Mental Health First Response

Identifying & responding to mental health incidents in the clinical & community setting.

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IntelliLearn currently provides training as Preferred/Approved provider to:-

- Edith Cowan University (as Preferred provider)
- Curtin University (as Preferred provider)
- University of Notre Dame (as Preferred provider)
- Murdoch University (as Preferred provider)
- University of Adelaide (as Approved provider)
- University of South Australia (as Approved provider)
- Flinders University (as Approved provider)
- University of New England (as Preferred provider)
- University of Tasmania (as Preferred provider)

'I wish we had done this before clinical'

Responses to Mental Health First Response Course

Claire Cope

Dr Russell James

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CHALLENGES FACED

Utas were finding that…

- students were increasingly exposed to challenges whilst on clinical placement
- students reporting uncertainty of their own abilities and deterioration in self care and well-being
- practice was reporting that there were incidents of students being directly exposed and involved in events

As a result…

- More attention to mental health related content was needed in the curriculum
- Acknowledgement that ‘Clinical placements are a challenging time for students’

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AT THE SAME TIME…

Utas were developing a New BN curriculum

- There was a push for students to do MHFA as part of the curriculum
- Increased need for students to be prepared for contemporary clinical placements

But…

- No room in the BN course,
- No funding

The process acknowledged that there was a need for increased self care and skill development for more mental health in the curriculum

Students needed to improve their tool kit to work with individuals

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In April 2021 UTAS approached IntelliLearn to develop a ‘Student Nurse/Nurse-centric’ Mental Health First Aid Course.

The main remit of key focus

- where the Duty of Nursing Care begins and ends with reference to Legislation and Nurse Governing Bodies’ Policies
- a ‘toolbox’ of skills in effective communication and risk assessment
- skills in de-escalation, knowing when to withdraw and escalate appropriately and safely
- self-care of both physical and psychological well-being

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MENTAL HEALTH FIRST RESPONSE – Objective

The **IntelliLearn** ***Mental Health First Response*** course has been developed at the request of the **University of Tasmania** with the intention of being introduced as a mandatory clinical placement prerequisite in recognition of the value of equipping students with first response skills

The course is designed to provide an overview of various Mental Health conditions and their prevalence within the Australian context

The overall focus is to empower Nursing students and Health Care Professionals to support, assess risk, and appropriately manage or refer a mental health emergency in line with recognised first aid guidelines, whether for an individual, friend, colleague, or member of the public

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IntelliLearn COURSE DEVELOPMENT TEAM

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COURSE REVIEWERS

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Dr Sheila Mortimer-Jones ***RN*****, BSc BioMed (Hons), PhD.**

Coordinator Master of Clinical Nursing – MH Stream, *Edith Cowan University*

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Clinical Facilitator, *University of Tasmania*

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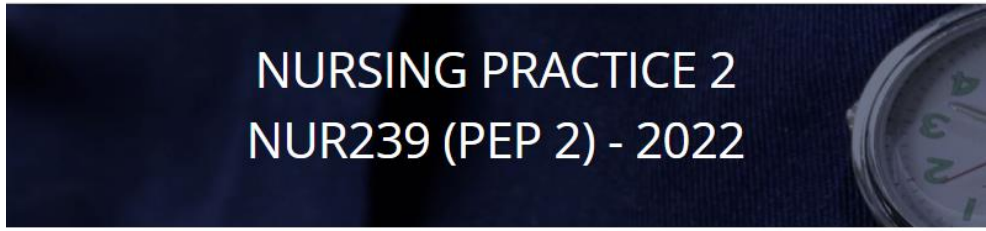
COURSE STRUCTURE



- MHFR is part of the accreditation for the BN
- It is a mandatory compliance requirement for PEP – nursing
- It is a component of the PEP workbook as a requirement along with other courses
    - Hand Hygiene, BLS, Manual handling, etc
- Students pay for the course themselves as a requirement

- MHFR consists of 3 on-line modules plus a final 3 hour face-to-face workshop

Professional Experience Placement (PEP) Workbook

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CONTENT OVERVIEW

Overview

Module One covers some of the causes of mental health conditions and identifies some barriers such as stigma, faced by individuals throughout their life, and when seeking treatment.

Module Two addresses how to recognise the signs and symptoms someone with a mental health condition may be experiencing, how to provide appropriate urgent mental health care and identify what specialist follow-up is appropriate following an incident.

Module Three systematically works through a 'toolbox' of therapeutic communication skills with a focus on a Person-Centred Approach and Recovery Orientated Language. Key factors to be considered in delivering appropriate and safe care are also addressed such as the Mental Health Act, Duty of Care, De-escalation, Emotional Intelligence and the importance of self- care, coping mechanisms and effective debriefing.

