

NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES



Jim Pillen, Governor

December 31, 2024

Mr. Brandon Metzler
Clerk of the Legislature
State Capitol Room 2028
Lincoln, NE 68509

Subject: Mental Health First Aid

Dear Mr. Metzler:

In accordance with Neb. Rev. Stat. § 71-3005, the Department of Health and Human Services is submitting the Mental Health First Aid (MHFA) Training report for Fiscal Year 2024. The attached report provides a summary of training offered to the public to help individuals identify and understand the signs of a mental illness or substance use problem and develop skills to assist a person in crisis. In SFY24, 1,570 individuals received MHFA from 60 certified trainers.

Sincerely,

A handwritten signature in black ink, appearing to read "Thomas Janousek, PhD".

Dr. Thomas Janousek
Director, Division of Behavioral Health

Attachment

Division of Behavioral Health

Mental Health First Aid Training Annual Program Report

December 2024

Neb. Rev. Stat. § 71-3005

Overview

Mental Health First Aid (MHFA) is an evidence-based training program designed to equip individuals with the skills to identify, understand, and respond to signs of mental health and substance use challenges. The course covers common mental health conditions such as depression, anxiety disorders, trauma, psychosis, and substance use disorders. Participants learn a five-step action plan that includes assessing for risk of suicide or harm, listening without judgement, giving reassurance and information, encouraging appropriate professional help, and promoting self-help and other support strategies. The courses are offered to the public in each regional behavioral health authority catchment area and targeted to individuals in the education, healthcare, emergency response, and social services sectors. A participant can attend trainings either in-person, through an instructor led training, partially in-person, or completely virtual. MHFA training is offered by the six behavioral health regions in Nebraska.

By enhancing mental health literacy, MHFA aims to reduce stigma and empower individuals to provide initial support to those in need, guiding them toward appropriate professional assistance. Since its inception in 2001, MHFA has trained over four million people in the United States, including educators, first responders, and community members, fostering more supportive and informed communities.

The National Council for Mental Wellbeing provides guidance for the training. Funding is provided through State Funds.

Nebraska Mental Health First Aid Training: Program Evaluation

The table below displays the number of individuals who received Mental Health First Aid training in SFY24 through the six Nebraska regional behavioral health authorities. The table breaks out the percentages of trainees by demographic categories, which include agency type, community type, gender, race/ethnicity, age group, and household income.

	Trainee Demographics	Region 1 (N=29)*	Region 2 (N=62)*	Region 3 (N=292)*	Region 4 (N=58)*	Region 5 (N=205)*	Region 6 (N=924)*	State Avg. (N=1,570)*
Trainee Agency Type	School/University/College	0%	33.3%	57.7%	52.1%	31.2%	23.9%	31.9%
	Government Agencies	0%	0%	4.1%	0%	3.8%	2.6%	2.8%
	Law Enforcement	0%	29.2%	4.1%	2.1%	3.1%	8.0%	7.1%
	Local Health Department	0%	0%	3.3%	12.5%	8.8%	0%	2.1%
	Other	100%	37.5%	30.7%	33.3%	53.1%	65.6%	56.1%
Community Type	Metro (Omaha, Lincoln, Grand Island)	0%	0%	32.0%	0%	48.8%	90.7%	66.9%
	Non-metro (All Other NE Areas)	100%	100%	68.0%	100%	51.2%	9.3%	33.1%
Gender	Male	2.9%	37.7%	14.3%	13.0%	14.1%	27.2%	22.5%
	Female	97.1%	62.3%	84.1%	85.2%	82.9%	71.6%	76.1%
	Other	0%	0%	1.6%	1.9%	2.9%	1.2%	1.4%

	Trainee Demographics	Region 1 (N=29)*	Region 2 (N=62)*	Region 3 (N=292)*	Region 4 (N=58)*	Region 5 (N=205)*	Region 6 (N=924)*	State Avg. (N=1,570)*
Race/Ethnicity	Caucasian or White	85.3%	93.4%	80.2%	81.8%	80.6%	74.2%	78.2%
	American Indian/Alaskan Native	0%	0%	2.3%	1.8%	0.7%	0.4%	0.7%
	Asian	0%	0%	0%	0%	2.2%	2.4%	1.7%
	Black or African American	0%	1.6%	1.2%	0%	6.0%	10.8%	7.2%
	Hispanic or Latino Origin	14.7%	4.9%	14.0%	16.4%	7.5%	11.0%	10.8%
	Native Hawaiian or Other Pacific Islander	0%	0%	0%	0%	0.7%	0.4%	0.4%
	Other	0%	0%	2.3%	0%	2.2%	0.9%	1.1%
Age	16-24	0%	1.6%	65.5%	26.9%	16.5%	13.2%	18.5%
	25-44	46.9%	39.3%	20.2%	46.2%	51.1%	53.0%	47.7%
	45-60	40.6%	49.2%	7.1%	23.1%	18.7%	27.8%	26.0%
	61-80	12.5%	9.8%	6.0%	3.8%	12.9%	6.0%	7.5%
	81 and Older	0%	0%	1.2%	0%	0.7%	0%	0.2%
Household Income	Less than \$24,999	--	0%	0%	0%	0%	8.8%	5.7%
	\$25,000 to \$49,999	--	16.7%	23.0%	20.0%	27.1%	25.2%	24.5%
	\$50,000 to \$99,999	--	61.7%	44.2%	35.6%	42.9%	30.4%	35.7%
	\$100,000 to \$149,999	--	21.7%	23.6%	24.4%	18.6%	18.2%	19.4%
	\$150,000 to \$199,999	--	0%	6.1%	13.3%	8.6%	10.4%	9.2%
	\$200,000 or more	--	0%	3.0%	6.7%	2.9%	6.9%	5.5%

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.

