

# Addressing the Mental Health Crisis; How DNP's are Preparing Mental Health First Aiders (MHFA) to Bridge the Gap

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# Objectives

1. Identify the MHFA training as a tool to teach people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge.
2. Discuss how DNP's are prepared to lead community program initiatives including grant development.

# **What we know nationally**

# 20%

Suicide is the second-leading cause of death among people age 15 to 24 in the U.S

# 90%

According to the American Psychological Association, although racial and ethnic minorities represent 30% of the population, approximately 90% of practitioners identify as non-Hispanic White

# **What we know locally**

# 8.8%

The county suicide rate of 8.8% is higher than that of NYS at 8%. Adolescents and teenagers often experience mental health stresses that go unnoticed and untreated, leading to a crisis, and the COVID-19 pandemic has only increased this.

# 28%

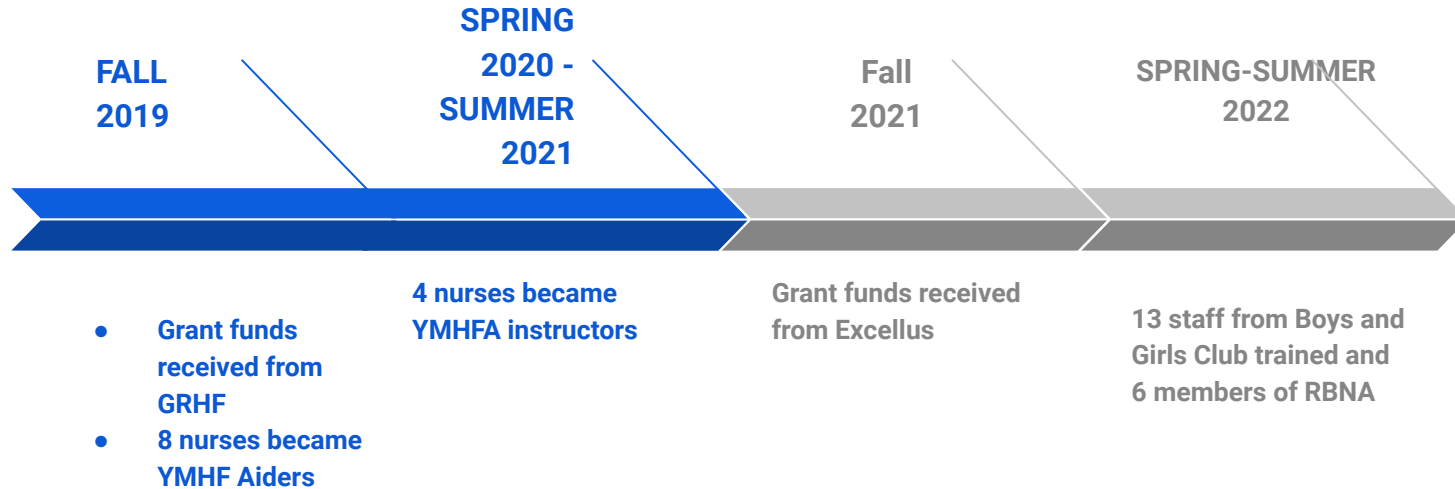
The 2017 Monroe County Youth Risk Behavior survey revealed that in the previous year, 28% of public high school students felt so sad and hopeless over two weeks that their usual activities were affected.



...44%

Post pandemic, more than a third (37%) of high school students reported they experienced poor mental health during the COVID-19 pandemic

# Timeline-Two phases



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# Methodology

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# Methodology

The YMHFA course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan to help youth in crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders

# Methodology

## ALGEE

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

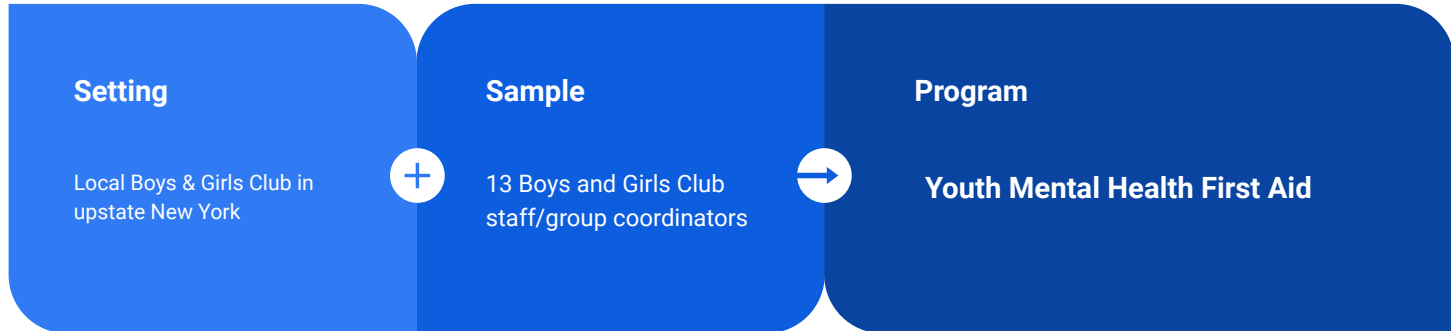
Encourage self-help and other support strategies.

# What community leaders are saying

Youth in the Club have experienced:

- Behavioral outburst
- Lack of coping mechanisms or ability to articulate their feeling
- Lack of aware of resources in the community
- Staff lacking knowledge and capacity to support the youth they are working with

***The project purpose was to implement and evaluate an evidence-based course to help youth in crisis and non-crisis situations.***



# Implementation of project YUP

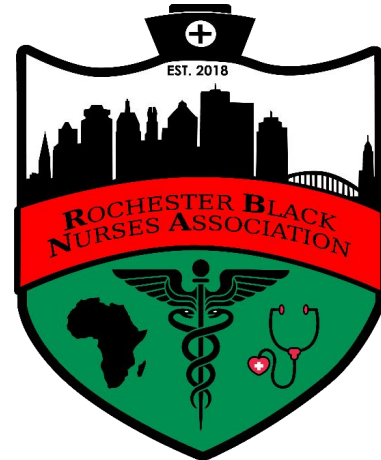
## Process:

Spoke with stakeholders

Grant obtained

Blended course -prework (2 hours) + inclass (4-6 hours)

Evaluation





# Evaluation

Many of the attendees verbalized the need for self care

"This class was very helpful"

Testimonials

"This class better equipped them to approach youth in the club"

# Changing the game

DNP's essentials utilized:

III-Clinical scholarships and Analytic Methods for EBP

VI-Interprofessional Collaboration for Improving Patient and Population Health Outcomes

VII-Clinical prevention and Population Health for Improving the Nation's Health

# Forging New Paths: Implications for DNPs

- Lead population health promotion and improvement
  - Influence health policy & development
- Improve population health and address the social determinants of health.
  - Forging partnership with communities engaged in promoting health
  - Lead community organizations and influence community change

# References

- American Psychological Association (2017). *Mental health needs of racial and ethnic minorities; A guide for practitioners*. Retrieved from [www.apa.org/pi/families/resources/mental-healthneeds.pdf](http://www.apa.org/pi/families/resources/mental-healthneeds.pdf).
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