



Healthy Minds Philly Newsletter

By David Monico, MPH



MENTAL HEALTH FIRST AID PHILADELPHIA

Welcome to new Aiders!

Help us reach our 10,000 Aider goal, tell your friends!



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Connect with PhillyMHFA



PA'S NUMBER ONE

Pennsylvania [led the country](#) in 2014 with 1,111 Mental Health First Aid trainings. Not to boast, but Philadelphia was a huge part of that! We cannot take all the credit. Across the state many initiatives have been working tirelessly to train their communities. Locally the SE Region, led by Coordinator and Philly MHFA Instructor Tory Bright, trained over 1,000 people in many settings in 2014. Their work continues to balloon and they are looking forward to adding more instructors this summer to meet the demand.

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HAPPENINGS

We have shaken off the winter chill and now health fair season is upon us. DBHIDS kicked off our Transformation Decade Celebration ([#phltransformed](#)), dedicating all events this year to 10 years of systems transformation—putting recovery first and enhancing resilience throughout Philadelphia. February 23rd marked the kickoff at CBH. Internal and external partners enjoyed music, drama, videos, and dancing. It was shortly followed by *The Brighter Futures Awards* which honored the resilient leaders of the intellectual disAbilities (IDS) community.

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EMPIRE OF STIGMA

Television can captivate a wide audience; it can also serve to educate viewers about important topics, like mental illness. Single episodes may be dedicated to a character addressing a challenge. In other shows the main characters regularly experience mental illness or interact with the treatment community. *Monk* connected us with a detective battling OCD. The *Sopranos* brought you inside the subconscious through the psychoanalysis of a mob boss. Utilizing drama and humor, these shows allow us to see not only recovery and acceptance, but unfortunately can also reinforce stigma.

The new Fox drama *Empire* is one of the latest examples to attract viewers. From the heated confrontations to the music, there is something for everyone. We can hardly forget that the story has roots in our own backyard, here in Philadelphia. Lucious Lyon, played by Terrence Howard, came up from poverty and advanced through music. Now on the eve of taking his music empire public, Lucious is faced with one crisis after another.

What is most interesting is not the storyline, but the challenges faced by characters throughout this first season. Early on in the series, for example, we learn of Lucious' son Andre's mental illness. Living with bipolar disorder, the changes to the company become too much for Andre to manage. His father's criticisms lead him away from treatment and support. His mood rapidly destabilizes, his anger increases, and he returns to outrageous spending habits, all warning signs that we learn contributed to his first treatment experience.

Story continues on HealthyMindsPhilly.org



Photo from: FOX gallery "Sins of the Father" episode <http://goo.gl/kzTtiG>

AIDER CONTINUING EDUCATION

Assess for risk of suicide or harm: Opiate Overdose

Overdose is now the top cause of accidental death in the US, occurring more than car accidents [according to the CDC](#). An opiate overdose may happen with those who abuse or are dependent on opiates and also with those who routinely take opiates as prescribed. Excessive use may cause changes to the brain impacting decisions, behavior, and motivation – warnings overdose risk is high.

Overdose is not typically instant, usually occurring when levels build 1-2 hours after use. Warning signs of an immediate overdose may include “nodding,” snoring, gurgling, shallow, infrequent or no breathing. You may also see blue, pale or clammy skin often starting at the fingertips and nails. Slow pulse, throwing up, and passing out are other warning signs.

One reason for the rise in overdose is that methods of use have become more acceptable. In the past heroin needed to be injected, but now it is becoming more pure and can be snorted. Prescription pills are simply swallowed. These methods appear much more acceptable to a first time user than injecting or smoking. Additional risk occurs when use has stopped, even a few days, reducing tolerance. This typically occurs after incarceration, treatment, or illness.

The Good Samaritan Law signed into law September 31, 2014 may change things. Now anyone can obtain a prescription for a lifesaving drug called Naloxone (brand name Narcan). Naloxone blocks the opiates from reaching opiate receptors in the brain. It was previously only available to first responders. For 40 years, yes 40 years, it has been available. In Philadelphia, like many cities, only paramedics carried it in the community. Now police and other responders have it and they are already saving lives ([read more in Metro](#)).

You must also receive training, Prevention Point (215) 634-5272 offers a course to teach you how to administer Naloxone. If you know someone who uses opiates or you use them yourself, prescription or not, you should have Naloxone available and know the warning signs of overdose.

