

Welcome

Mental Health First Aid – Adult Session

May 10, 2022



“We’ve built a company that we’re proud of – from who we are to what we do and how we do it. Respecting the trust clients place in NFP is always top of mind.”
– Eric Boester, EVP and Chief Marketing Officer

Definition of a Mentally Strong Organization

Our people are our
most important asset.*

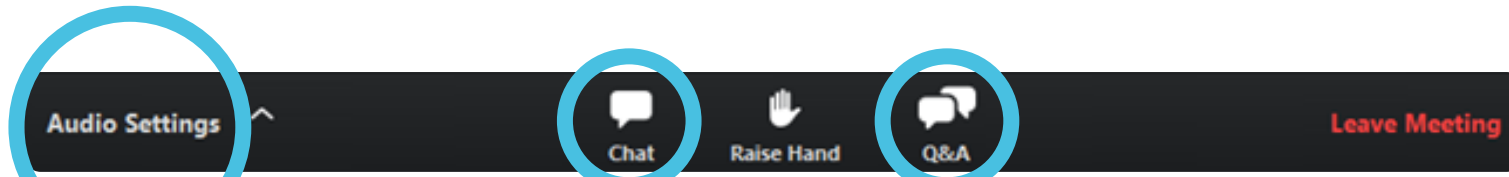
*“...when they are in
the **green zone.**”*

- Dr. Jeremy Hunter



A little housekeeping

ZOOM WEBINAR 101



If you can't hear us, check to make sure your Audio Settings are correct.

Open webinar chat to send messages to the host, panelist, and attendees. Click the button again to close chat.

Ask a question to the panelist. Your question will be answered live at the end of the webinar (time permitting).

RECORDING AND RESOURCES



Don't worry about missing a minute of the action! You'll receive the recording and resources by email a week after the webinar.

Join us for our next webinar on August 10 at Noon EST

Financial Fitness: Planning for Your Legacy



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Adult Mental Health Awareness

Kyla Montes

Atrium Health, Employer Solutions

Objectives

- Define the term Mental Illness and discuss the Mental Health Challenges
- Analyze Prevalence Data Surrounding Mental Illness in The US
- Review Common Signs and Symptoms of Mental Illness
- Review Signs and Symptoms of Suicide
- Discuss Solutions

Mental Health in the Workplace

Poor mental health and stress can negatively affect employees:



Job Performance and productivity



Engagement with one's work



Communication with co-workers



Physical capability and daily functioning

Did you Know?

Mental Illnesses



are associated with **higher rates of disability and unemployment**

1 in every 5



adults suffer with a Mental Illness

80% of employers



feel they are accepting of Mental Illness in the workplace, while only **50% of employees** think their employers are accepting

71% of adults



reported at least one symptom of stress in the work-place, such as feeling overwhelmed or anxious

What is a Mental Health Disorder

- A diagnosable illness that effects:
 - A person's thinking, emotional state and behavior.
- Disrupts the person's ability to:
 - Work
 - Carry out daily activities
 - Engage in satisfying relationships

Mental Health Challenges

- Mental health problems are common
- Stigma is associated with mental health problems
- Many people are not well informed
- Professional help is not always on hand
- People often do not know how to respond
- People with mental health problems often do not seek help

Type of Mental Disorder	% Adults
Anxiety disorder	18.1
Major depressive disorder	6.8
Substance use disorder	8.1
Bipolar disorder	2.8
Eating disorders	5-10
Schizophrenia	0.3 - 0.7
Any mental disorder	18.5

Mental Disorder Statistics

Common Types of Mental Illness

Anxiety Disorder

- General Anxiety Disorder
- Panic Episodes
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder

