

Continuation Study of Mental Health First Aid (MHFA) Student Utilization and Benefit

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Background

- Mental Health First Aid (MHFA) is a program that teaches skills needed to identify and provide initial help to someone who may be experiencing a mental health problem or crisis.
- One in five adults experience a mental illness in any given year.
- Pharmacists are front-line health care professionals that should know how to respond in a mental health crisis situation.
- The SOP incorporated MHFA certification into the curriculum of P1 pharmacy students in 2020.

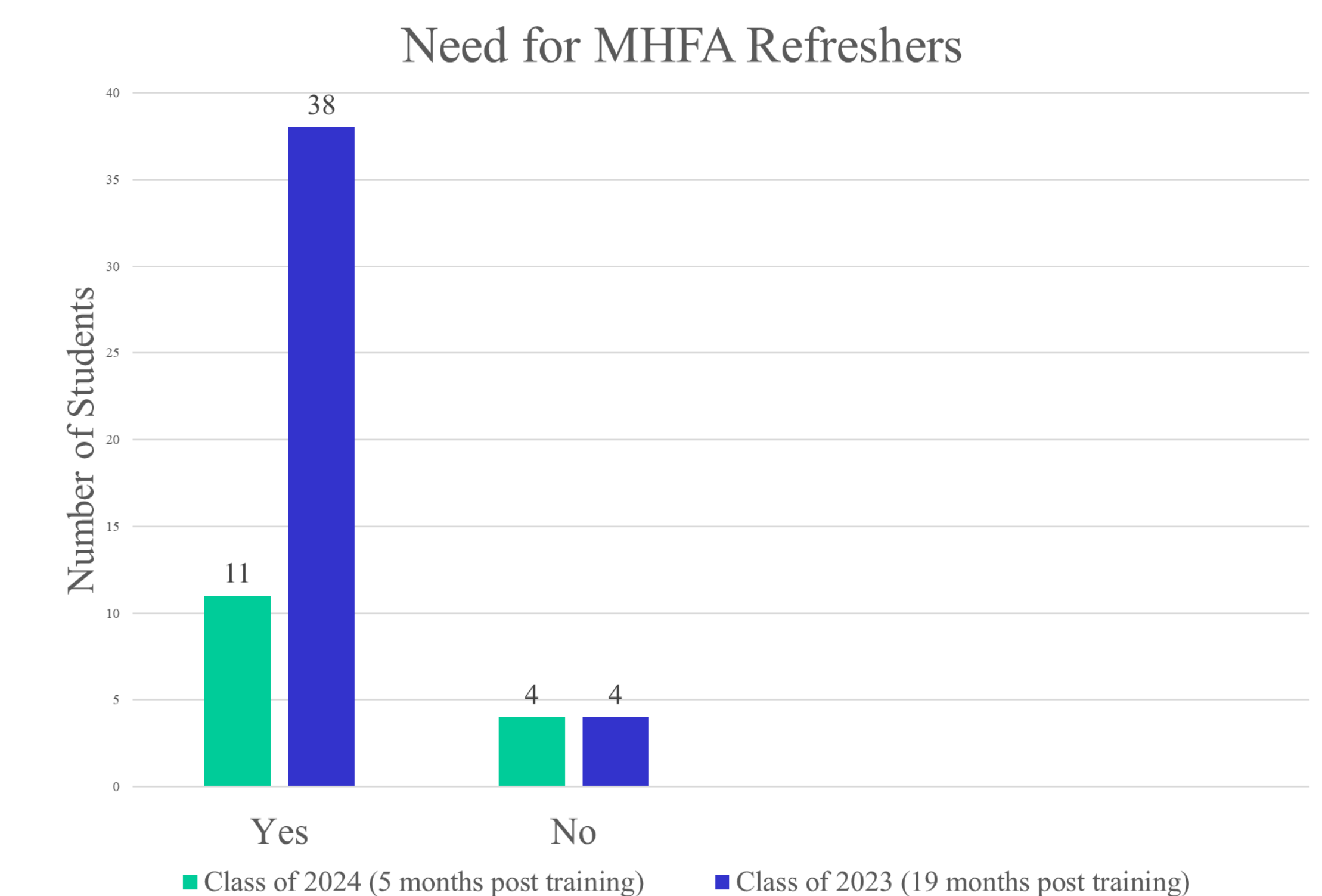
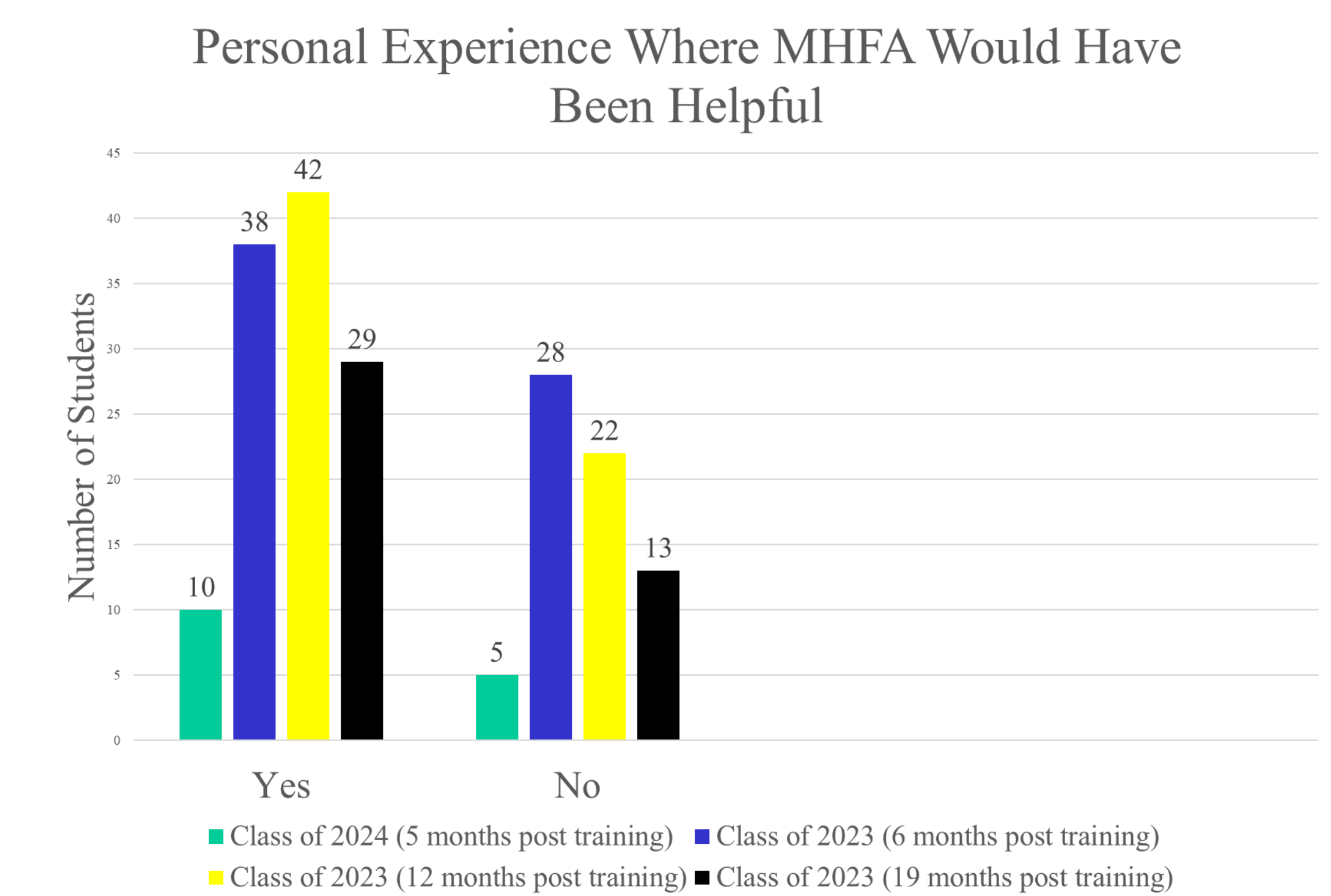
