

NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES



Jim Pillen, Governor

December 31, 2023

Mr. Brandon Metzler
Clerk of the Legislature
State Capitol Room 2028
Lincoln, NE 68509

Subject: Mental Health First Aid

Dear Mr. Metzler:

In accordance with Neb. Rev. Stat. § 71-3005, the Department of Health and Human Services is submitting the Mental Health First Aid Training report for Fiscal Year 2023. The attached report provides a summary of training offered to the public to help individuals identify and understand the signs of a mental illness or substance use problem and develop skills to assist a person in crisis.

Sincerely,

A handwritten signature in blue ink, appearing to read "Tony Green".

Tony Green
Interim Director, Division of Behavioral Health

Attachment

Division of Behavioral Health

Mental Health First Aid Training Annual Program Report

December 2023

Neb. Rev. Stat. § 71-3005

Table 1 Nebraska Mental Health First Aid Training Program Evaluation

	Trainee Demographics	Region 1 (N=10)*	Region 2 (N=87)*	Region 3 (N=332)*	Region 4 (N=210)*	Region 5 (N=287)*	Region 6 (N=1,000)*	State Avg. (N=1,926)*
Trainee Agency Type	School/University/College	0.0%	4.1%	88.9%	47.5%	29.2%	27.2%	41.6%
	Government Agencies	0.0%	0.0%	0.0%	0.0%	3.1%	0.0%	0.3%
	Law Enforcement	0.0%	32.7%	0.6%	8.5%	0.8%	3.3%	4.1%
	Local Health Department	60.0%	0.0%	0.9%	14.5%	5.4%	1.5%	3.7%
	Other	40.0%	63.3%	9.2%	29.5%	61.5%	68.0%	50.2%
Community Type	Metro (Omaha, Lincoln, Grand Island)	0.0%	0.0%	8.5%	0.0%	66.4%	94.9%	58.5%
	Non-metro (All Other NE Areas)	100%	100%	91.5%	100%	33.6%	5.1%	41.5%
Gender	Male	--	64.2%	25.4%	22.4%	79.7%	15.1%	18.6%
	Female	--	35.8%	74.6%	77.6%	20.3%	84.9%	81.4%
Race/Ethnicity	Caucasian or White	--	90.7%	75.1%	79.5%	73.4%	63.9%	70.7%
	American Indian/Alaskan Native	--	0.0%	1.0%	6.3%	0.8%	1.7%	1.9%
	Asian	--	3.7%	2.9%	4.7%	7.8%	8.9%	6.8%
	Black or African American	--	1.9%	2.4%	0.0%	7.8%	11.7%	7.4%
	Hispanic or Latino Origin	--	3.7%	17.2%	8.7%	4.7%	8.9%	9.8%
	Native Hawaiian or Other Pacific Islander	--	0.0%	0.0%	0.0%	2.3%	2.1%	1.4%
	Other	--	0.0%	0.5%	4.3%	3.1%	2.7%	2.1%
Age	16-24	--	7.4%	59.7%	28.1%	16.4%	12.9%	25.5%
	25-44	--	55.6%	25.9%	41.3%	45.9%	47.4%	42.1%
	45-60	--	33.3%	12.4%	23.0%	28.7%	31.9%	25.9%
	61-80	--	3.7%	2.0%	7.1%	7.8%	6.7%	5.7%
	81 and Older	--	0.0%	0.0%	1.0%	1.7%	1.2%	0.8%
Household Income	Less than \$24,999	--	0.0%	0.0%	10.1%	0.0%	5.1%	4.2%
	\$25,000 to \$49,999	--	31.2%	51.4%	25.3%	39.1%	21.2%	28.5%
	\$50,000 to \$99,999	--	50.6%	26.7%	36.0%	39.1%	32.4%	33.6%
	\$100,000 to \$149,999	--	9.1%	14.3%	19.1%	9.6%	20.8%	17.9%
	\$150,000 to \$199,999	--	6.5%	5.2%	8.4%	10.4%	13.3%	10.8%
	\$200,000 or more	--	2.6%	2.4%	1.1%	1.7%	7.2%	4.9%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

*The (N=) in the Region heading rows represents the highest number of individual responses from those who attended trainings in each Region and the aggregated count for the Statewide total. Some questions were not answered by all respondents, so valid percentages have been reported.