Source: *Overdose Prevention Education and Naloxone Response Training, David Fialko, Council of Southeast Pennsylvania, December 18, 2014.*

Listen nonjudgmentally: Tips to Get Someone Talking

Listening nonjudgmentally may be hard. Frustration occurs if you know something is wrong, but when you approach someone they refuse to talk. Remember stigma is still out there, making people fearful to be open. You can break down these barriers by engaging in something enjoyable with the person. Go for a cup of coffee and talk about the old days. Try taking a walk in Wissahickon Park or along the Schuylkill River trail; it is amazing what nature can do for someone. If it is raining play a board game or dust off the cards. *Be creative!*

Give reassurance and information: TedTalk—When Mental Illness Enters the Family

Dr. Lloyd Sederer NYS Office of Mental Health discusses how to support a family member. Watch with someone you know, perhaps it will show them they are not alone. The suggestions connect well with MHFA—<http://goo.gl/KydrD4>

Encourage appropriate professional help: New Efforts to Address Trauma Early

Experiencing trauma is one of the top risk factors for developing a mental illness and often linked with psychosis. In Philadelphia work is underway to evaluate Adverse Childhood Experiences (ACE) in the urban setting ([Read more](#)). Early intervention is key, thankfully there are two great new treatment resources for young people in Philadelphia.

Philadelphia Alliance for Child Trauma Services (PACTS) has been ensuring effective treatment options are available throughout the city. There are now 14 programs with clinicians trained in [Trauma Focused Cognitive Behavioral Therapy \(TF-CBT\)](#). This evidence-based treatment is designed to address trauma through work with the young person and their family. Find out more about PACTS on their website philadelphiapacts.org or visiting DBHIDS at Love Park for Children’s Mental Health Awareness Day, May 7th 11:30am to 3:30pm.

Another exciting program PEACE—Psychosis Education, Assessment, Care, and Empowerment—is designed to help people (youth and adults, 15+) in the early stages of psychosis. The goal of this new program is to help people maintain or improve their level of functioning. PEACE helps people in a warm and welcoming environment that does not look like the typical treatment setting. This is ideal for those who may be fearful of walking into a waiting room for an appointment. PEACE offers individual and group cognitive behavioral therapy, case management, family support and education, peer connections, and evidence-based, low-dose medication treatment. Their website is in progress, phillypeace.org, but you can reach them at peace@hhinc.org or 215-38-PEACE (7-3223).

Encourage self-help and other support strategies: Links to Wellness

- [Philadelphia Youth Sports Collaborative](#): A network of over 30 nonprofit youth sports programs—<http://goo.gl/73ooXp>
- [Let’s Go Outdoors](#): Encourages outdoor recreation for minority youth; great recommendations for all—letsgooutdoors.net
- [Cognitive Fun](#): Free brain building games!!!—cognitivefun.net
- [Interfaith Center of Greater Philadelphia](#): Resources, youth and adult programs, news and events—interfaithcenterpa.org
- [How I Decide](#): Improve critical thinking and decision making through mindfulness—howidecide.org



Warning Koalas are Invading Philly!!!



Be on the alert Philadelphians, koalas have been spotted all over the city. They are appearing in parks, gyms, restaurants...everywhere! No place is safe from these koala colonies. Their cuteness is only part of their strategy. Stay alert! Stay vigilant!

You can help bring these koalas to justice by visiting the [Philly MHFA Facebook](#) page and voting for your favorite ALGEE pic. Each month there will be new ALGEE photos for you to vote on. Find ALGEE in the community and get in the picture yourself!

Philly PD Prepares Officers



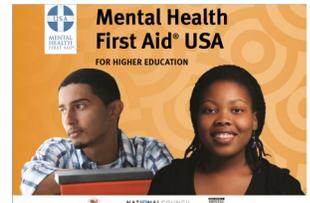
The DBHIDS Philly MHFA initiative began with a pilot program of the Public Safety Curriculum in 2012. The Philadelphia Police Department (PPD) has maintained their momentum since this pilot, training 560 PPD Aiders. Now, all new recruits complete the MHFA course preparing them for service in our city.

Current officers are not being excluded. Since 2007 over 2,000 officers have gone through a more intensive training, Crisis Intervention Team (CIT). Additionally, police officers in other settings, universities and SEPTA for example, are being included. There are nearly over 300 CIT officers in every PPD Division, including foot patrol, upper ranks, and special units. This amounts to 58% of the current police force with more graduates being added each month.

The CIT training program has reshaped how officers interact with individuals with mental illness. These officers are well informed and prepared to help in the event of a mental health crisis. Using de-escalation techniques CIT officers are able to calm situations and make accurate connections to crisis treatment services if needed.