Nebraska Mental Health First Aid Training: Course Type

The table below displays the number of individuals who received Mental Health First Aid training in SFY24 through the six Nebraska regional behavioral health authorities and the percentages of trainees with available data, by course type. Adult MHFA trained individuals to provide support to adults experiencing a mental health crisis, while Youth MHFA trained individuals to provide support to youth experiencing a mental health crisis.

Course Type	Region 1 (N=29)*	Region 2 (N=62)*	Region 3 (N=292)*	Region 4 (N=58)*	Region 5 (N=205)*	Region 6 (N=924)*	State Avg. (N=1,570)*
Adult MHFA	100%	87.3%	65.5%	100%	63.7%	71.2%	72.3%
Youth MHFA	0%	12.7%	34.5%	0%	36.2%	28.8%	27.7%

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.

Percent of Participants Who Agree with the Following:

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

The table below displays the number of individuals who received Mental Health First Aid training in SFY24 through the six Nebraska regional behavioral health authorities and the percentages of trainees with available data who reported feeling more confident about providing different types of support to individuals experiencing mental health crisis. The success of the program is evidenced by continued high marks on evaluation outcomes, most exceed 90 percent.

Evaluation Outcomes	Region 1 (N=29)*	Region 2 (N=62)*	Region 3 (N=292)*	Region 4 (N=58)*	Region 5 (N=205)*	Region 6 (N=924)*	State Avg. (N=1,570)*
Recognize the signs that someone may be dealing with a mental health problem or crisis.	--	100%	96.3%	--	100%	92.8%	95.5%
Reach out to someone who may be dealing with a mental health problem or crisis.	--	100%	94.4%	--	96.3%	90.0%	93.3%
Ask a person whether s/he is considering killing her/himself.	82.1%	91.7%	86.4%	86.0%	96.3%	84.1%	85.4%
Actively and compassionately listen to someone in distress.	--	100%	98.1%	--	100%	93.9%	96.5%
Have a supportive conversation with a person about mental health or substance use challenges.	96.4%	--	90.0%	95.3%	--	92.6%	92.7%
Offer a distressed person basic “first aid” level information and reassurance about mental health problems.	--	100%	96.3%	--	100%	90.6%	94.4%
Respond to a substance use crisis including an overdose and know what to do to keep an individual safe.	89.3%	--	78.6%	83.7%	--	86.4%	85.3%
Assist a person who may be dealing with a mental health problem or crisis to seek professional help.	--	98.4%	94.4%	--	100%	92.2%	94.4%
Assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports.	--	100%	94.4%	--	100%	92.8%	94.9%
Be aware of my own views and feelings about mental health problems and disorders.	--	100%	98.1%	--	96.3%	95.0%	96.8%
Recognize and correct misconceptions about mental health and mental illness as I encounter them.	--	98.4%	95.3%	--	96.3%	91.1%	93.9%

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.

Percent of Participants Who Believe it is *Not at All* or *Not Very Difficult* to do the following:

“For each action, please select the response from 1 (not at all difficult) to 5 (extremely difficult) that best describes. HOW DIFFICULT it is for you to perform that action: Currently, I believe that for me..”

The table below displays the number of individuals who received Mental Health First Aid training in SFY24 through the six Nebraska regional behavioral health authorities and the percentages of trainees with available data who reported believing that it is not at all or not very difficult to provide different types of support to individuals experiencing a mental health crisis. Approximately, 70 percent of trainees believed that it is not at all or not difficult to refer a person experiencing a behavioral health crisis to a certified professional, or other available resource, such as a crisis hotline.

Evaluation Outcomes	Region 1 (N=29)*	Region 2 (N=62)*	Region 3 (N=292)*	Region 4 (N=58)*	Region 5 (N=205)*	Region 6 (N=924)*	State Avg. (N=1,570)*
Referring a person experiencing a mental health or substance use challenge(s) to a health professional	64.3%	--	66.0%	69.8%	--	69.6%	68.9%
Referring a person showing signs and symptoms of a mental health or substance use challenge(s) to practical resources (e.g., self-help information, crisis hotline number)	60.7%	--	67.0%	69.8%	--	71.0%	69.8%

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.

Mental Health First Aid Training Program: Overall Evaluation

The table below displays the number of individuals who received Mental Health First Aid training in SFY24 through the six Nebraska regional behavioral health authorities and the percentages of trainees with available data who would recommend the course. Nearly all respondents would recommend the course.

Overall Evaluation	Region 1 (N=29)*	Region 2 (N=62)*	Region 3 (N=292)*	Region 4 (N=58)*	Region 5 (N=205)*	Region 6 (N=924)*	State Avg. (N=1,570)*
Percent Who Would Recommend Training Course to Others.	--	100%	98.1%	--	100%	99.4%	99.2%

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.