Table 2 Nebraska Mental Health First Aid Training Course Type

Course Type	Region 1 (N=10)	Region 2 (N=87)	Region 3 (N=332)	Region 4 (N=210)	Region 5 (N=287)	Region 6 (N=1,000)	State Avg. (N=1,926)
Adult MHFA	0.0%	73.6%	68.7%	62.4%	72.5%	80.9%	74.0%
Youth MHFA	100%	26.4%	31.3%	37.6%	27.5%	19.1%	26.0%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

Table 3 Percent of Participants Who Agree with the Following:
“As a result of this training, I feel more confident that I can...”

Evaluation Outcomes	Region 1 (N=10)*	Region 2 (N=87)*	Region 3 (N=332)*	Region 4 (N=210)*	Region 5 (N=287)*	Region 6 (N=1,000)*	State Avg. (N=1,926)*
Recognize the signs that someone may be dealing with a mental health problem or crisis.	--	98.4%	99.0%	--	50.0%	95.6%	96.6%
Reach out to someone who may be dealing with a mental health problem or crisis.	--	98.4%	97.0%	--	66.7%	94.7%	95.7%
Ask a person whether s/he is considering killing her/himself.	--	98.4%	91.7%	80.0%	78.6%	88.7%	86.8%
Actively and compassionately listen to someone in distress.	--	98.4%	99.0%	--	66.7%	95.3%	96.7%
Have a supportive conversation with a person about mental health or substance use challenges.	--	--	100%	80.0%	100%	93.8%	89.2%
Offer a distressed person basic “first aid” level information and reassurance about mental health problems.	--	96.8%	98.0%	--	50%	93.7%	95.2%
Respond to a substance use crisis including an overdose and know what to do to keep an individual safe.	--	--	100%	80.0%	100%	81.5%	77.1%
Assist a person who may be dealing with a mental health problem or crisis to seek professional help.	--	96.8%	97.5%	--	50.0%	94.0%	95.2%
Assist a person who may be dealing with a mental health problem or crisis to connect with community, peer, and personal supports.	--	96.8%	98.0%	--	50.0%	94.3%	95.6%

Be aware of my own views and feelings about mental health problems and disorders.	--	98.4%	97.5%	--	66.7%	95.9%	96.6%
Recognize and correct misconceptions about mental health and mental illness as I encounter them.	--	100%	98.5%	--	66.7%	95.0%	96.5%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

*The (N=) in the Region heading rows represents the highest number of individual responses from those who attended trainings in each Region and the aggregated count for the Statewide total. Some questions were not answered by all respondents, so valid percentages have been reported.

Table 4 Percent of Participants Who Believe it is *Not at All* or *Not Very Difficult* to do the following:

“For each action, please select the response from 1 (not at all difficult) to 5 (extremely difficult) that best describes HOW DIFFICULT it is for you to perform that action: Currently, I believe that for me..”

Evaluation Outcomes	Region 1 (N=10)*	Region 2 (N=87)*	Region 3 (N=332)*	Region 4 (N=210)*	Region 5 (N=287)*	Region 6 (N=1,000)*	State Avg. (N=1,926)*
Referring a person experiencing a mental health or substance use challenge(s) to a health professional.	--	--	60.0%	70.9%	65.7%	74.6%	72.6%
Referring a person showing signs and symptoms of a mental health or substance use challenge(s) to practical resources (e.g, self-help information, crisis hotline number).	--	--	60.0%	72.1%	67.2%	74.4%	73.2%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

*The (N=) in the Region heading rows represents the highest number of individual responses from those who attended trainings in each Region and the aggregated count for the Statewide total. Some questions were not answered by all respondents, so valid percentages have been reported.

Table 5 Mental Health First Aid Training Program Overall Evaluation

Overall Evaluation	Region 1 (N=10)*	Region 2 (N=87)*	Region 3 (N=332)*	Region 4 (N=210)*	Region 5 (N=287)*	Region 6 (N=1,000)*	State Avg. (N=1,926)*
Percentage who would recommend the training course to others.	--	100%	99.0%	--	--	96.5%	97.7%

Source: Mental Health First Aid Course Evaluation Reports from Regional Behavioral Health Authorities

*The (N=) in the Region heading rows represents the highest number of individual responses from those who attended trainings in each Region and the aggregated count for the Statewide total. Some questions were not answered by all respondents, so valid percentages have been reported.