

BR 313 – Mental Health First Aid Fact Sheet

“If I knew more, I could do more”

What does legislation do?

BR 313 – “An Act relating to mental health first aid training and making an appropriation therefor.”

- Establishes the Kentucky Mental Health First Aid Training Program (or similar program) and creates a trust and agency fund for the program within the Cabinet for Health and Family Services
- Builds mental health and substance use literacy through skills-based training for individuals to:
 - Recognize the symptoms of a mental health or substance use disorder or crisis;
 - Provide initial help;
 - Refer individuals toward appropriate professional help;
 - Prevent disorder or crisis from deteriorating into a more serious condition; and
 - Promote healing, recovery, and good mental health.
- Awards grants for training provided by certified trainers, as well as to support training courses or hardship subsidies for training fees

What is Mental Health First Aid?

- Mental Health Literacy, early intervention and stigma reduction are primary goals
- Not a substitute for counseling, medical care, peer support or treatment
- Builds capacity of people who can intervene in a crisis and non-crisis situation, especially in rural and under-served areas
- Adult MHFA training for 18 years and older; Youth MHFA training for ages 12 – 18
- Youth-specific training to intervene early for better outcome, as mental health problems often develop during adolescence
- MHFA is on SAMHSA’s National Registry of Evidence-Based Programs & Practices

Who should be trained?

- General Community
- Schools/ Youth-Focused Entities
- Higher Education
- Social Services
- Law Enforcement/Public Safety
- Corrections
- Faith Communities
- Military Personnel

Why do we need this program?

- Kentucky ranks 49th in frequent mental distress (Source: 2019 United Health Foundation’s America’s Health Rankings)
- Kentucky ranks 46th in number of drug deaths (Source: 2019 United Health Foundation’s America’s Health Rankings)
- 24% of Kentucky adults reported they have been told they have a form of depression (2018 BRFSS)
- Kentucky ranks 28th in the number of deaths related to suicide (Source: 2019 United Health Foundation’s America’s Health Rankings)
 - 11th leading cause of death in Kentucky
 - 2nd leading cause of death for ages 15-34
 - Veteran suicide rate is 17/day (Source: National Veteran Suicide Prevention and Annual Report)

Compiled by The Foundation for a Healthy Kentucky:



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News Conference Agenda

Rep. Kimberly Poore Moser

Chair, House Committee on Health and Family Services

Commissioner Wendy Morris

Kentucky Department for Behavioral Health,
Developmental and Intellectual Disabilities

Ben Chandler

President and CEO, Foundation for a Healthy Kentucky

Steve Shannon

Executive Director, Kentucky Association of Regional Programs, Inc.

Marcie Timmerman

Executive Director, Mental Health America of Kentucky

Ann Strand

BSW, RBT, TAPS KY Ambassador & Care Group Leader,
surviving spouse of SFC Michael W. Strand

Wanda Figueroa

PhD., CEO, RiverValley Behavioral Health

Also in Attendance: **Dr. Brent Wright**, President, Kentucky Medical Association

QUESTIONS?

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