Mood Disorder

- Depression
- Bipolar Disorder

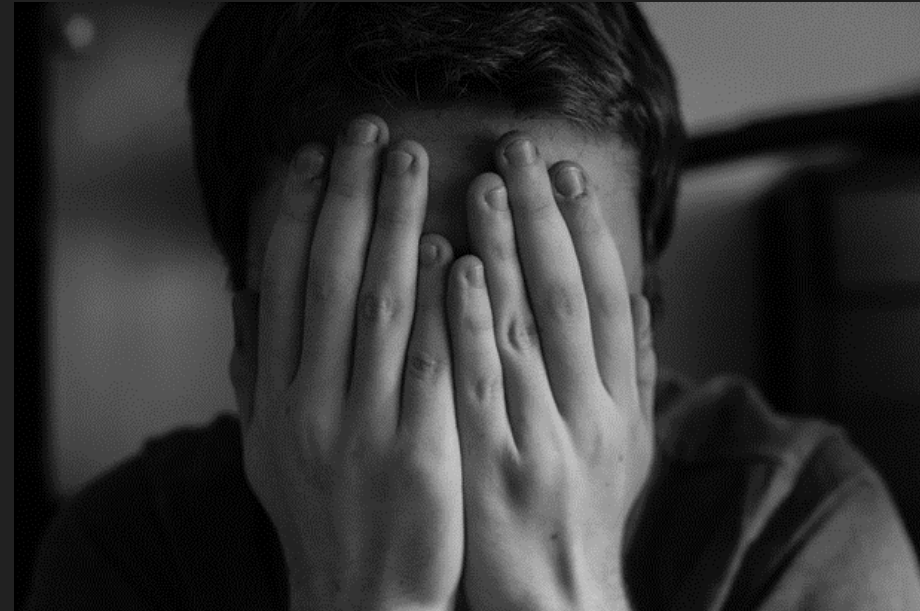
Eating Disorder

- Bulimia
- Anorexia-Nervosa

Substance Abuse Disorder

ADHD

Schizophrenia



Behavioral & Emotional Signs

- Frequent Crying
- Social Withdrawal
- Use of Drugs/Alcohol
- Aggression/Defiance
- Excessive Irritability/Mood Swings
- Prolonged Feelings of Hopelessness, Helplessness or Sadness
- Blunted Emotions
- Change in Sleeping/Eating Habits
- Talking or Writing About Death



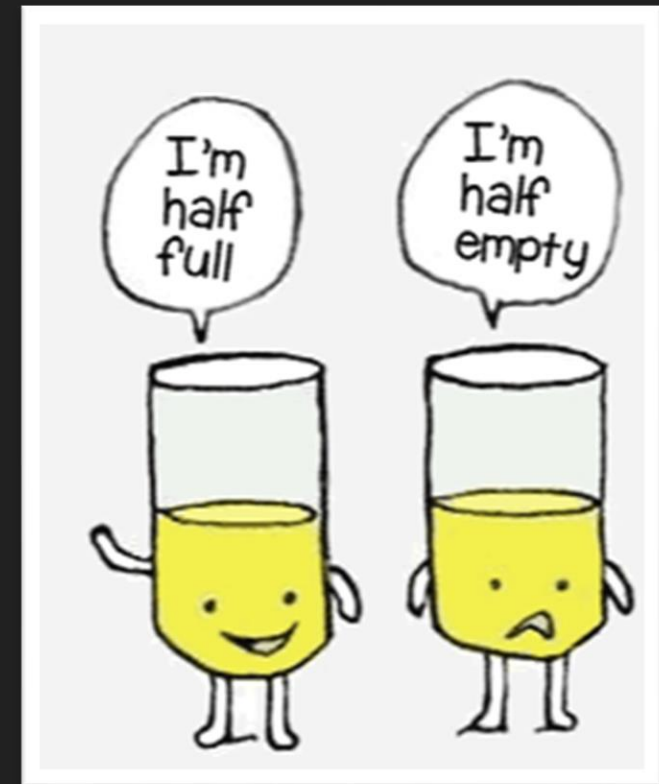
Physical Signs

- Sloppy or Unkept Appearance
- Poor Hygiene
- GI Issues
- Frequent and Unexplained Physical Ailments
- Unexplained Cuts or Burns
- Abnormal Weight Loss or Weight Gain



Psychological Thoughts

- Pessimism
- Delusions
- Hallucinations
- All or None Thinking
- Thoughts of Suicide





HEALTHY

REACTING

INJURED

ILL

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- Decreased social activity

- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

Mental Health Progression Model

Suicide Statistics

1

10th Leading Cause of
Death in the US

2

Nearly 49, 344 Lives Lost
To Suicide in 2018

3

2nd leading cause of death
amongst adolescents

4

54% of people who died
by suicide did NOT have
a known mental health
condition.

Who's at risk for Suicide?

- Gender
- Age
- Chronic Physical Illness
- Mental Illness
- Use of Alcohol or other Substances
- Lack of Social Support
- Previous Attempt
- Organized Plan

Warning Signs of Suicide

- Threatening to hurt or kill oneself
- Seeking access to means
- Talking, writing, or posting on social media about death, dying or suicide
- Feeling hopeless
- Feeling worthless or lack of purpose
- Acting recklessly or engaging in risky activities
- Feeling trapped
- Increasing alcohol or drug use
- Withdrawing from family, friends or society
- Demonstrating rage and anger or seeking revenge
- Appearing agitated
- Having a dramatic change in mood

What if You Suspect Someone is Considering Suicide?

