since the last MHFA-I Newsletter 2 years ago, much growth and change has occurred “Down

Under.” Here, Betty Kitchener, CEO of MHFA Australia and co-founder of MHFA, updates us on all that is happening here at MHFA Australia.

This year, the MHFA Program and staff left its auspiced position at Orygen Research Centre, University of Melbourne, and set up in an independent not-for-profit company called ‘Mental Health First Aid International’, trading as ‘Mental Health First Aid Australia’. This move ensures the continued growth of the Program, and allows us to embark on various new initiatives. We are still located in the same suburb in Melbourne but in a nice office area on the 6th floor with a view over parks and city skyline. Unfortunately, it was not a nice parting of the ways and much MHFA money and stock had to be left behind and a new start made. We do urge any of you who are in an auspiced arrangement to ensure you have a signed Agreement regarding your MHFA funds, stock and intellectual property (IP).

New products:

I. We recently completed an adaptation of our Standard MHFA Manual and now have available for sale the **MHFA Manual For Chinese People Living in Australia** in both traditional (pictured left) and simplified Chinese (pictured right). Buy online here: <http://bit.ly/M-Shop>



Projects under development:

1. We have just finished a draft short 3-hour face-to-face **teen MHFA program** (for adolescents aged 16-18 years helping their friends) and are



currently piloting this with high school students in Melbourne. We have written a small manual and developed 2 films to accompany this

course. One film, ‘Mates’ shows how a teenager can help a friend who may be suicidal. We will evaluate this program early next year and, if outcomes are good, it will become available later in 2013.



2. We are currently modifying our Standard MHFA Manual to be suitable for giving **MHFA to an Older Person**, including a new chapter on confusion and delirium. We envision this to be ready in the New Year.



3. At the same time we are modifying our Standard course into **3 different courses to make them more relevant to some sectors of frontline workers:** nursing and medical students and financial counsellors. This has been made possible through winning a grant from the Australian Government. More information here:

<http://bit.ly/M-grants>
Without this well-timed grant, the MHFA Program would not have been able to move out into its own company.

4. With some other funding from the Australian Government for our **Aboriginal and Torres**

Strait Islander Program,

we are developing a booklet to accompany this course with information about how to best give **MHFA to an Indigenous teenager**. We will also write a manual / workbook suitable for Indigenous people with a lower literacy level.



5. Our **MHFA website and associated web database** are under development. More than a source of information about the MHFA program, our website is a comprehensive administration tool for coordinating MHFA instructors and administering, promoting and tracking MHFA courses. This Web Instructor Management System (WIMS) is an essential administrative cornerstone of the MHFA Australia program. The MHFA USA Program recently adapted and tailored our WIMS system. We are embarking on a complete redevelopment of our website and WIMS, using Drupal, a more modern and standardised code base. Drupal will facilitate our ability to easily share our MHFA Australia web technology with our international MHFA partners around the world. An important goal of this development is to create a WIMS system that international MHFA organisations can adopt, with some local customisation, into their own programs.

6. We are also developing an **online version of our 12-hour Standard MHFA course** (for adults helping adults). It will be built in Moodle, a learning management system, to be compatible with our Drupal-based website. This package will also be available for our overseas MHFA partners to purchase and tailor.

7. Finally, we are developing a re-accreditation system every 3 years for anyone who completes a MHFA course. A **refresher course** will be available either face-to-face or online to keep accreditation.



2. MHFA Bermuda

Dr Cherita Rayner and Dr Shawnee Basden, clinical psychologists with the Mid-Atlantic Wellness Institute, Bermuda Hospitals Board, serve as the MHFA Program Coordinators.



Above: MHFA Bermuda Manual

MHFA Bermuda is a program within the Mid-Atlantic Wellness Institute's mental health education activities. Betty Kitchener came to Bermuda on the 10th-14th October 2011, to train 15 of our colleagues as MHFA Instructors. All of the instructors work in mental health and are professionally composed of psychologists, social workers, psychiatric nurses, and addiction counsellors. During Mental Health Awareness Week in October 2012 we publically launched MHFA in Bermuda.

Interest in MHFA coincided with the Mid-Atlantic Wellness Institute's adoption of the Recovery Model of mental health treatment. We realised that there was a need for an effective community education program. MHFA was ideal in that individuals learn useful skills and the program assists in decreasing stigma related to mental health issues. The program was initially funded via the hospital's budget. However, in moving forward, we plan to charge a small fee for the course, allowing the program to be self-sustaining.

We currently offer the Standard (Adult) MHFA Course. Dr Basden, Dr Rayner, and Kelly Madeiros, have added local statistics and helping resources to the Bermuda version of the manual. So far we have run two MHFA courses at Mid-Atlantic Wellness Institute. They were well received and participants were enthusiastic learners. Feedback from MHFA courses has been very positive.

3. MHFA Cambodia

Dr Sotheara Chhim, the Director of MHFA Cambodia, and Executive Director of Transcultural Psychosocial Organisation (TPO) Cambodia (the coordinating body of MHFA in Cambodia), shares their latest MHFA-related news.

