



MAYORS WELLNESS CAMPAIGN<sup>®</sup>

# The Impact of Mental Health First Aid

# TRAINING



NEW JERSEY  
HEALTH CARE  
**QUALITY  
INSTITUTE**

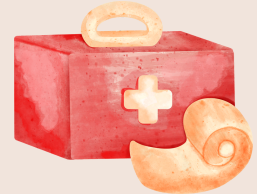


# MENTAL HEALTH FIRST AID TRAINING THROUGH THE MAYORS WELLNESS CAMPAIGN



## ***What is Mental Health First Aid (MHFA)?***

MHFA is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenges or experiencing a crisis. The Mayors Wellness Campaign (MWC) offers both the Adult and Youth curriculum.



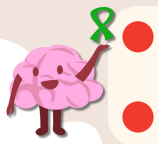
---

## ***Why is the Mayors Wellness Campaign (MWC) Offering MHFA Trainings?***



The goal of the MWC is to provide local leaders with the tools and resources they need to improve the health and wellness of their communities. Working with over 400 municipalities throughout the state, the

MWC helps local leaders identify their community's needs. In response to a growing need for support with addressing residents' mental health issues, the MWC began offering MHFA to people working in the community . These MHFA trainings are greatly valued by our MWC partners.



## RECENT TRAINING PARTICIPANTS



### **Dennis O'Neill**

**Pastor,  
Hopewell Borough**

*"This training is essential for anyone working with youth or adults in positions of support and care. Teachers, coaches, clergy, and community leaders should prioritize MHFA training. I'm more confident that I can help people find the help they need and save lives."*



### **Christine Hablitz**

**Councilwoman,  
Township of Little Falls**

*"As a councilwoman, the Mental Health First Aid training was so helpful. It improved my competencies when speaking to residents within the community on mental health and getting them the resources they need."*

### **Dr. Rubina Bhatia**

**MWC Co-Chair, Board of Health  
Chairperson, Old Tappan**



*"As a Medical Doctor, the Mental Health First Aid training has been invaluable in broadening my understanding of mental illness and helped me take a more empathetic approach to my patients as well as my interpersonal relationships."*

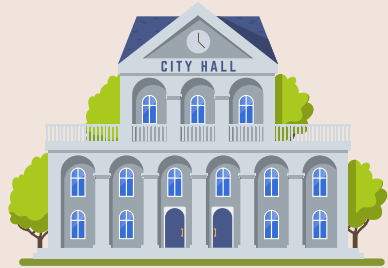


# WHO'VE WE TRAINED



To date, we have trained **185** people across all **21** counties in New Jersey, including:

**55**  
*Municipal Staff*



*Administrative professionals, recreation staff, health officers*



*Doctors, nurses, social workers*

**49** *Health Care Providers*

**16** *First Responders*



*Law enforcement, EMS workers, firefighters*




*Mayors, council people*

**15**  
*Government Officials*



# ❖ Survey DATA ❖

After the MHFA training I have **increased** my **knowledge** about mental health and stigma.



96%



96%

After the MHFA training, I feel **better equipped** to recognize someone experiencing a mental health crisis.

After the MHFA training, I have **increased my awareness** of how to provide support to an individual experiencing a mental health challenge.



96%



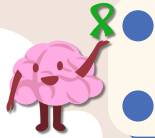
95%

Attending the MHFA training will **enable me to support** the **mental health** needs of the **community** I serve. |

Would you **recommend** this **training** to a colleague?



99%



## RECENT TRAINING PARTICIPANTS



### Susy Rodriguez

**Local Health Outreach Coordinator,  
Englewood**

*"As a recent public health graduate working in a diverse municipality, the Mental Health First Aid Training provided a clearer lens into the world of mental health. I have used what I learned to provide compassion and understanding to all residents in both English and Spanish. The training helped me connect people to resources they need while treating everyone equally."*

