



Report on the Mental Health First Aid Program

**As Required by
Health and Safety Code, Section
1001.205(b)**

Health and Human Services

December 2018



TEXAS
Health and Human
Services

1. Introduction

The *Report on the Mental Health First Aid Program* for fiscal year 2018 is submitted in compliance with Health and Safety Code, Section 1001.205(b). Section 1001.205(b) requires the Health and Human Services Commission (HHSC) to submit a report on the Mental Health First Aid (MHFA) program annually, by December 1, to the Legislature. The report must include compiled information submitted by local mental health authorities (LMHAs), including the number of:

- LMHA employees and contractors trained as MHFA trainers during the preceding fiscal year;
- university employees, school district employees, and school resource officers who completed an MHFA training program provided by a LMHA during the preceding fiscal year; and
- individuals from the community who are not employed by a university or school district who completed an MHFA training program provided by a LMHA during the preceding fiscal year.

MHFA is an eight-hour, evidence-based curriculum teaching individuals how to help someone developing a mental health problem or experiencing a mental health crisis. MHFA training increases awareness of mental health, reduces stigma around mental illness, and teaches individuals how to assess a situation, provide assistance, and connect someone with a mental health issue to resources.

In fiscal year 2018, HHSC, LMHAs, local behavioral health authorities (LBHAs), and various partners coordinated to connect resource officers, school district employees and community-based personnel with MHFA training. Through continued partnerships and collaborations, the MHFA program experienced a 37 percent increase in the number of public school district employees and school resource officers trained in fiscal year 2018 compared to fiscal year 2017.

LMHAs and LBHAs provided training to 5,901 individuals in the community not employed by a university or school district, such as student teachers, law enforcement, correctional employees, veterans, and other key groups, at a cost of \$590,100. Although these individuals benefit from training, funds are not currently appropriated by the Legislature to reimburse LMHAs and LBHAs for training them.

Participating LMHAs and LBHAs submitted annual statewide training and community partnership development and maintenance plans. MHFA partnerships were actively developed and expanded to include community organizations, councils such as the Texas Council of Community Centers, and state agencies such as the Texas Education Agency and Department of Family and Protective Services. Partners assist with training, outreach, marketing, and identifying and addressing barriers to training.

HHSC designed a survey to collect data about the effects of MHFA training in Texas. Of all individuals who participate in an MHFA training in fiscal year 2018 and responded to the survey, 94 percent stated that MHFA increased their confidence to approach someone who might need help and 95 percent stated that after attending a training, they feel that they would be able to intervene during a mental health crisis.

2. Mental Health First Aid Data

Table 1. LMHA and LBHA Employees and Contractors Trained

	Number of LMHA and LBHA Employees and Contractors Trained
Fiscal Year 2016	147
Fiscal Year 2017	158
Fiscal Year 2018	140

Table 2. University Employees, School District Employees, and School Resource Officers Trained

	Number of University Employees, School District Employees and School Resource Officers Trained
Fiscal Year 2016	7,137
Fiscal Year 2017	7,951
Fiscal Year 2018	12,722

Table 3. Community Members Not Employed by a University or School District Trained

	Number of Community Members Not Employed by a University or School District Trained
Fiscal Year 2016	4,490
Fiscal Year 2017	4,448
Fiscal Year 2018	5,901

Figure 1. Total Individuals Trained, Fiscal Year 2014 Through 2018