TPO Cambodia, the leading NGO in the field of mental health and psychosocial interventions in Cambodia, employs 56 staff members. This includes five accredited MHFA Instructors, one MHFA administrator, and myself as the director of MHFA.

The reasons for adapting MHFA for Cambodia are based on the fact that Cambodia is a country that has experienced a turbulent past (e.g. genocide, war). Additionally, Cambodia has few resources to deal with these problems. Therefore, in Cambodia we need to train more paraprofessionals in order to deal with such problems, which will help to reduce the burden of care from mental health professionals. Dr Angelina Chan, a psychiatrist and trainer from MHFA Singapore, is a friend of TPO Cambodia and introduced MHFA to TPO. Dr Chan also initiated contact with MHFA Australia in order to get an agreement signed.

Currently, there is no funding for MHFA Cambodia, which has delayed the start of the project. We will keep raising funds to support this program. At the moment, we only have a small package of funds to develop the Manual only. We currently only have the adult version of the Manual, but we hope to develop other versions later. The Manual is developed in Khmer language. We are in the process of developing and printing our MHFA Manual. The artist is now designing our logo, so everything is not ready yet. We plan to use the



Cambodian National Flower called Rumdul (or Mitrella Mesnyi) as a symbol of our logo (**pictured below**). We plan to test our MHFA Manual next month and we plan to launch MHFA Cambodia in December 2012.



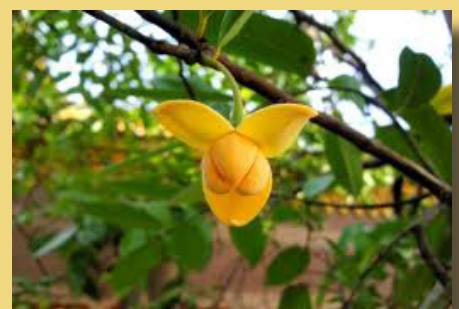
Above: Dr Sotheara Chhim.

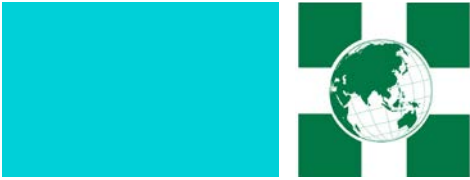
Dr Chan from MHFA Singapore is an experienced trainer (particularly in training MHFA Instructors in Singapore) and has now trained five MHFA Cambodia Instructors.

All of our instructors are clinical psychologists who also have degrees in education. In addition to their clinical roles, they have other responsibilities such as project management, and conducting other training courses.

Given the delay in launching MHFA in Cambodia, we have not yet trained any MHFAiders. However, we hope to train approximately 20 Red Cross volunteers in the coming months. Following this, we plan to train more people to become MHFAiders in our country.

Below: The Cambodian national flower, Rumdul (Mitrella Mesnyi), will be incorporated into the MHFA Cambodia logo and training materials.





4. MHFA Canada

www.mentalhealthfirstaid.ca



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Meaghon Reid, Director of MHFA Canada and Sjors Reijersm, Manager of Program Promotions, discuss the background, achievements and exciting future directions of MHFA Canada.

In 2006, Alberta Health Services brought and adapted the MHFA course from Australia. Introduction of MHFA to Canada capitalised on the start of a public dialogue about mental health, mental illness, and stigma, which continues to grow to this day. MHFA Canada is now a program of the Mental Health Commission of Canada (MHCC) and receives in-kind support from departments at the MHCC. MHFA Canada is a self-funded program. All revenue from grants, courses and materials are used to support adaptations, promotion, evidence gathering, and research into impacts.

Our affiliation with MHCC is mutually beneficial as MHFA Canada benefits through increased legitimacy during its early growth period while MHCC is able to offer a concrete tool for impacting mental health illness awareness and prevention. MHCC, by virtue of its stature nationally and the important role it plays in developing and implementing a national mental health strategy, is consistently hosting conferences, allowing MHFA Canada to exhibit, speak or attend around 20 conferences annually to promote MHFA.

We currently offer 2 versions of the MHFA course: the 14-hour Youth

MHFA course (in English and French), and the 12-hour Basic/Adult MHFA course (in English and French), as well as the Instructor Training Courses to accompany each (also in English and French). In addition, we are currently undergoing adaptations for the following course types: MHFA for Seniors; MHFA for Northern Life (concentrating on Canada's Northern Territories); and MHFA for First Nations.

We currently have over 700 instructors spread from coast to coast to coast, meaning that Canadians in most parts of the country have access to MHFA training. Some work independently, others combine MHFA training with other health related training services, yet the majority works with not-for-profit organisations. Increasingly, private companies, national organisations, and government agencies are training instructors.

There has been significant and sustained growth in interest and participation in MHFA training since 2006. MHFA Canada is featured regularly in print media, television and radio throughout the country. Our most recent interview was with Denise Waligora on CBC radio (<http://bit.ly/CBC-radio>). As of September 2012, over 60,000 Canadians have attended a MHFA course in Canada.

