

# NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES



Pete Ricketts, Governor

September 24, 2020

Patrick J. O'Donnell  
Clerk of the Legislature  
Room 2018, State Capitol  
P.O. Box 94604  
Lincoln, NE 68509-4604

RE: SFY2020 Status Report on Nebraska Mental Health First Aid Training

Dear Mr. O'Donnell,

Attached is the State Fiscal Year 2020 Status Report on the Nebraska Mental Health First Aid Training Program as codified in Statute 71-3005.

Authored by the Division of Behavioral Health of the Department of Health and Human Services, this report is intended to provide evaluation on the efficiency of the mental health first aid training program including trainee feedback, trainee demographics and the outcomes of established criteria. The report was created in coordination with the Regional Behavioral Health Authorities and is submitted on behalf of the State and each of the Regional Behavioral Health Authorities. Mental Health First Aid in Nebraska currently has 54 designated trainers across the Regions, certified in both Adult and Youth training as well as endorsements including special populations such as military and veteran, older adults, Spanish-speaking, and higher education. In FY20, Nebraska trained 1,777 individuals in Mental Health First Aid, with 68% of those living in non-Metro areas.

If you have any questions on this report, please do not hesitate to contact me.

Sincerely,

Sheri Dawson, RN, BS  
Director  
Division of Behavioral Health  
Department on Health and Human Services



Statute 71-3005  
Nebraska Mental Health First Aid Training Program  
LB 901 (2014) NRS: 71-3005

**Status Report for State Fiscal Year 2020**

Department of Health and Human Services  
Division of Behavioral Health  
In Coordination with Regional Behavioral Health Authorities

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Nebraska Mental Health First Aid Training Program  
Fiscal Year 2020

## **Description of Nebraska Mental Health First Aid Training Program**

### **71-3004. Mental health first aid training program; Division of Behavioral Health of Department of Health and Human Services; duties.**

(1) The Division of Behavioral Health of the Department of Health and Human Services shall establish a mental health first aid training program, using contracts through the behavioral health regions, to help the public identify and understand the signs of a mental illness or substance abuse problem or a mental health crisis and to provide the public with skills to help a person who is developing or experiencing a mental health or substance abuse problem or a mental health crisis and to de-escalate crisis situations if needed. The training program shall provide an interactive mental health first aid training course administered by the state's regional behavioral health authorities. Instructors in the training program shall be certified by a national authority for Mental Health First Aid USA or a similar organization. The training program shall work cooperatively with local entities to provide training for individuals to become instructors.

(2) The mental health first aid training program shall be designed to train individuals to accomplish the following objectives as deemed appropriate considering the trainee's age:

(a) Help the public identify, understand, and respond to the signs of mental illness and substance abuse;

(b) Emphasize the need to reduce the stigma of mental illness; and

(c) Assist a person who is believed to be developing or has developed a mental health or substance abuse problem or who is believed to be experiencing a mental health crisis.

**Source:** Laws 2014, LB901, § 5.

### **71-3005. Efficacy of mental health first aid training program; behavioral health regions; report.**

The Division of Behavioral Health of the Department of Health and Human Services shall ensure that evaluative criteria are established which measure the efficacy of the mental health first aid training program, including trainee feedback, with the objective of helping the public identify, understand, and respond to the signs of mental illness and alcohol and substance abuse. The behavioral health regions shall submit an aggregated annual report electronically to the Legislature on trainee demographics and outcomes of the established criteria.

### **71-3006. Behavioral health regions; duties.**

The behavioral health regions shall offer services to and work with agencies and organizations, including, but not limited to, schools, universities, colleges, the State Department of Education, the Department of Veterans' Affairs, law enforcement agencies, and local health departments, to develop a program that offers grants to implement the Nebraska Mental Health First Aid Training Act in ways that are representative and inclusive with respect to the economic and cultural diversity of this state.

