

MENTAL HEALTH FIRST AID

I-CARE
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OVERVIEW



The WHO predicts that by the year 2020, Mental Illness will be the leading cause of illness & subsequent loss of revenue in the first world. Presently, this is costing Australian business \$11 billion each year (Beyond blue PWC, 2014). In fact, in a recent Survey almost one in five Australians surveyed, had experienced symptoms of a mental disorder during the 12-month period before the survey.

The Mental Health Issue

Facts On Mental Health

- Approximately 20% - world's children and adolescents – mental health disorders/problems

- Mental- and substance use disorders – leading cause of disability worldwide
- About 800 000 people – suicide every year
- War and disasters – large impact – mental health and psychosocial wellbeing
- Mental disorders – important risk factors – other diseases, as well as unintentional and intentional injury
- Stigma and discrimination against patients and families prevent people – seeking mental healthcare

What Is I-Care?

I-Care is a one day training course, specifically designed to facilitate the growing gap in our workplaces & communities. It is the first of its kind, Nationally Accredited Mental Health First Aid course. Our unique program is based on the on-ground experience of our people and the market understanding of issues such as FIFO workers. The core goal is to enable directors, managers and staff of Australian workplaces to have 2020 vision & enact positive, forward thinking changes to the mental health of its workers. With I-Care, workers will be able to recognise and identify when their peers are having issues and act on their mental health issues early. By implementing a Mental Health action plan early, this will save many weeks, months or even years of poor performance and production of the worker.



We aim to make this course as common as the normal physical first aid training that exists today, with a focus on a proactive approach that does not currently exist. The earlier a person, who is suffering a Mental Illness, is diagnosed and treated, the better outcome for not only the patient but also for anyone close to or surrounding the patient. Communities will be safer as the signs and symptoms will be recognised earlier by the people who are closest to the patient. Often if these signs & symptoms can be recognised earlier, they can be treated without any worktime lost or expensive hospital treatments due to the late diagnosis.

Course Overview

The course is one day in duration, with 5 modules, covering 11 lessons:

- **Module 1:** Introduction to mental health first aid
- **Module 2:** Mental health disorders
- **Module 3:** Stress, crisis, critical incidents & trauma
- **Module 4:** Introduction to trauma treatment modalities
- **Module 5:** taking care of the caregiver – a practical approach

Module Overviews

Module 1:

This module gives an overview and introduction to Mental Health First Aid and covers the following topics/themes:

- Definitions of Relevant Terms
- 10 Facts on Mental Health
- Mental health first aid process: 3al-pen
- Main themes of mental health first aid
- People who may need special attention in crisis
- Action principles of mental health first aid
- The role of ethics
- Critical impairments



Module 2:

This module covers the various Mental Health Disorders - how to identify them and how to apply the 3AL-PEN Process, effectively, to each of them. It includes 7 lessons:

- Introduction & Stats
- Depression
- Panic Attacks
- Psychotic episodes
- Alcohol use disorder
- Non-suicidal self-injury
- Suicidal thoughts and behavior

Module 3:

This module covers the various events/situations and how best to identify and defuse situations that may arise. It includes 2 lessons:

- Stress, crisis, critical incidents & trauma
- Post traumatic embitterment disorder

Module 4:

This module introduces trauma treatment modalities and includes the following topics:

- TIR– a unique approach to the treatment of trauma
- Medical model and TIR metapsychology
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- How to tell if victim of trauma is improving
- Critical incident stress management & TIR
- Kubler ross' stages of grief
- TIR for crisis responders
- TIR for pre-incident preparation (crisis responder & potential victim)
- TIR & CISM – a dynamic interaction

Module 5:

This module covers taking care of the mental health first aider and includes the following topics:

- Burnout
- Burnout measure (BM)
- Other factors contributing to burnout
- Hazards psychotherapists & other helping professions face
- To positives to being in the caregiving field
- The Compassion Fatigue Process – Figley, 2001
- Cognitive shifts in those suffering from compassion fatigue
- Danger of over-identifying with our client
- How to reduce the risk of compassion fatigue
- Compassion fatigue: fighting back