Another milestone was a presentation delivered to Canadian MPs and Senators in July 2012 by Betty Kitchener at a breakfast at Parliament Hill in Ottawa (pictured above). This was the catalyst to a deeper relationship with top levels



Mental Health First Aid CANADA

of government who are championing MHFA across a broad range of sectors. More information here: <http://bit.ly/Canada-PR>

In spring 2013, MHFA Canada will begin delivering its First Nations MHFA course adaptation in cooperation with Aboriginal communities across the country. After two years of development, testing and piloting this adaptation, the opportunity to provide MHFA that is culturally appropriate and realistic is an exciting next step.

Below: Betty Kitchener speaking to members of Canadian Parliament in Canada, July 2012.



5. MHFA China

In early November 2010, Betty Kitchener and Dr Claire Kelly from MHFA Australia



arrived in Chengdu, Sichuan province of China, the homeland of the Panda. They delivered the first Standard and Youth MHFA courses at the Mental Health Center of the West China Hospital Sichuan University, the largest hospital in China. This centre is carrying out the mission of promoting mental health literacy in China.

The MHFA China team have since completed the adaptation of the manuals and curriculum. They are also working on developing materials suitable for people living in villages.



mhfa
mental health first aid england

Michael Bryzak, Marketing and Brand Manager for MHFA England, shares some interesting stats and the latest news on MHFA England.

The launch of MHFA in England in 2007 was inspired by MHFA Scotland, who had previously adopted the program in 2005. We currently offer the Standard and Youth MHFA programs, as well as a shortened version MHFA Lite, a 3 hour introductory mental health awareness course that can be delivered to up to 25 people. Given its short duration, it is not meant to be a substitute to the 12-hour Standard MHFA course. All of our courses are offered in English and in Braille, and a British sign language version is currently being developed.

So far, MHFA has spread across the country in England. Instructor Training Courses are delivered in major cities such as in London, Bristol, Birmingham, Manchester, Leeds and Newcastle. At present, over 50,000 MHFAiders, and over 700 MHFA Instructors have been trained. The majority of our Instructors have backgrounds in charity and social enterprise sectors (30%), and 23% work for the National Health Service. 18% of our Instructors work independently, 12% work for local government, 5% work in prisons, and the rest work in the education sector, for the police and for various other private businesses. MHFA England also have 4.5 staff, 15 national contracted trainers and one contracted quality assurance lead.

There are many stories proving that the skills people gain from a MHFA course really make a difference. For instance, MHFA England Instructor, Aly Anderson, commented:

6. MHFA England

www.mhfaengland.org

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follow us on twitter <http://bit.ly/Twitter-MHFA>

“One young woman, in particular, had a real impact on me. She came back to the second day of the course and told the story of how, over the previous weekend, she’d used ALGEE in a real crisis situation involving someone she hardly knew. It was so powerful to hear her tell the whole group that, had she not been on the MHFA course the week before, she would never have had the confidence to ask the questions that needed to be asked. She did all the right things - and a tragedy may well have been prevented as a result.”



Above: MHFA delivered to Rugby League players

This is even more apparent in some of the feedback from MHFA England course participants, such as this comment made in December 2011: *“After 20 years of doing my job I thought I had done every course going. I was wrong and feel so happy that I still can get new info and excited about something that is very important to me.”*



Above: MHFA England Team at House of Lords.

There has also been quite a bit of media and government interest in MHFA England. For instance, in July this year, MHFA was listed in a Department of Health Press Release as part of a plan for employers to improve mental health in the workplace (see more news here: www.mhfaengland.org/news).

MHFA England has several major milestones to celebrate, one being the announcement that Professor Lord Patel, Shadow Minister for Communities in the House of Lords, became an official patron. Lord Patel is internationally renowned for his work

with communities and social cohesion across a range of issues including mental health, drug and alcohol use, crime and regeneration.

Additionally, the Standard MHFA and Youth MHFA programs were recently accredited with the National Open College network to gain credits at A-Level standard (similar to VCE in Australia), and the Royal Society of Public Health accredited our Standard and Youth MHFA Instructor Training Courses. Currently, we’re working towards launching some new specific courses next year.

Also, our National Director, Poppy Jaman, was announced as one of the top ten Future 100 Young Social Entrepreneurs of the Year on Social Enterprise Day during Global Entrepreneurship week in 2011. Poppy said,

“Our Community Interest Company has had a tough year. Sustaining the business through the current climate has required resilience and innovation. Our team and our instructors have an abundant amount of passion and positive energy, as mental wellbeing is a personal agenda that we are collectively driving forward. To be recognised for our social impact has certainly affirmed my faith in what we do. This has given me a personal boost and rejuvenated enthusiasm!” (Read more here: <http://bit.ly/Future-100>).

Below: MHFA CEO Poppy Jaman receiving the Future 100 Award.