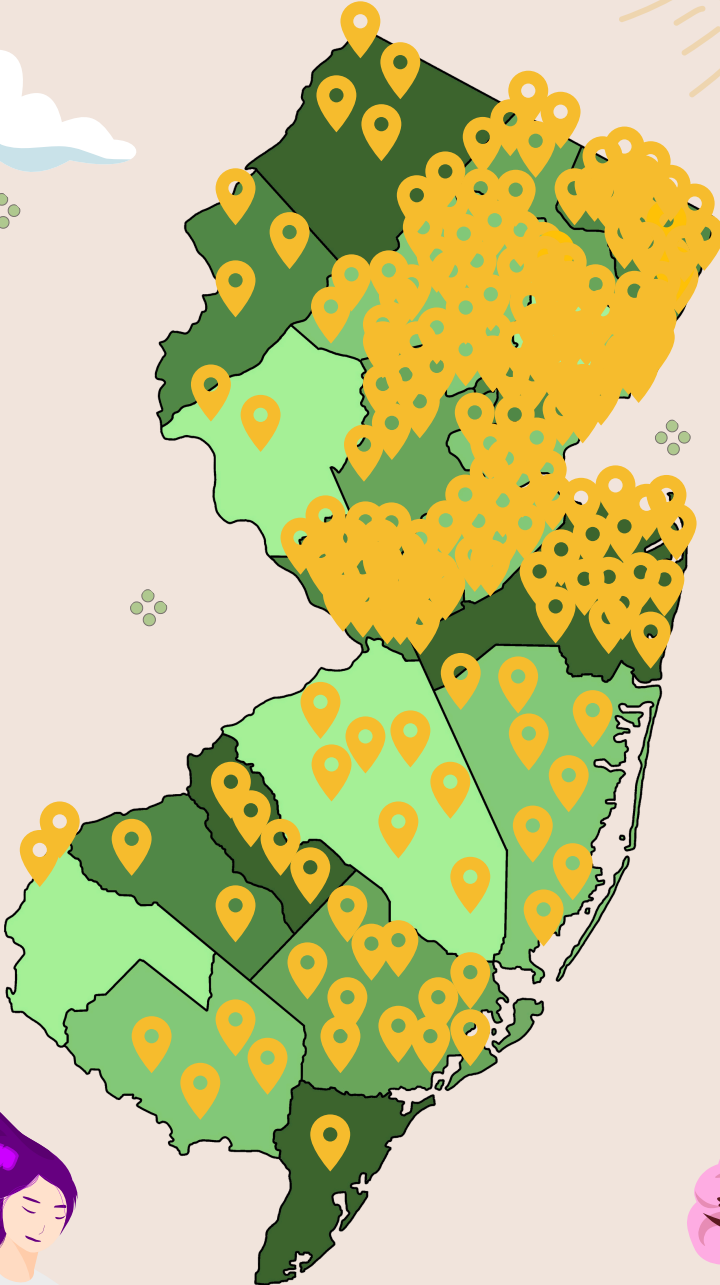
### Dauida Jacobe-Hart

**Director of Personnel, Township of  
Winslow**



*"As municipal employees, we often come across challenging situations that require us to remain calm and empathetic. To equip myself with the essential skills, I attended MHFA training, which offered me the tools and knowledge to react appropriately. In addition, I have also encouraged our staff and Public Safety Officers to undergo this training so they can better handle these situations."*

❖ **OUR TRAINEES LIVE & WORK ACROSS NJ** ❖



# THANK YOU

## Support

This important work has been generously funded by The Horizon Foundation for New Jersey since 2021. Their support makes it possible for us to continue to reach community leaders and provide them with this valuable training.



## Resources

For more information about the trainings check out the Mental Health First Aid website. Check out the MWC Mental Health Toolkit for community level strategies to support the mental wellbeing of your residents.

## More Information

For more information about the MWC, or to get trained in MHFA, contact New Jersey Health Care Quality Institute, Director of Community Health, Julie DeSimone at [jdesimone@njhcqi.org](mailto:jdesimone@njhcqi.org).





Published 2024

MAYORS WELLNESS CAMPAIGN<sup>®</sup>

Mental Health First Aid

TRAINING



NEW JERSEY  
HEALTH CARE  
**QUALITY  
INSTITUTE**