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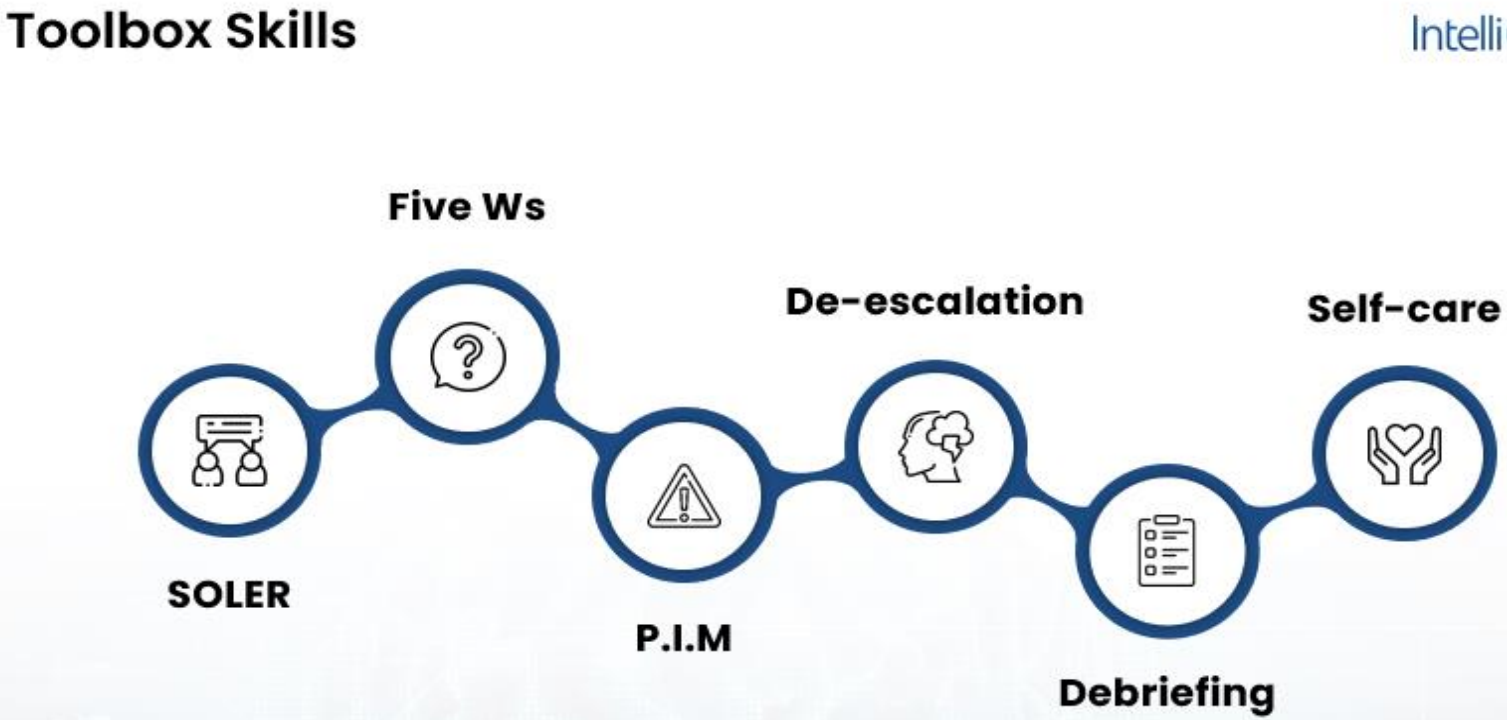
MHFR WORKSHOP

Provides students an opportunity to practice their toolbox proficiency through skills demonstration in a safe and supportive space whilst working through simulated scenarios.