7. MHFA Finland

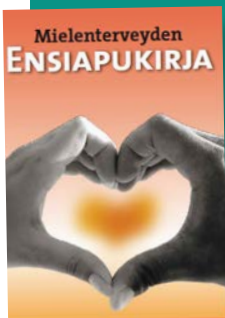
The Finnish Association for Mental Health in cooperation with the National Institute for Health and Welfare (THL) has been involved in bringing the MHFA Program to Finland. As of 1 September 2008, FAMH has been solely responsible for all MHFA education in Finland.

The original Australian MHFA concept was adapted for Finnish circumstances and renamed MHFA2 course. The

aim of this course is for participants to know the most common mental disorders and their symptoms, as well as the cons of drug use. It also teaches participants skills to provide assistance to others, through providing the MHFA action plan. The MHFA2 manual is available in both Finnish and Swedish. Participants from health and social service backgrounds are the main participants attending MHFA2 courses in Sweden.



MHFA2 Manual.



Above: MHFA1 Manual.

To compliment the MHFA2 course, FAMH developed a new concept with salutogenic approach (i.e., focusing on factors that support human health and well-being), which they've called the MHFA1 course.

The aim of this course is for participants to identify their own resources, and information to be prepared to face life crises and to support others. Ultimately this course encourages people to promote good mental health and to be aware of and prevent risk factors. The MHFA1 Manual is available in Finnish only. Approximately 60% of all participants take part in both MHFA1 and MHFA2-courses.

8. MHFA Hong Kong

Ms Prudence Wong is the Coordinator of the MHFA Hong Kong Program and Chief



Officer (Service) of the Mental Health Association of Hong Kong (MHAHK), the coordinating body for MHFA in Hong Kong.

Established in 1954, MHAHK is a NGO in Hong Kong that aims to promote mental health and provide rehabilitation service for people with mental illness and intellectual impairment. The Association has over 500 staff, with over 150 professional staff including social workers, nurses, clinical psychologist, etc. Staff members responsible for MHFA Hong Kong are not employed on a full-time basis, yet we have four staff working on the MHFA Program as well as other work duties.

The mission of MHAHK to promote mental health education and to enhance the understanding of mental health is in line with the objectives of MHFA, so, in 2004, we invited Betty Kitchener to come to Hong Kong to facilitate the adaptation of the program for our country.

We currently offer 2nd edition of the Standard (Adult) course and the Youth MHFA course for adults assisting youth. We also have locally adapted Chinese MHFA Manual to accompany both versions of the course.

Over 700 MHFA courses have been conducted in Hong Kong, and over 17,000 people have trained as MHFAiders. Every year, we plan to organise 100 courses. We also deliver courses in Macau and the Guangdong Province of China. At MHAHK we organise MHFA courses for the public. Other Hong Kong MHFA Instructors run courses in the colleges, universities, social service settings, schools, etc.

www.mhfa.org.hk

We have trained over 150 MHFA Instructors, 120 of which are currently accredited and actively conducting MHFA courses. Most of the MHFA instructors are social workers. Others are counsellors, clinical psychologists, occupational therapists, nurses, lecturers, etc. Most are sponsored by their employed agencies to be an instructor, so they mainly run the course for the clients within their agencies. Master MHFA Instructors (myself and Mr Vincent Wong) are the Trainers of Instructors. We also have three psychiatrists (our MHFA Course Consultants) and a clinical psychologist who speak at the Instructor Courses, to provide further information to Instructors.



Above: MHFA Hong Kong Instructor Training Course.

Some of our major milestones have been in 2005 the Chinese MHFA manual was printed. Also, in 2007, MHFA Instructor Training Courses were developed and began to be conducted in Hong Kong. In 2010 MHFA courses began to be held in Macau and the Guangdong Province of China. And in 2011 we launched our 2nd edition of both the Standard MHFA and Youth MHFA course.

Our future plans include producing the results of an evaluative research project, which measured the effectiveness of MHFA Hong Kong. This project has been running for 18 months, and over 1000 questionnaires collected. We also plan to develop a teen MHFA course for teenagers helping other teenagers, in parallel with Australia.



9. MHFA Japan www.mhfa.jp

Introducing you to Yuriko Suzuki, a psychiatrist from the MHFA-Japan team, National Center of Neurology and Psychiatry, National Institute of Mental Health.



We run MHFA Japan as a research project with 9 members. Along with the nation-wide suicide prevention strategy, this program was referred to develop training programs for gatekeepers for suicide prevention. Also with the wake of massive disaster in 2011, the MHFA Program in Japan was utilised to train health professionals who take care of the people in the affected area.

Our project is funded by a research grant of the ministry of education, culture, sports, science and technology, Japan. We currently offer Standard/Adult versions of the course, and a part of Youth, self-harm.

Some of our recent milestones were receiving an award from the Japanese Society of Neurology and Psychiatry for promoting mental health for gatekeepers, and publishing the first edition of the Standard/Adult Manual.



Above: MHFA-Japan Standard Manual.



Above: MHFA-J Team accepting their award at the annual conference of Japanese Society of Neurology and Psychiatry (Sapporo, Japan), left-right: Daisuke Fujisawa, Kumi Uehara-Aoyama, Shimako Suzuki, Takahiro Kato, Yuriko Suzuki, Kotaro Otsuka, and the president of JSPN.

