



Report To:	NE HI Leads
Report By:	Margo Hannah
Date:	March 2020
Subject:	Scotland's Mental Health First Aid Training

BACKGROUND

North East Health Improvement Team has been delivering the adult Scotland's Mental Health First Aid (SMHFA) course for 10+ years and the youth course Scotland Mental Health First Aid: Young People (SMHFA:YP) since its introduction in 2014. SMHFA:YP is a version of SMHFA which specifically looks to support staff, volunteers and parents supporting young people, aged 11 to 17, regarding mental health. All SMHFA courses are evaluated by trainers and feedback is collated by Health Scotland. One of the main aims of delivering SMHFA and SMHFA: YP is to preserve life.

The health improvement team deliver SMHFA and SMHFA: YP to:

- preserve life;
- provide help to prevent the mental health problem or crisis developing into a more serious state;
- promote the recovery of good mental health;
- provide comfort to a person experiencing distress;
- promote understanding of mental health issues.

NHSGGC Mental Health and Early Intervention Framework for Children and Young People (MHIEIFCYP), has 6 components:

- One Good Adult;
- Resilience in Schools
- Resilience in Communities
- Guiding Through the Service Maze
- Distress, Self Harm and Suicide Prevention

[Type here]

- Peer Help and Social Media

This is supported by the SMHFA: YP Programme. Ensuring the participants understand their vital role as a potential one good adult for children and young people and ensuring that participants are able to appropriately respond to youth distress are key components of SMHFA:YP

The Healthy Minds Resource Pack was developed to support the implementation of the NHSGGC MHIEIFCYP&A. The pack includes information on SMHFA and the 6 components and how they fit into local and national mental health strategies. The resource was launched in Eastbank Conference and Training Centre in Glasgow on Monday 25th February 2019.

In the 2019/20 delivery calendar year SMHFA was offered to people who live, work, study or volunteer in North East Glasgow. Attending the course gives an insight into various mental illnesses and equips attendees with the tools, skills and resources needed to give immediate help or to signpost to professional help and self help. One in four people in Scotland will experience mental health problems. Talking about mental health and suicide helps to break down the stigma and barriers and encourages people to seek help when they require it.

COURSE DELIVERY

The information discussed reflects the participants who completed demographic information requested by NHS Health Scotland and information collated by facilitators.

Over the year North East Health Improvement team delivered 12 courses comprising of 2 SMHFA ADULT and 9 SMHFA: YP courses (including 1 for South Sector).

Due to circumstances with both North East Health Improvement Team and NHS Health Scotland 3 courses were cancelled.

Course attendees came from Education, Social Work, 3rd Sector Partners, Police Scotland, NHSGGC and Community Members.

The primary venue for training delivery was Eastbank Conference and Training Centre, 22 Academy Street, Shettleston, G323 9AA.

In 2019/20 132 participants attended SMHFA training of which 29 participated in SMHFA: Adult and 103 took part in SMHFA: Young People courses.

The average attendance at the SMHFA: Adult courses was 14 and the average at SMHFA: Young People was 11.

On both courses a 73% majority attending were female and 27% were male. Most of the attendees (87%) identified as White Scottish/British/English/Northern Irish/Irish. Less than 15% identified as having a disability.

Health Improvement will promote the Healthy Minds Resource at all SMHFA and SMHFA: YP courses.¹ The downloadable resource offers session plans and a list of resources required to run any of the sessions on 14 different mental health topics.

¹ <https://www.nhsggc.org.uk/about-us/professional-support-sites/child-youth-mental-health/healthy-minds-resource/>

SUMMARY & RECOMMENDATIONS

1. Offer 11 courses per year, 3 adult, 8 youth.
2. The data shows that there is low uptake from the Black Asian Minority Ethnic (BAME) community. Continue to advertise SMHFA and SMHFA: YP via the North East Health Improvement Training calendar, Facebook and NE Health Improvement newsletter but consider how to improve access for the BAME community.
3. Highlight the Healthy Minds resource at delivery of SMHFA and SMHFA: YP courses to increase awareness.
4. Continue to request an impact evaluation for each course to inform how the learning has been implemented.

