

BLENDED YOUTH MENTAL HEALTH FIRST AID

Exercise 4.4 Where to from here?



**MENTAL
HEALTH
FIRST AID**
Australia

The following list of knowledge, skills and attitudes are those which encourage and indicate a capacity for mental wellness and appropriate responsiveness to mental illness. They are relevant in an individual, a group or an organisation.

This exercise is designed to help you assess:

Column 1 – me

What is my level of knowledge and skills? What attitudes do I have/show?

Column 2 – the young people I/we live/work with

What is the level of knowledge and skills of the young people in our care? What attitudes do they have/show?

Column 3 – peers/colleagues

What is the level of knowledge and skills of my peers and colleagues? What attitudes do they show?

Instructions:

1. For the purpose of today's Youth MHFA course, choose one column to complete
2. Rate knowledge, skills and attitudes in this column, in accordance with the rating scale provided below
3. Complete the table below.
4. Carry out solution/action(s) you have committed to doing
5. Utilise all four columns of this exercise in your work/living context – either as an individual, in a work team, with the young people in your care or as a whole organisation
6. Complete the table below for all knowledge, skills and attitudes that need celebration/affirmation and for those that are a real problem
7. Carry out actions/solutions you, your peers, the young people in your care and the organisation as a whole have agreed to.

Using the following rating scale

- ☺ **A** Doing well here!
- ☹ **B** Doing OK.
- ☹ **C** This needs some attention.
- ☹ **D** This is a real problem!



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Rating scale

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- ☐ **D** This is a real problem!

		1	2	3
KNOWLEDGE	1. how and where to get help			
	2. types of mental health problems and mental illness			
	3. causes of mental health problems and mental illness			
	4. risk factors			
	5. warning signs			
	6. understanding the value of good skills and attitudes			
SKILLS	7. communication			
	8. questioning			
	9. listening			
	10. problem solving			
	11. gathering information			
	12. assertiveness			
	13. anger management			
	14. social and interpersonal skills			
	15. critical reflection			
	16. expressing feelings appropriately			
	17. stress management			

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		1	2	3
ATTITUDES	18. tolerance			
	19. respect			
	20. empathy			
	21. consideration			
	22. willingness to learn and try new things			
	23. confidence			
	24. self-esteem			
	25. belief in one's worth			
	26. a sense of achievement			
	27. spiritual values			
	28. sense of community			
	29. appreciation			
30. participation/contribution				

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Choose something you have rated as:

<p>😊 Doing well here:</p> <p>_____</p>	<p>☹️ This is a real problem:</p> <p>_____</p>
<p>Possible ways to affirm/celebrate</p> <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <p>Circle the one(s) you will do/commit to doing.</p> <p>Tick the one(s) you have completed.</p>	<p>Possible solutions</p> <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <p>Circle the one(s) you will do/commit to doing.</p> <p>Tick the one(s) you have completed.</p>