10. MHFA Nepal

Nepal, a small country tucked between India and China, is home to Mount Everest and attracts tourists to its amazing mountain treks and natural beauty. What is not well publicised is its poverty and associated miseries. Most people in rural Nepal do not consider mental illness as 'illness' and therefore common mental health problems remain undetected and untreated.



There is very little in terms of community psychiatry and there are no mental health services in primary care at all. Various voluntary organisations have been trying to train primary care health workers in detecting mental illnesses, but only a dozen out of 75 districts have benefitted from those programs.

For last few years, the Nepalese Doctors' Association UK and the Nepal Chapter of the South Asia Forum on Mental Health (SAF-Nepal) have been trying to raise mental health literacy amongst the general public with a view to raise their awareness and expectation of mental health services from the Government. At the invitation of Dr Arun Jha, MHFA Australia brought the program to Nepal free of charge in December 2010.

In 2011, the MHFA Nepal Manual was produced in English and then Nepalese. New topics such as epilepsy and hysteria were added and panic disorder and deliberate self-harm were removed. The latest development is a Dementia MHFA manual.

Prabhat Kiran Pradhan, the SAF-Nepal National Coordinator and a key MHFA Nepal Instructor has delivered the MHFA course in four regions of Nepal - the capital city Kathmandu and further east in Janakpur, Jhapa and Dolakha.

11. MHFA New Zealand

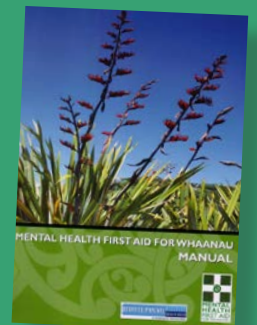


In 2009 Counties Manukau District Health Board launched the MHFA Program for Whaanau (Maaori families), an adaptation of the 1st edition Aboriginal MHFA Program.



Above: Inaugural MHFA for Whaanau Instructor Training

Right: MHFA for Whaanau Manual.



This year, Counties Manukau District Health Board has been adapting the 2nd edition MHFA Australia Standard Manual and in November, trained their first class of MHFA Instructors.



Above: Counties Manukau District Health Board 2nd edition MHFA Instructor Training, Nov 2012.



12. MHFA Northern Ireland

The Public Health Agency (PHA) is the coordinating body of MHFA Northern Ireland. PHA is a multi-disciplinary, multi-professional body with a strong regional and local presence.



In March 2012, PHFA welcomed 30 newly qualified MHFA Instructors within the community, voluntary and statutory sectors. These additional Instructors can now train others in MHFA, to recognise the symptoms of mental health problems, provide initial help, and to guide a person towards appropriate professional support. In Northern Ireland, at least one in five people experience mental health problems and the stigma that still surrounds this can prevent people seeking help. Making MHFA courses available in local communities and within local organisations is very important.

While presenting the certificates, Dr Eddie Rooney, Chief Executive, PHA, said: "Since its inception in 2009, the PHA has been involved in supporting the ongoing development and roll out of MHFA training. I am delighted that we are able to increase the number of trainers and therefore the numbers of people trained, from all walks of life, who are likely to come into contact with vulnerable people. With MHFA training, they can provide that vital, first intervention that will make a positive and immediate difference to those in distress."

Below: Newly trained MHFA-NI Instructors with CE of PHA, Dr Eddie Rooney



13. MHFA Portugal

Luís Manuel de Jesus Loureiro is the Coordinator of the MHFA program in Portugal. He has a PhD in mental health and is a Professor in the Nursing School of Coimbra, Portugal. Luis is also the principal investigator of a funded project that evaluates the mental health literacy of adolescents and young people in the central region of Portugal and he implements mental health education sessions in Portuguese schools. Here, Luis shares the latest MHFA Portugal news.

We applied a translated and adapted version of the Survey of Mental Health Literacy by Jorm (1997) in Portugal. My team and myself discovered that the mental health literacy of adolescents and young people in Portugal is low. We have administered around 6,000 questionnaires in 50 schools in the central region of Portugal. We found that Portuguese adolescents and youth do not recognise the symptoms of a mental health problem and do not know who the best professionals to help them are.

The Youth MHFA course, which was adapted from MHFA Australia for use in Portugal in early 2012, will help adults who deal with adolescents and young people to recognise mental health problems earlier and help young people in need to access mental health services. Besides providing information to adolescents and young people in schools, we think Youth MHFA is important training for teachers and other school workers to help their students.

Our MHFA Program will receive funding through the selling of the materials and the course and also as an independent project inside the Nursing School of Coimbra.



Above, left-right: Betty Kitchener, Dr Luis Loureiro, Katarina, Prof. Ida, Prof. Tony Jorm, Ana Teresa & Dr Claire Kelly during the adaptation of MHFA for Portugal, at the Nursing School of Coimbra (Portugal).