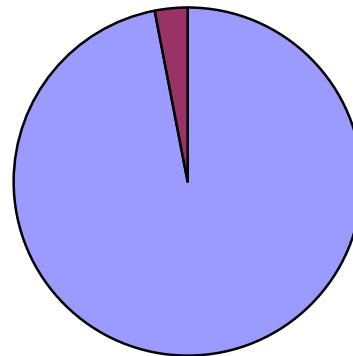
APPENDIX 1: DATA TABLES²

AGE (table 1)	YP	Adult
	0	0
16-24	19	5
25-34	33	9
35-44	34	8
45-54	14	7
55-64	3	0
65+	0	0
Prefer not to say		0
TOTAL	103	29

DISABILITY (table 2)	YP	Adult	Total
YES	15	5	
NO	81	21	
Prefer not to say	1	1	
Blank	3	2	
Don't Know	3		
Total	103	29	

ETHNICITY (table 3)	YP	Adult	Total
White Scottish	90	25	115
White English			
White British	4		4
White NI			
White Irish			
Other White	3	1	4
Any mixed			
Pakistani	3	1	4
Indian			
African			
Other ethnicity			
Prefer not to answer	2	1	3
Blank	1	1	2
Total	103	29	132

Ethnicity Chart 1



² Glasgow City HSCP HI Equalities Database

SMHFA:ADULT PARTICIPANT INFORMATION 2019/20

VENUE	ATTENDEES	DATE	F	M
Eastbank	North East Recovery Committee, Penumbra, One Parent Families, Easthall Residents Association, A.G.Barr, PEEK, Community Volunteers, Flourish House, Salvation Army, Royston Youth Action	1 st & 8 th May 2019	12	4
Eastbank	Easthall Residents Association, Penumbra, Circles Advocacy Network, Barnardo's, Gardeen Housing Association, FARE/St Mungo's, HSCP, Ng Homes	23 rd & 30 th October 2019	13	2

SMHFA: YP PARTICIPANT INFORMATION 2019/20

VENUE	ATTENDEES	DATE	F	M
Eastbank	Smithycroft School, Royston Youth Action, NHSGGC, School Librarian , Scottish Sports Futures, Children & YP Counsellor, Easthall Residents Association, Glasgow Kelvin College, Lochend Community High, PEEK, YPeople, GCA	20 th June 2019	11	4
Eastbank	MCR Pathways, NHSGGC	8 th July 2019	10	4
Eastbank	MCR Pathways, NHSGGC	2 nd August 2019	12	2
Eastbank	Social Work, Easthall Residents Association, Barnardo's, Glasgow City Council, Education, Cordia	28 th August 2019	12	2
Eastbank	YDance, MCR Pathways, Active Schools Coordinator, Smithycroft School, Community Links Practitioner, Parkhead CAB, Salvation Army	28 th November 2019	6	4
Eastbank	Education (for CPD Manager)	5 th December 2019	11	2
Eastbank	YoMo, Way to Go Cafe, Connect Community Trust (for MA's)	15 th , 16 th , 22 nd & 23 rd January 2020	4	2
Eastbank	Police Scotland, GAMH, Social Work, FARE, Residents Association, Connect Community Trust, NHSGGC, St Paul's Youth Forum, Workingrite, Education, Urban Fox, FUSE	29 th January 2020	11	3
Eastbank	Modern Apprentices (Glasgow Life, Sport)	26 th & 27 th February 2020	4	6

APPENDIX 2: CHILD & YOUTH MENTAL HEALTH IMPROVEMENT FRAMEWORK

Mental Health Improvement & Early Intervention for Children and Young People



One Good Adult

Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools

Whole school approach to mental health and wellbeing – ethos, curriculum, positive behaviour, anti-bullying, pastoral care...

Resilience Development in Communities

Strong network of youth services, voluntary and community organisations, confident and skilled to support and intervene

Guiding Thru the Service Maze

Children, families & young people have range of support options for early intervention and can be helped to find their way to appropriate help quickly

Responding to Distress

Frontline staff in many agencies are confident and supported to intervene and help children and young people in situations of distress, including self harm and risk of suicide

Peer help & Social Media

Those who share their problems enjoy better mental health - build opportunities for young people to provide peer support, and to use social media for wellbeing

Delivering better health

www.nhs.gov.uk

This strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it.

APPENDIX 3: IMAGES OF DELEGATES



2019/20 Impact Evaluation Replies SMHFA: Young People

The most relevant/useful part of the training for me was learning about ALGEE, knowing how to use ALGEE to help others if need be, is the best part.

I feel all of the training was very relevant to me, I did however find ALGEE was relevant as it showed the proper steps to take and how this has taught me how to approach, and when I should signpost and places to signpost to.

I think ALGEE is the most relevant part of the course. It takes priority as a stand alone tool which can be used in dealing with an emergency. However, I do think that it is excellent in how the course is able to demonstrate how ALGEE can be used in many emergency situations and how to deal with various types of behaviour.

I have used ALGEE both in a personal and professional situation.

I have used ALGEE in several instances, such as when a young person needed to talk to someone about his father's death, and providing him with details of local organisations where he could access counselling.

I would say I'm more confident in helping anyone now that I've learned

I feel more confident as I feel I have a better knowledge of how to approach and to help them.

I have been used to working with adults, and have attended the SMHFA. My job has now expanded to working with young people, and I found this course invaluable.

This course has definitely provided me with the confidence that I needed.