- 1. State what you have observed and let them know that you are concerned**
- 2. Listen without judgement**
- 3. Ask The Question**
 - Are you considering suicide?
 - Do you have a plan?
- 4. Encourage Self-Care and Professional Help**
 - EAP
 - National Suicide Prevention Hotline

Solutions

- Reduce Stigma
- Training and Education to Recognize Signs and Symptoms
- Emphasize Safety
- Promote Teamwork
- Access to Mental Health Care (EAP)
- Make Resources Available



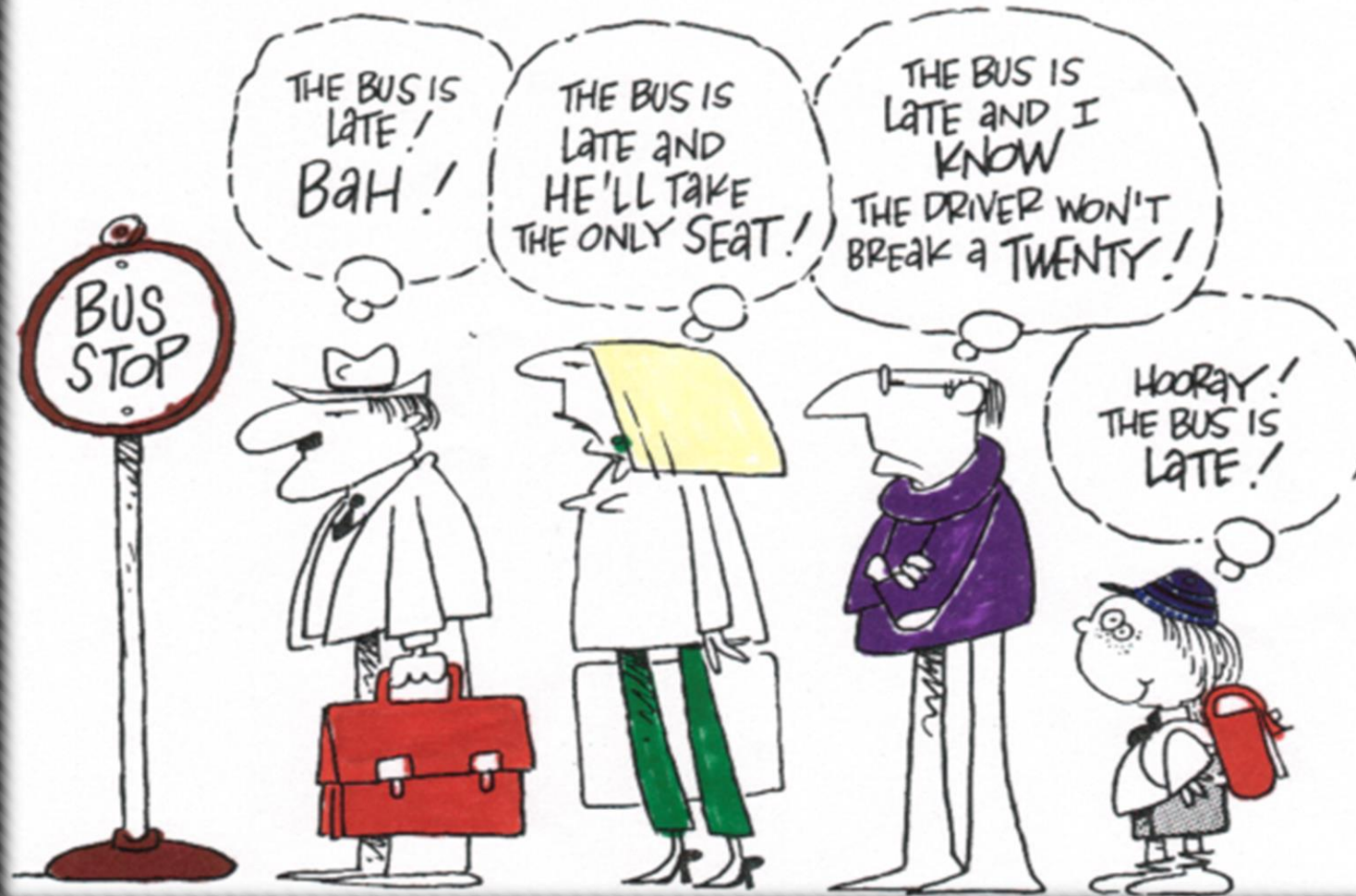
Mental Health First Aid Course

6-8 Hour Course That Focuses On

- Recognizing Signs and Symptoms of Mental Illness.
- Providing help to an individual who is experiencing a mental health challenge or a mental health crisis until more experienced help can be provided.
- Reducing Stigma surrounding Mental Health within the community.

Mental Health First Aid does not teach people to diagnose or to provide treatment.

The way we think can influence how we feel



Self-Care

SELF CARE
means giving
THE WORLD
the best
OF YOU INSTEAD OF
WHAT IS LEFT
OF YOU.

KATIE REED | @AMOTHERTHING



Q & A

Contact Information:

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Employer Solutions

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THANK YOU!

Join NFP for our next virtual event: Scan the QR code to register!

Financial Fitness: Planning for Your Legacy

- Date: August 10th
- Time: 12:00 – 1:00 ET