We have a designer working with us in order to create the website, the program's logo and other resources. He has already created the logo, which is not yet finalised (see above). The inspiration behind our overall MHFA design look is the first aid cross. We also thought of the butterfly associated with mental health. The colours of the Nursing School of Coimbra 'look' inspired the colour of our MHFA logo. We aim to transmit an image of peace and tranquillity whilst remaining modern.

We haven't started conducting the course but we have already translated and adapted the materials. In this initial phase, we will only offer the Youth MHFA course. We have not yet started Instructor Training. When we begin training, we will select people with different backgrounds but with experience in mental health, either professional or personal, as well as great communication skills. We plan to run Instructor Training in the Nursing School of Coimbra. Preferably, the Youth MHFA courses will be conducted in schools and in primary health care services.

Our Youth MHFA Program has received some interest of the media; given it is part of our funded project. There has been some news in national and local newspapers and magazines. We also have some TV appearances scheduled to talk about the project and the program.



15. MHFA Scotland

www.smhfa.com



Mechele Wimble, Learning and Development Officer for MHFA Scotland, NHS Health Scotland, discuss the latest news on their program.

We currently offer the Adult MHFA course, and are working on adapting the Youth MHFA course. For both versions of the course, we use the Australian MHFA Action Plan: ALGEE.

Since the program was launched in 2005, over 11,000 people have attended the MHFA course throughout Scotland. The feedback from participants is overwhelmingly positive.

We also run Instructor Training Courses throughout Scotland, with a high number in and around Glasgow. At present we have 336 accredited Instructors, who come from a mixture of backgrounds including private and public sectors. We also have a number of prison staff, teachers and freelance Instructors. We also have 3 people in our national training team (i.e., Trainers of Instructors) who are responsible for the delivery of all our Instructor training courses.

We have held various national conferences for Scotland MHFA Instructors including Continuous Professional Development (CPD) events together with smaller events targeted at a local level.



16. MHFA Singapore

www.mhfa.com.sg

Both Dr Angelina Chan and Mr Lim Kok Peng share the latest news from MHFA Singapore. Dr Angelina Chan is the Chairman of MHFA Singapore Executive Committee, and the Head & Senior Consultant Psychiatrist at Trauma Recovery & Corporate Solutions (Changi General Hospital). Mr Lim Kok Peng is the MHFA Singapore Program Administrator within the Business Development and Training department of Trauma Recovery & Corporate Solutions, Changi General Hospital.

MHFA Singapore employs seven trainers and three administration staff. MHFA was adapted by Singapore in 2007 with the aim of raising mental health awareness in Singapore. Initially we received seed funding from Lundbeck Institute and support from Changi General Hospital. Currently it is partly self-funded and partly funded by Changi General Hospital.

We currently offer three different versions of the MHFA course - MHFA Adult (in English and Mandarin), Youth MHFA, and MHFA for Older Persons. Thus far, MHFA Singapore is the only MHFA Program to have developed a course specifically for adults working or living with elderly people, in light of the recognition that mental health problems in older persons are often managed differently when compared to the general adult population **(MHFA Australia are currently working towards developing such a course – as mentioned on page 2).**

The MHFA Singapore Older Persons course includes a module on confusion in older persons, which is a common presentation in mental disorders in older persons. Using video clips, role plays and case discussions specific to the older person, MHFA-Singapore



(Older Person) teaches the participants to recognise and provide initial help to older persons with common mental health problems such as depression, dementia, anxiety and psychosis. Basic first aid steps are used to support the older person in mental health crisis until the person is referred for professional help. It is targeted at those without prior knowledge of mental health issues. It is also relevant for staff and volunteers working at eldercare agencies such as neighbourhood links, seniors activity centres, rehabilitation centres, hospitals and nursing homes.

MHFA Singapore courses are conducted at various Government and non-Government agencies as well as community-based agencies. Since 2008, 5000 MHFAiders have completed the MHFA Adult course. Since 2011, 200 MHFAiders have completed the Youth MHFA course. Lastly, since 2010, 370 MHFAiders have completed MHFA for Older Persons.

We currently have 43 accredited MHFA Instructors. Instructor courses are run almost annually at Changi General Hospital. Trainers of Instructors are experienced MHFA Singapore instructors, who are also mental health professionals. These trainers have also been involved in the development of the teaching materials and participants manuals.

Left-right: Youth MHFA Instructor & MHFA Executive Committee member, Jasmine Pang & Dr Tang Hui Kheng (previous MHFA Singapore Director).





17. MHFA South Africa

www.mhfasa.co.za

Mental Health First Aid South Africa (MHFASA) is a non-for-profit organisation lead by Dr. Malik Vazi. MHFA was brought to South Africa in 2009 to assist with overcoming mental health related challenges faced by the country, such as:

- Only 25% of people in South Africa with a mental illness seek treatment.
- After back problems, psychiatric conditions rank as the leading cause of sick absenteeism and ill-health retirement in South Africa.
- Approximately 56% of people affected by HIV/AIDS are predisposed to mental health disorders.
- Prevalence of psychosocial distress amongst individuals affected by HIV/Aids is increasing.
- Substance abuse including alcohol use among the teenagers is increasing in South Africa.
- 1 in 3 adults will suffer from a mental health disorder in their lifetime.