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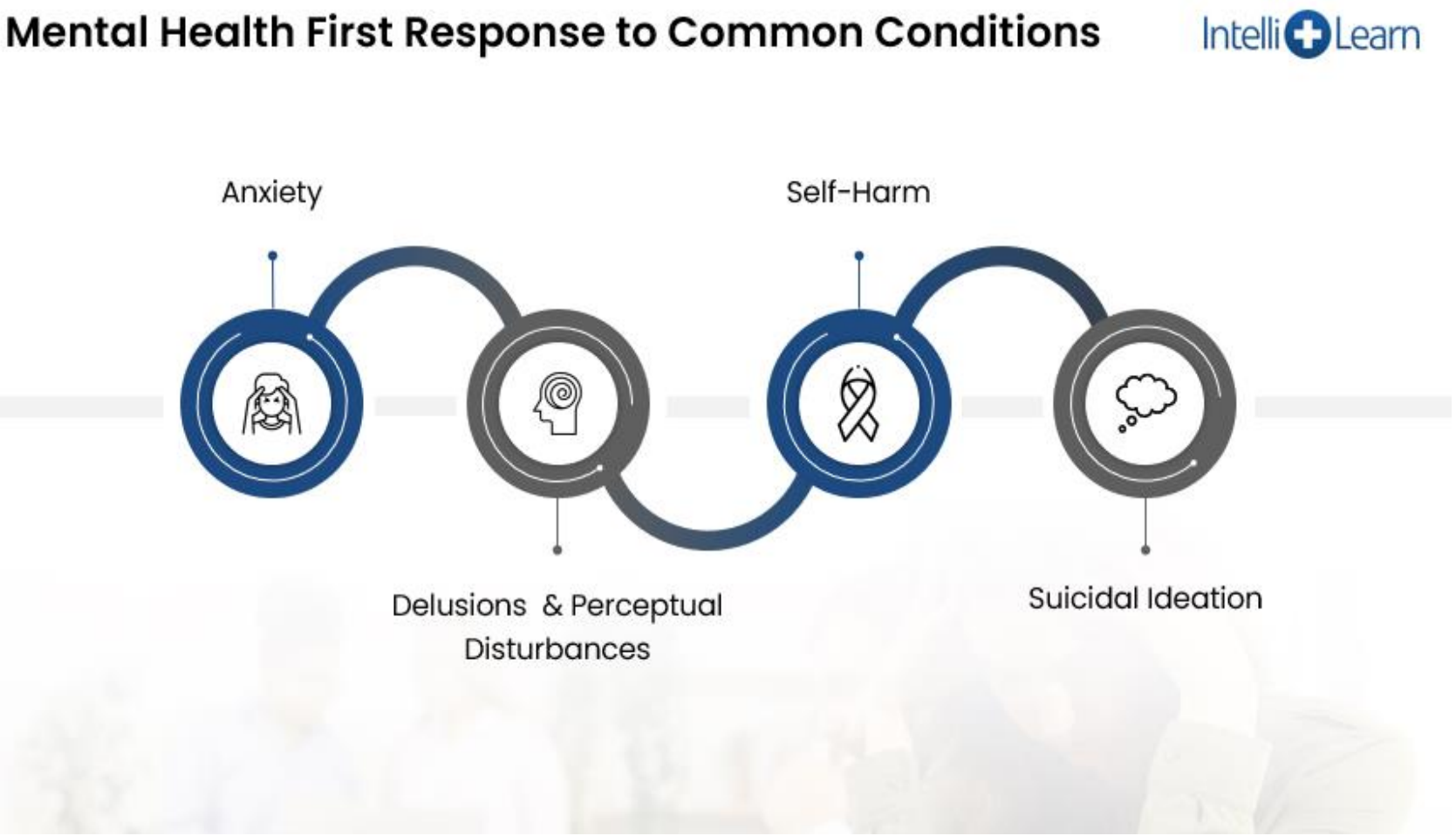
WORKSHOP SCENARIOS



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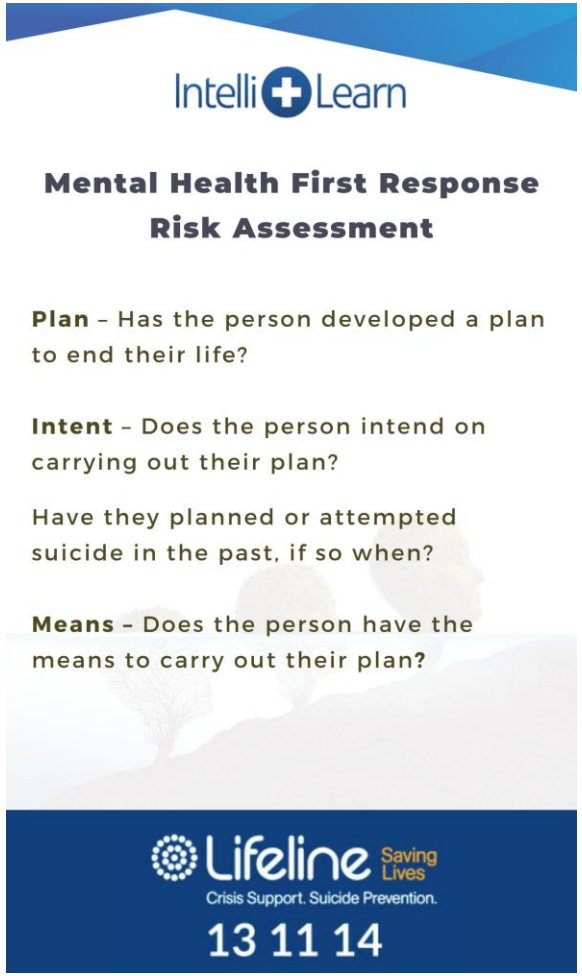
SKILLS DEMONSTRATION PROMPT LANYARDS



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TASMANIAN TEAM WORKSHOP TRAINERS

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MHFR ENDORSEMENTS

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the Australian College of Mental Health Nurses Inc.