### Nebraska Mental Health First Aid Training Program Evaluation

	<b>Trainee Demographics</b>	<b>Region 1 (N=13) *</b>	<b>Region 2 (N=13) *</b>	<b>Region 3 (N=728) *</b>	<b>Region 4 (N=272) *</b>	<b>Region 5 (N=397) *</b>	<b>Region 6 (N=354) *</b>	<b>State Avg. (N=1,777) *</b>
<b>Trainee Agency</b>	School/University/College	0.0%	23.1%	85.9%	60.2%	58.5%	30.0%	63.9%
	Government Agencies	69.3%	0.0%	2.5%	3.7%	4.5%	4.0%	3.4%
	Law Enforcement	0.0%	0.0%	1.1%	1.1%	2.3%	20.8%	5.2%
	Community Service Programs and Providers	0.0%	76.9%	1.0%	13.9%	10.5%	9.7%	8.9%
	Non-Profit	30.7%	0.0%	1.0%	11.3%	4.0%	7.2%	4.8%
	Housing (authority, program, shelter)	0.0%	0.0%	0.8%	7.2%	1.8%	9.7%	3.9%
	Other	0.0%	0.0%	7.7%	2.6%	18.4%	18.6%	9.9%
<b>Community</b>	Metro (Omaha, Lincoln, Grand Island)	0.0%	0.0%	4.5%	0.7%	60.4%	86.8%	32.3%
	Non-metro (All Other NE Areas)	100.0%	100.0%	95.5%	99.3%	39.6%	13.2%	67.7%
<b>Age</b>	16-24	0.0%	0.0%	23.3%	12.6%	31.7%	11.9%	21.2%
	25-44	50.0%	46.2%	45.7%	50.3%	43.9%	38.4%	44.1%
	45-60	50.0%	46.1%	25.1%	31.5%	20.5%	46.2%	29.8%
	61-80	0.0%	7.7%	5.8%	5.7%	3.9%	3.5%	4.9%
<b>Gender</b>	Male	16.7%	7.7%	18.7%	13.6%	25.1%	23.8%	20.7%
	Female	83.3%	92.3%	81.3%	85.8%	74.6%	76.2%	79.2%
	Other	0.0%	0.0%	0.0%	0.6%	0.3%	0.0%	0.1%
<b>Race/Ethnicity</b>	Caucasian or White	83.3%	84.6%	86.9%	75.1%	77.5%	54.1%	76.0%
	African American or Black	0.0%	0.0%	0.5%	0.0%	2.7%	8.0%	2.6%
	American Indian/Alaskan Native	0.0%	0.0%	0.2%	1.2%	1.4%	1.2%	0.8%
	Hispanic or Latino Origin	16.7%	15.4%	4.9%	11.0%	2.7%	5.9%	5.5%
	Asian	0.0%	0.0%	0.8%	0.0%	1.9%	0.0%	0.8%
	Native Hawaiian or other Pacific Islander	0.0%	0.0%	0.3%	0.0%	0.3%	0.0%	0.2%
	Multiracial	0.0%	0.0%	6.1%	12.7%	13.2%	30.8%	13.9%
Other	0.0%	0.0%	0.3%	0.0%	0.3%	0.0%	0.2%	
<b>Household Income</b>	Less than \$24,999	---	0.0%	19.2%	13.0%	11.2%	7.3%	14.0%
	\$25,000 to \$49,999	---	38.4%	18.9%	25.7%	22.4%	24.5%	22.0%
	\$50,000 to \$99,999	---	53.9%	32.0%	35.2%	42.1%	38.2%	36.2%
	\$100,000 to \$149,999	---	7.7%	19.4%	17.8%	13.8%	16.7%	17.2%
	\$150,000 to \$199,999	---	0.0%	7.5%	6.7%	8.1%	8.5%	7.7%
	\$200,000 or more	---	0.0%	3.0%	1.6%	2.2%	4.8%	2.9%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

\*The (N=) in the Region heading rows represents the highest number of individual responses from those who attended trainings in each Region and the aggregated count for the Statewide total. Some questions were not answered by all respondents, so valid percentages have been reported.

--- indicates no data available

**Percent of Participants Who Agree with the Following:**

*“As a result of this training, I feel more confident that I can...”*

<b>Evaluation Outcomes</b>	<b>Region 1 (N=13) *</b>	<b>Region 2 (N=13) *</b>	<b>Region 3 (N=728) *</b>	<b>Region 4 (N=272) *</b>	<b>Region 5 (N=397) *</b>	<b>Region 6 (N=354) *</b>	<b>State Avg. (N=1,777) *</b>
Recognize the signs that someone may be dealing with a mental health problem or crisis.	---	100.0%	98.8%	96.7%	97.8%	98.6%	97.5%
Reach out to someone who may be dealing with a mental health problem or crisis.	---	100.0%	98.2%	85.7%	97.1%	98.9%	95.6%
Ask a person whether s/he is considering killing her/himself.	---	100.0%	93.1%	89.3%	92.7%	97.7%	92.8%
Actively and compassionately listen to someone in distress.	---	100.0%	98.2%	98.0%	96.6%	98.9%	97.2%
Offer a distressed person basic “first aid” level information and reassurance about mental health problems.	---	100.0%	97.5%	95.1%	96.3%	98.0%	96.3%
Assist a person who may be dealing with a mental health problem or crisis to seek professional help.	---	100.0%	98.4%	96.3%	95.6%	97.7%	96.6%
Assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports.	---	100.0%	97.9%	97.1%	96.1%	98.3%	96.8%
Be aware of my own views and feelings about mental health problems and disorders.	---	100.0%	98.4%	93.9%	93.6%	98.6%	96.0%
Recognize and correct misconceptions about mental health and mental illness as I encounter them.	---	100.0%	97.3%	92.9%	94.5%	98.8%	96.5%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

--- indicates no data available

<b>Overall Evaluation</b>	<b>Region 1 (N=13) *</b>	<b>Region 2 (N=13) *</b>	<b>Region 3 (N=728) *</b>	<b>Region 4 (N=272) *</b>	<b>Region 5 (N=397) *</b>	<b>Region 6 (N=354) *</b>	<b>State Avg. (N=1,777) *</b>
Percent who would recommend training course to others.	100.0%	100.0%	98.9%	97.7%	98.9%	99.4%	98.9%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

*\*The (N=) in the Region heading rows represents the highest number of individual responses from those who attended trainings in each Region and the aggregated count for the Statewide total. Some questions were not answered by all respondents, so valid percentages have been reported.*