The logo of MHFASA is a jigsaw, with the two parts signifying the support and understanding required to overcome mental health problems. Together, the pieces are stronger, stable and able to weather life's challenges. The colours of the logo signify the dark blue grey clouds before seasonal rains followed by lush green growth.

Currently MHFASA offers the MHFA Standard course for adults, and participants from organisations such as Gold Fields (one of the world's largest unhedged producers of gold) and the South African Red Cross Society have attended the course. Some of the feedback received from participants in the course is:

"Thanks for this brilliant course. It gives you the necessary tools to help people or to assist them in seeking help".



Below: MHFA South Africa Instructor Training Course.



"I wish all employees could attend this course so that we will achieve zero harm".

MHFASA has signed a cooperation agreement with the South African Red Cross and the International Foundation for Interdisciplinary Health Promotion (www.ifihp.org) to help speed the rollout of the program across South Africa. As a part of this development, the Standard MHFA course is being updated with relevant South African data. It is also being translated into South African languages such as Afrikaans, isiXhosa, isiZulu and Sutu. The aim of the translation is to reach more of the population, especially in rural areas of the country.

Currently the main funder for the program is Zeal Health Innovations, a company owned by Dr. Vazi. There is a concerted effort to expand the network of funders, something that will help increase the visibility of the program.

We have planned media campaigns on a monthly basis, linking mental health with the national health calendar by emphasising the psychological aspect of any physical illness or injury. This strategy is targeted at other NGOs, health providers, and community organisations among others.

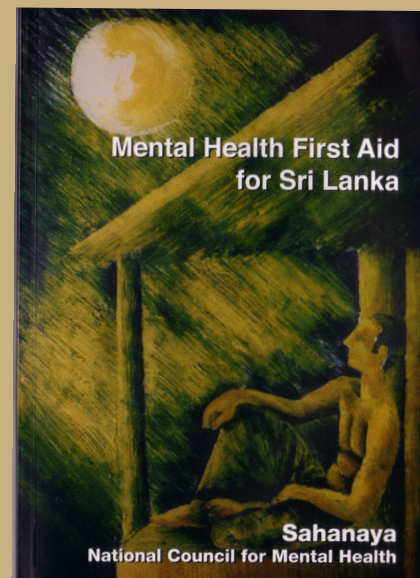
18. MHFA Sri Lanka

Hemamala Vithanarachchi is the former head of the Department of Health Sciences at Open University of Sri Lanka (OUSL). Prior to 2011, MHFA for medical doctors was offered as postgraduate training at OUSL. Whilst Hemamala no longer works for OUSL, and the MHFA training for medical doctors is no longer offered there, Hemamala kindly provided an update of MHFA in Sri Lanka.



Above: OUSL logo.

OUSL, the former home of MHFA Sri Lanka, is a government funded university and has approximately 1500 academic staff and 1200 non-academic staff. An adapted version of MHFA is currently offered for home based care givers (specifically elderly care givers along with other nursing care), through the Department of Health Science at OUSL. Currently, Hemamala is the Head of the Nursing Department in a newly established university called KAATSU International University (KIU). Here, she hopes to develop MHFA training for nurses in the future (depending on support and funding).



Above: MHFA Sri Lanka Manual.



MENTAL HEALTH FIRST AID

20. MHFA USA

www.mentalhealthfirstaid.org

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Cooperatively, all MHFA USA entities update us on the MHFA USA Program. MHFA USA is jointly supported

by three entities: the Maryland Department of Health and Mental Hygiene, the Missouri Department of Mental Health, and the National Council for Community Behavioral Healthcare. All together, these three entities have 10 full-time staff dedicated to the program rollout.

Each of the three entities heard about MHFA around the same time, and we were all motivated to bring the program over to the US due to its simplicity, applicability to a wide set of audiences, and evidenced effectiveness for those trained.

We currently offer the Adult MHFA course and the Youth MHFA Course came out fall/autumn 2012. A Spanish Language adaptation is also forthcoming. MHFA Courses are run all over the country – in urban areas such as New York, Los Angeles, and St. Louis, and less populated areas such as South Dakota and rural Georgia. This fall/autumn, we can now say that there is or has been presence of Mental Health First Aid in all 50 states, the District of Columbia, and Puerto Rico! This upcoming spring, we will be celebrating 5 years of the course here in the US.

As of October 2012, there are more than 75,000 MHFAiders across the US. On average, approximately 100 MHFAiders are trained every day in the US! We hear many testimonials regularly, and often seek those who describe how MHFA has helped them in their specific profession: "As an HR professional who interacts with people everyday I found the MHFA training to be

extremely helpful – I learned a tremendous amount of information that I can use as an HR professional and as a person."

"Police in Rhode Island began offering MHFA training to give officers more response options to help them deescalate incidents and avoid tragic outcomes. The new training helps our officers better understand people with mental illnesses so they can respond appropriately without compromising safety."

