

Improving PA Student Mental Health Utilizing Mental Health First Aid

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Co-authors and Disclosures

- **Co-authors**
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- **Disclosures**
 - The PA Foundation provided funding for the Mental Health First Aid instructor training of the Mental Health Outreach Fellows.



Learning Objectives

1. Discuss the mental health challenges facing PA students.
2. Identify the relevance, practical application, and benefits of offering Mental Health First Aid training to PA students.



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*Up to 1 in 5 adults will develop a
mental health problem in any
given year*



PA students are at
increased risk for
depression and
anxiety





***Why are PA students at
an increased risk for
depression and
anxiety?***





Personal
Factors

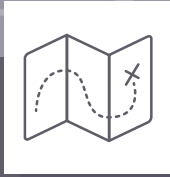
Academic
Factors

Clinical
Factors



A decline in mental health during PA school can result in negative outcomes





***What are the barriers
to seeking/receiving
mental health care
during PA school?***



Perceived Barriers





Mental Health First Aid



- Three formats
 - In-person
 - Hybrid
 - Online



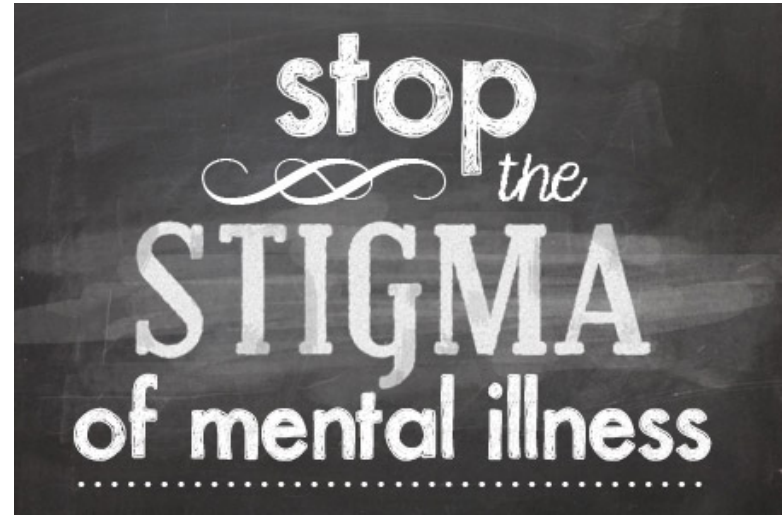
Course Delivery Options



What do participants learn?



- Increases mental health literacy
- Facilitates supportive behaviors
- Decreases stigmatizing attitudes
- Improves the mental health of course participants



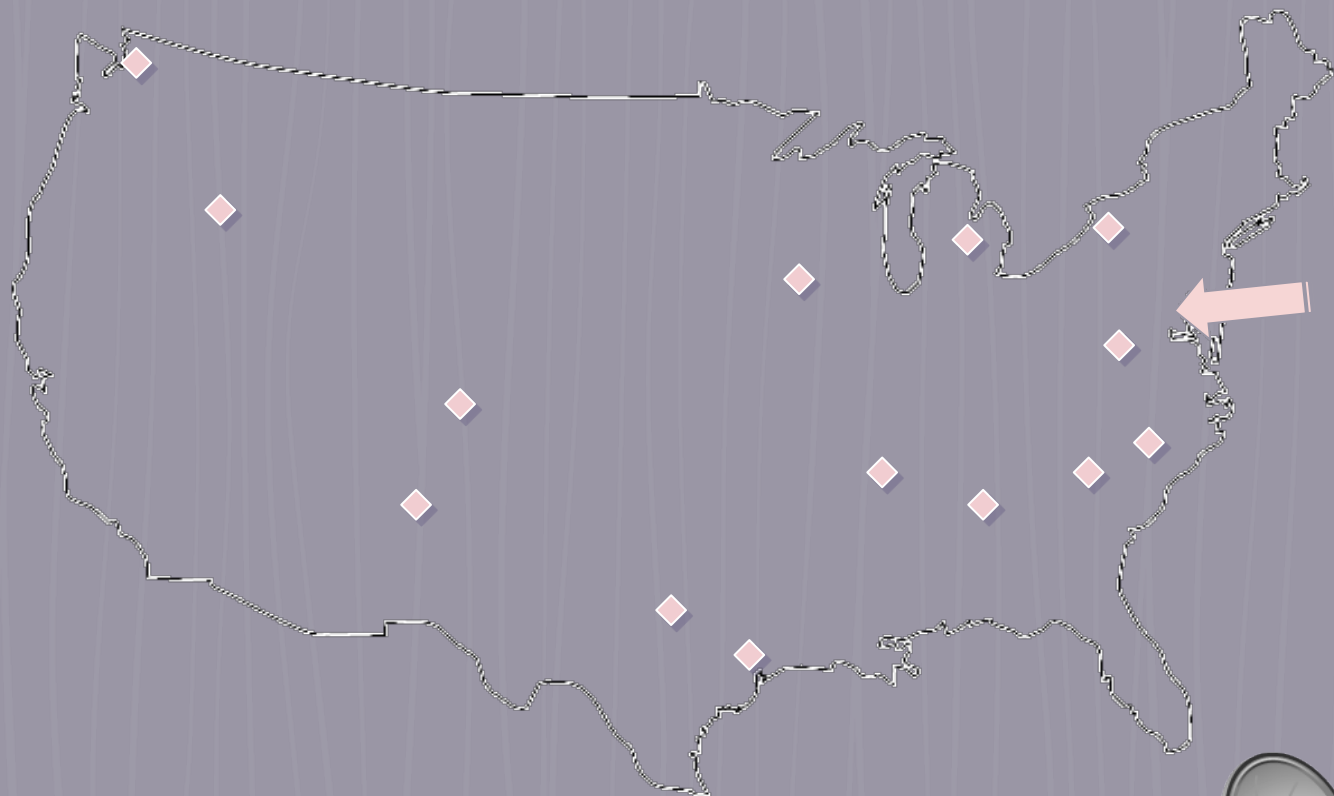
MHFA Outcomes





***Mental Health
Outreach
Fellowship***





**Outcomes of
the Mental
Health
Outreach
Fellowship**

116
MHFA
courses

1,595
community
participants

435
PA
Students



Course Evaluation Feedback



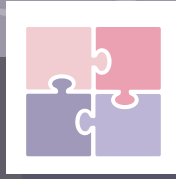
Course Evaluation	Mean
Overall Course	4.82
Practical Application	4.74





***99.3% of the PA students
trained said they would
recommend the MHFA course
to others***





***What are the Benefits
of Training PA
Students in Mental
Health First Aid?***



✓ **Improvements**

- Recognition of emotional distress or mental health crisis
- Awareness of mental health resources and treatments

✓ **Increases**

- Mental health literacy
- Supportive behaviors toward individual with mental health problems

✓ **Promoting help-seeking behavior**



Benefits of MHFA



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PA students found Mental Health First Aid to be a valuable addition to their medical education and future professional careers.



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