NEW MODULES ROLLING OUT

In 2014, the Mental Health First Aid USA added four new supplements to the General/Adult Curriculum. The Public Safety module became standard and the Military & Veterans, and Higher Education supplements were introduced. The final addition was the Spanish Translation of the Adult Curriculum.



Philly MHFA began implementing these supplements March '15. Malik Gray and Shemiah Cooper of Philly MHFA partnered with [The Veterans Multi-Service Center](#), hosting two Military & Veterans trainings. Malik and volunteer instructor Beth Quinn tested the Higher Education modules with Pierce College.



The first community Veterans training was held April 10th at Friends Hospital. We will be looking to expand our partnerships to ensure these supplements reach their intended audiences.

HAPPENINGS CONTINUED FROM PAGE 1

On April 8th Engaging Males of Color (EMOC) held its kickoff event at City Hall. EMOC grew out President Obama's nationwide *My Brother's Keeper Community Challenge*. The aim is to initiate dialogue and awareness around the challenges and needs of men and boys of color and to inspire community resiliency. EMOC has partnered with [Mural Arts Philadelphia](#) to use community art to raise awareness and reduce stigma. *For more information on EMOC contact Gabriel Bryant – gabirel.bryant@phila.gov, 215-685-4726.*

Right around the corner, April 24th, is the 9th Annual Faith & Spiritual Affairs Conference "*Looking Back & Moving Forward.*" This is the next event to highlight the Transformation Decade, reflecting and celebrating the efforts of the faith community's efforts in the field of behavioral health. Come learn about hope and healing – [sign up at \[HealthyMindsPhilly/Events\]\(#\)](#).

Our outdoor events start in May. *Spring Into Health Fair*, an annual neighborhood health fair held at Saunders Park, 39th and Powelton, on May 2nd will kickoff the [Promise Zone Award](#) to the Mantua section of Philadelphia. [Promise Zones](#) are another President Obama initiative designed to impact areas of poverty by providing opportunities for all to succeed.

Then on May 7th, DBHIDS will host *Children's Mental Health Awareness Day* in Love Park. Come join the fun 11:30am to 3:30pm.

The year is still young, keep an eye on the [Events page](#) on Healthy Minds Philly for more Transformation Decade Events. If your community is having an event you can also tell us about it there. We can come to you with DBHIDS resources and in-person screenings!

2014 ALGEE Awards

| Out the Door Running <small>New Instructors who completed the required three in record time</small> | Above & Beyond <small>Instructors who said "Three is not enough, I'm doing five or more!"</small> | Aider UP <small>Community hubs and organizations helping us spread MHFA</small> |
|---|---|---|
| Karen Claiborne Beth Quinn Jodi Silverman Kara Mifflin Maurice West Colleen Browne Timothy Wynn Chris Kimminez | L'Oreal McCollum Karen Claiborne Vorlea Chaney Rachel Manson Bettyann Creighton Petrena Young Ludy Soderman Stephen Paesani Beth Glynn Henry Singleton | Vee Townsend Paula Lamb Joan Vieldhouse Stacie Leap Onzie Travis Kathleen Cantwell Lloyd Wertz Kalma White Karen Escovitz Renee McDonald |
| | | The School District of Philadelphia Behavioral Health Training and Education Network NHS Human Services Philadelphia Fire Academy |

AIDER COMMUNITY CONTINUED FROM PAGE 1

The amount of trainings PA has completed is absolutely amazing. We are grateful to all the Aiders and instructors who took the first leap and then spread the word. In Philadelphia we are approaching 9,000 Aiders; close to our 10,000 goal for 2015. We still need the support of Aiders and Instructors like you to fill trainings.

Can you imagine if all 1,111 PA trainings had 30 Aiders? That is 33,330; almost 5,000 more than PA's [ALGEE-o-meter](#) total. We average about 18 people per training which makes for an excellent environment, but the more the merrier.

Work is in progress to understand who are the Philly Aiders and where to grow. Our partners at Drexel's School of Public Health have analyzed post-training evaluations and 3- and 6-month surveys to get a demographic picture and learn how the training is being used.

From the surveys, it is clear that MHFA has helped reduce stigma among those who have been trained. Many are using the ALGEE action plan at work and in their homes. Coworkers, friends, and family members have received support that might not otherwise have come because Aiders feel more confident they know how to help.

Jennifer Yang, Arcadia '17, Master of Public Health Practicum Student helped support Philly MHFA and Drexel by mapping where Philly Aiders aid. If you do not see your neighborhood well represented we are happy to help you spread the word. If you get us 200 Aiders we will give you your own ALGEE!

Send individuals and groups that want to register to www.HealthyMindsPhilly.org.

Need help promoting, email mhfa_philly@pmhcc.org.

