

# 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               | • Law Enforcement/Public Safety |
| • Schools/ Youth-Focused Entities | • Corrections                   |
| • Higher Education                | • Faith Communities             |
| • Social Services                 | • 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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