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GROUP

MENTAL HEALTH FIRST AID FOR PARENTS

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1. Why is mental health first aid important?
2. What is mental illness?
3. What is the ALGEE model?



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WHY MENTAL HEALTH FIRST AID?

#1: Decrease stigma: discussing a skinned knee versus discussing depression.





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WHY MENTAL HEALTH FIRST AID?

#2: Move from reactive (western) to
preventive (eastern) intervention model





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WHY MENTAL HEALTH FIRST AID?

#3: We want to make maintaining mental health and accessing mental health services as common as maintaining physical health and accessing physical health services.





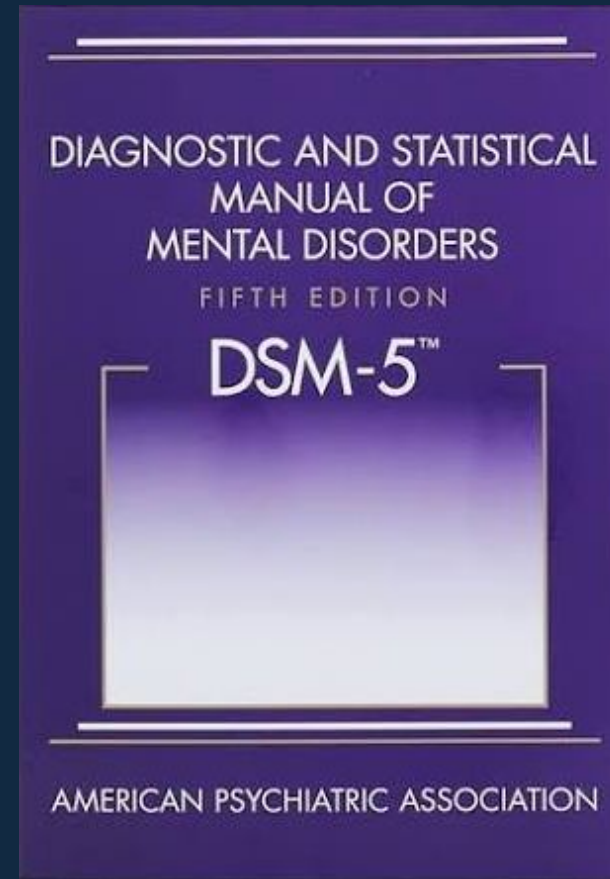
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WHEN IS MENTAL ILLNESS A MENTAL ILLNESS?

When this
book says
so....





TWO CRITICAL ASPECTS TO RENDER A DIAGNOSIS:

- Symptoms must be present
- Symptoms must impair life functioning





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WHAT ARE THE MAJOR AREAS COVERED BY THE DSM-V?

Mood Disorders

- Major Depressive Disorder
- Bipolar Disorder
- Disruptive Mood Dysregulation Disorder





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WHAT ARE THE MAJOR AREAS COVERED BY THE DSM-V?

Anxiety Disorders

- Generalized Anxiety Disorder
- Reactive Attachment Disorder
- Post Traumatic Stress Disorder
- Obsessive-Compulsive Disorder





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WHAT ARE THE MAJOR AREAS COVERED BY THE DSM-V?

Substance Abuse Disorders

- Alcohol Abuse/Dependence
- Cannabis Abuse/Dependence
- Opioids
- Amphetamines





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WHAT ARE THE MAJOR AREAS COVERED BY THE DSM-V?

Feeding/Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder





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WHAT ARE THE MAJOR AREAS COVERED BY THE DSM-V?