We currently have 2,500 Instructors across the USA. There is no one "typical" Instructor, but many work with mental health and substance-use provider agencies, which may include public or social service organisations, higher education settings, government, and managed care. Instructors hold a range of positions within their organisations, from leadership to administrative support, clinicians to community liaisons. Our Instructor network also includes individuals working with or volunteering for advocacy organisations and a few who provide the courses independently. Instructors are passionate about the program and view themselves as agents of change within their communities. We frequently hear from Instructors about how the program impacts their jobs, personal relationships, and community interactions overall.

Our Trainers of Instructors have a broad array of backgrounds in the mental health field and beyond. We are pleased that our National Trainers offer our instructor groups solid experience in delivering the community trainings, a profound understanding of adult learning needs, and considerable personal and professional experience with individuals with mental health and substance use challenges.

We encourage Instructors to promote their courses in their communities, and



Above: MHFA USA Youth (left) and Adult (right) Manuals.

as a result, MHFA is mentioned daily among local media throughout the US. On a national scope, the program has been featured in major national newspapers including the New York Times, the Washington Post and USA Today, and we have had two featured stories on National Public Radio.

Each year, we host a one-day Instructor Summit in conjunction with the National Council's Annual Conference. The Summit brings together Instructors from around the country, and features a full day of presentations on topics relevant to supporting the instructor network, such as fundraising, marketing and continuing education credits.



Above: MHFA USA Instructor Training.



14. MHFA Saudi Arabia

In September 2012, Betty travelled to Riyadh, capital of the Kingdom of Saudi Arabia (KSA) to deliver and consult with some mental health professionals about a MHFA KSA program.

Currently the program is being adapted for the KSA. Dr Abdulhameed Allhabeeb, a Director of Mental Health in the Saudi Ministry of Health and General Secretary of the National Committee Caring for Mental Patients and their Families (NCCPF), is the driving force behind developing a MHFA KSA Program.

Below: The Inaugural MHFA Saudi Arabia Course.



21. MHFA Wales

www.mhfa-wales.org.uk

MHFA Wales is a Welsh Government project and is part of the Suicide Strategy for Wales. In collaboration with Mind Cymru, the Welsh Government launched MHFA Wales in April 2008 with the recruitment and training of the National Training Team (4 National Trainers, including one Welsh speaker).

The Welsh MHFA Manual is bilingual (in Welsh and English), and has been slightly adapted to cater for the needs of the population living in Wales.

As of 2010, 119 people have trained as Instructors in Wales, 64 of whom are currently accredited to deliver courses throughout Wales. Over 10,000 participants have attended the 12-hour Wales MHFA course.

Additionally, the Youth MHFA course was launched in 2010. MHFA Wales currently have 43 accredited Youth



19. MHFA Sweden



The National Prevention of Suicide and Mental Ill-Health (NASP) at the Karolinska Institutet in Sweden, is an expert body for suicide prevention and the coordinating body of MHFA Sweden. NASP is led by Professor Danuta Wasserman and includes research and innovation in suicidology and training, with the objective of disseminating knowledge and improving efforts in suicide prevention throughout Sweden.

In autumn 2010, Betty Kitchener and Dr Claire Kelly from MHFA Australia travelled to Sweden to train NASP staff as MHFA Instructors. Now that Instructors are trained, under the guidance of the Government in Sweden, the pilot study will be implemented.

The pilot study is divided into three stages. Stage 1 included a translation of the Australian teaching materials,

www.mhfa.se

modified for the Swedish context. In stage 2, which began in March 2011, the Adult MHFA Course was piloted in two districts, a densely populated area, Västra Götaland, and in a sparsely populated area, Västerbotten. A total of 2000 MHFAiders were trained. Stage 3 comprises a systematic assessment of the course and its impact on participants. This includes an evaluation of participants' experiences.

Below: The MHFA Sweden Team with Betty Kitchener and Dr Claire Kelly.



 Like <http://bit.ly/Wales-FB>
 follow us on twitter <http://bit.ly/Wales-T>

MHFA Instructors. One of Wales' biggest firms, leading a leading aircraft manufacturer, Airbus in Flintshire, has 60 trained MHFAiders in its 6,000-strong workforce. In an article published in the BBC News in October 2012 (<http://bit.ly/Wales-BBC>), it was reported that the company hopes to put 250 workers through the course. Airbus said the investment had had a big impact, with the number of staff taking sick leave due to emotional and mental health issues halving since the scheme was introduced.

Ian Barr, a MHFAider at Airbus, commented:

"We've helped quite a large number of people over the years. And because we're here, most people who get help don't go off sick. With our support they actually want to stay in work and that helps them with social interaction. And that's important because work might be the only safe place they have."

Algee says thank you!

From the MHFA Australia Team (including Algee), a big thank you to all International MHFA Programs who contributed to this newsletter and shared their inspiring and exciting news with us all.

More info on each of the MHFA International Programs, including contact information and web-links, is available on the International web-page of the MHFA Australia website: <http://bit.ly/Int-MHFA>

We wish you all the very best for the festive season and the New Year!