This is to certify that:

Claire Cope

Has successfully completed the online quiz:

Mental Health First Response

On the following date:

29 July 2022 05:08 PM (ACST)

Online module: 3 CPD hours
Workshop: 2.5 CPD hours (see below)
Total: 5.5 CPD hours

Successful completion of this online Mental Health First Response Course earns three ACMHN and ACN continuing professional education (CPE) points. Attending this Mental Health First Response Practical Workshop earns two and a half ACMHN and ACN continuing professional education (CPE) points.

If this certificate is dated and stamped (with a signature and IntelliLearn's logo) it indicates that the participant has also attended and completed a Mental Health First Response practical workshop (on the indicated date) for which the additional 2.5 CPD hours will apply.

Australian College of Nursing
ENDORSED COURSE

IntelliLearn

AUSTRALIAN COLLEGE OF MENTAL HEALTH NURSES

Level 1 Endorsement

Australian College of Nursing

ENDORSED COURSE

THIS COURSE IS ENDORSED UNTIL JUNE 2024

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MHFR EVALUATIONS - UTAS

April/May 2022

Initial Rollout to 1,075 UTAS students across all four campuses. Predominantly first year students

- Very Satisfied (rated 8-10/10) - 90%
- Satisfied (rated 6-7/10) – 9%

In response to evaluation feedback from students in the April/May rollout, additional video examples and scenarios were added to the workshop which students highly valued.

August 2022

Rollout to 370 2nd & 3rd year students:-

- Very Satisfied (rated 8-10/10) – 100%

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STUDENT FEEDBACK

4.	Overall how worthwhile was the session to you?

Well worthwhile. Good introduction for mental health as a first year student.

5.	Do you believe that the knowledge gained through this course will be useful in your role?

Yes. Learnt a lot and has made me more confident for when I go on placement for mental health.

4.	Overall how worthwhile was the session to you?

VERY. HAD SOME DIFFICULT CONVERSATIONS LAST PEP TALK THIS WOULD HAVE HELPED WITH

5.	Do you believe that the knowledge gained through this course will be useful in your role?

YES

4.	Overall how worthwhile was the session to you?

Yes this session has been great. As a third year student I felt I could contextualise the content well.

5.	Do you believe that the knowledge gained through this course will be useful in your role?

Absolutely.

4.	Overall how worthwhile was the session to you? Yes, I would like to do it again as 2nd + 3rd year.

5.	Do you believe that the knowledge gained through this course will be useful in your role?

Yes very much.

6.	Do you have any additional comments or suggestions for improvement?

It is a great introduction and starting point. I look forward to re-doing the Course once I have had some practical experience.

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STUDENT FEEDBACK

4.	Overall how worthwhile was the session to you?

Beneficial as it makes me reflect upon past actions and understand how to improve future practice

5.	Do you believe that the knowledge gained through this course will be useful in your role?

yes very much

4.	Overall how worthwhile was the session to you?

AMAZING! Definatly gives me confidence dealing with mental Health esp. leading up to grad RN year

5.	Do you believe that the knowledge gained through this course will be useful in your role?

will definately definitely be helpful throughout career as RN. Wished we could have done this in previous years.

6.	Do you have any additional comments or suggestions for improvement?

Amazing tool for Students. Hoping all Student RNs do this course.

4.	Overall how worthwhile was the session to you?

Very - Mental health interaction strategies were a big grey area before this.

5.	Do you believe that the knowledge gained through this course will be useful in your role?

Definitely - this should have been available LONG ago..

6.	Do you have any additional comments or suggestions for improvement?

The mini meditation was cool.

Thanks ☺

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FUTURE DIRECTIONS

Program revised in response to feedback

Custom videos incorporated

Longitudinal mixed methods research project is being designed to understand:

- Student knowledge gain from MHFR course (pre/post test)
- Perceived usefulness following first clinical placement
- Reflections at completion of BN program

Measures of self-efficacy are being considered and examination of any changes in student results in Mental Health Units

Mental Health First Response is being offered to other universities and educational facilities

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