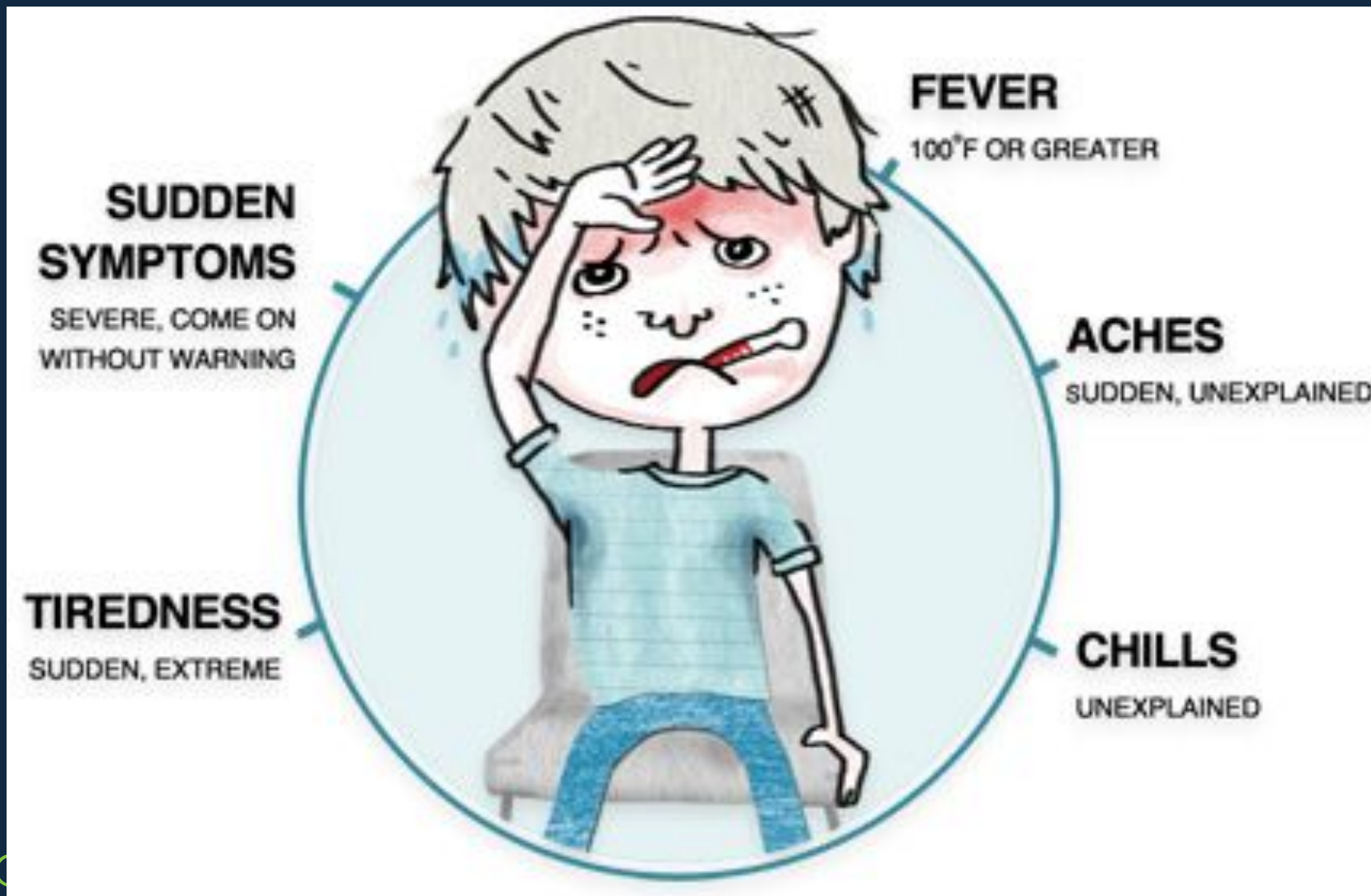
Neurodevelopmental Disorders

- Autism-spectrum Disorder
- Learning Disability
- Intellectual Disability
- Communication Disorder





WHAT DOES IT LOOK LIKE ON CAMPUS?





- An unusually or pervasively sad mood
- Loss of energy
- Anhedonia
- Social withdrawal
- Excessive sleep
- Irritability
- Expansive mood/aggression



COMMON SYMPTOMS OF ANXIETY DISORDERS?

- Physical complaints: somatization
- Racing heartbeat, chest pain, blushing, dry mouth
- Racing thoughts/pressured speech
- Feeling on edge
- Avoidant behavior



COMMON SYMPTOMS OF SUBSTANCE USE DISORDERS?

- Slurred speech
- Odor of smoke or alcohol
- Bloodshot eyes
- “Paranoid” behavior
- Limited visual/verbal interaction
- Avoidant behavior



COMMON SYMPTOMS OF FEEDING/EATING DISORDERS?

- Unhealthy dieting behaviors (fasting, hoarding)
- Evidence of deliberate vomiting or laxative use
- Obsessive focus on body shape and weight
- Observable fluctuations to body weight



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- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help



- **A**ssess for risk of suicide or harm
 - We'll review this in greater detail at the end of this section.



- **Listen** non-judgmentally
 - Don't invalidate feelings.
 - Don't assign fault/blame.
 - Do ask questions.
 - Do express gratitude for their trust.



- **Give** reassurance and information
 - Don't give false reassurance (“everything will be okay” and “time heals all wounds”).



- **Give** reassurance and information
 - Do give reality-based reassurance (“people who have struggled with this have been able to overcome.”)



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THE ALGEE MODEL

- **Give** reassurance and information
 - Do give information



- **Encourage** appropriate professional help
 - Physical (family doctor, psychiatrist)
 - Psychological (MHMR, school LSSP, school counselors, private counselors)
 - Spiritual



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THE ALGEE MODEL

- **Encourage** self-help
 - Family
 - Peers and their families



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WHEN YOU THINK A CHILD MIGHT BE A
THREAT TO THEMSELVES...

- Establish the presence (or lack) of suicidal ideation
- Establish the presence (or lack) of intent



- Ask: “Are you really thinking about killing yourself or committing suicide?”
- Have you decided how you would kill yourself?
- Have you decided when you would kill yourself?
- What steps have you taken?



WHAT ABOUT NON-SUICIDAL SELF-INJURY (E.G., CUTTERS)?

- Communicate to others their pain, get back at others, seek attention
- Remain calm; avoid expressing shock or anger
- Ask: Are you okay? Is there anything I can do to help you?



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