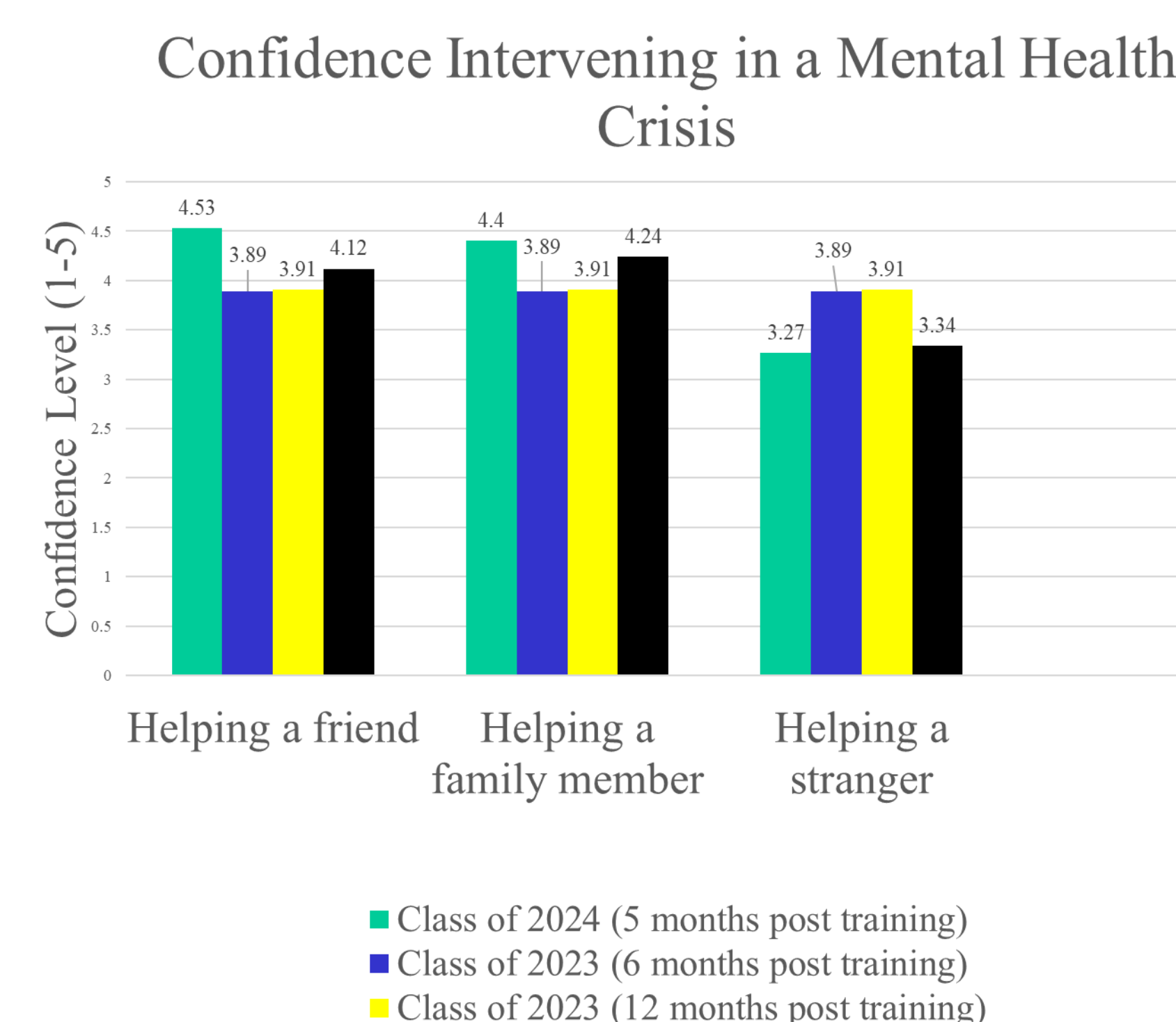
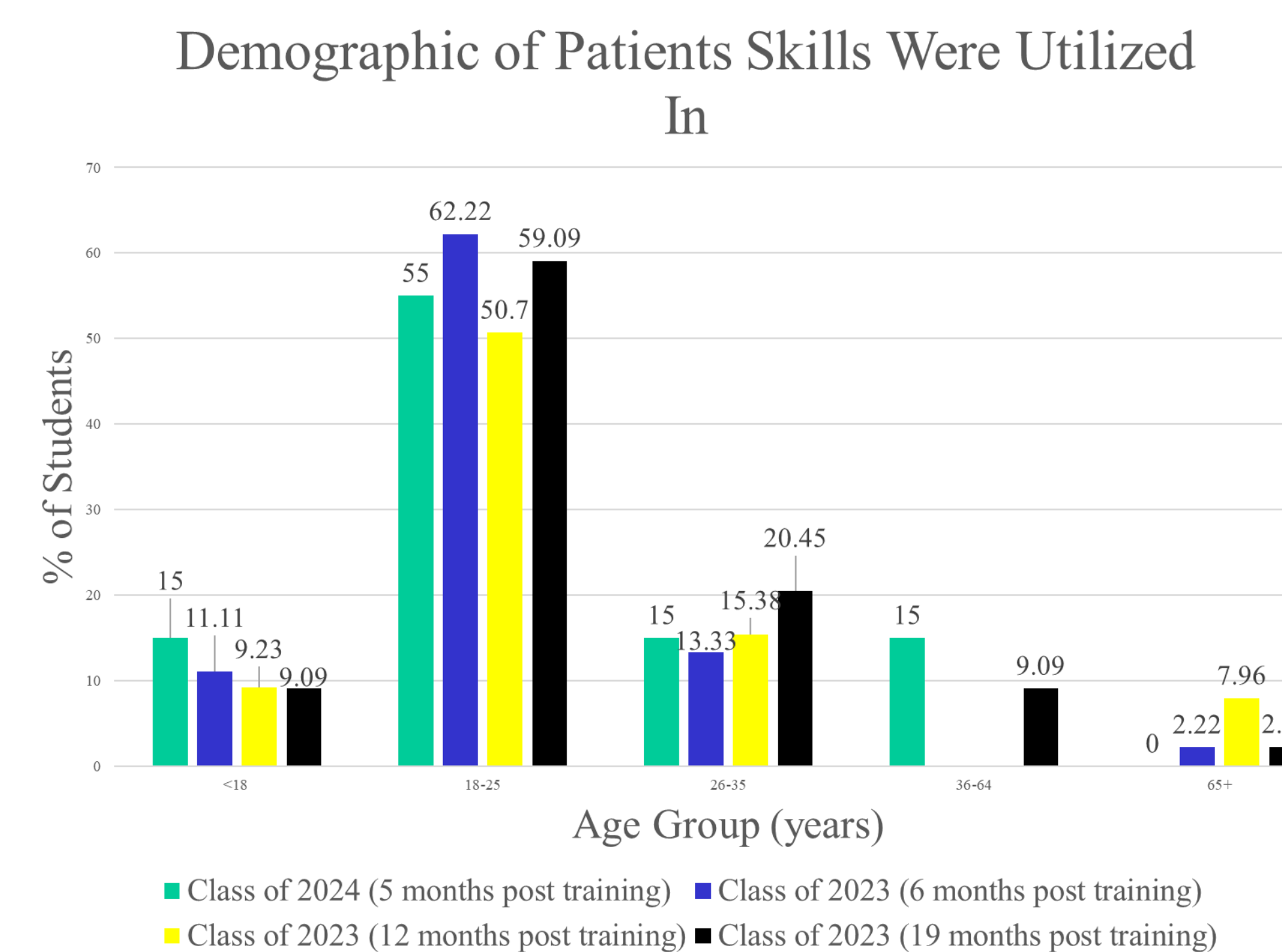
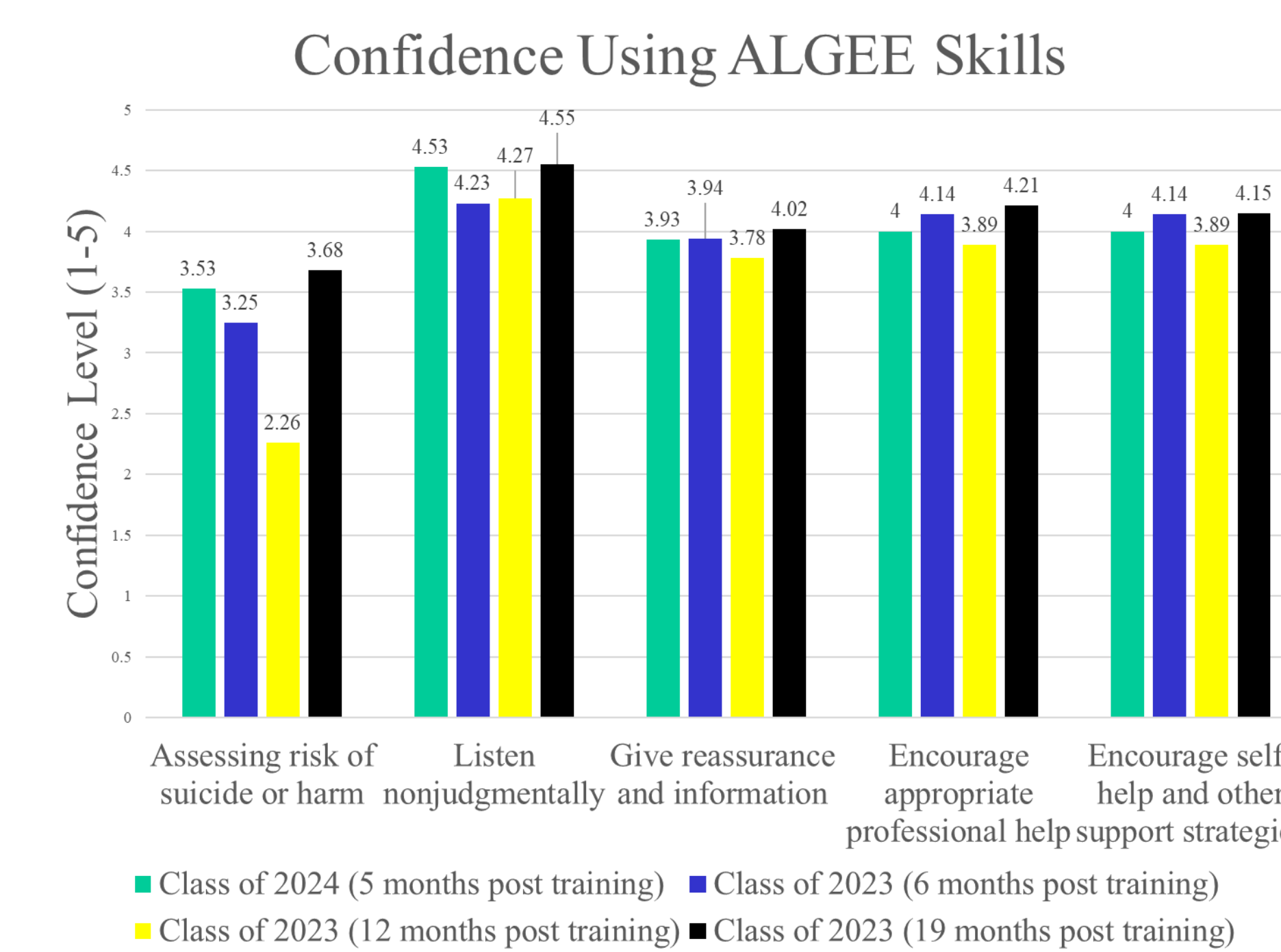
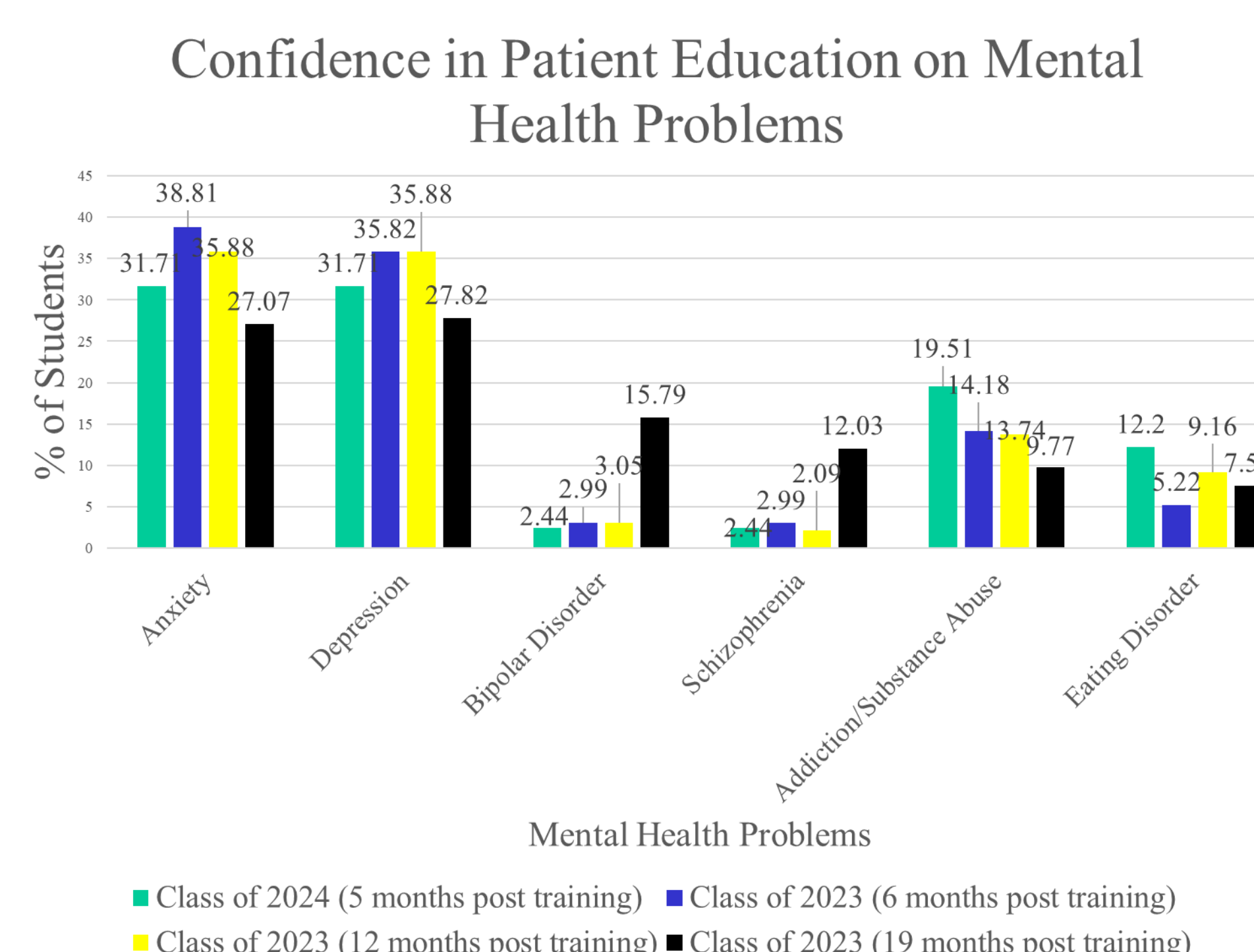
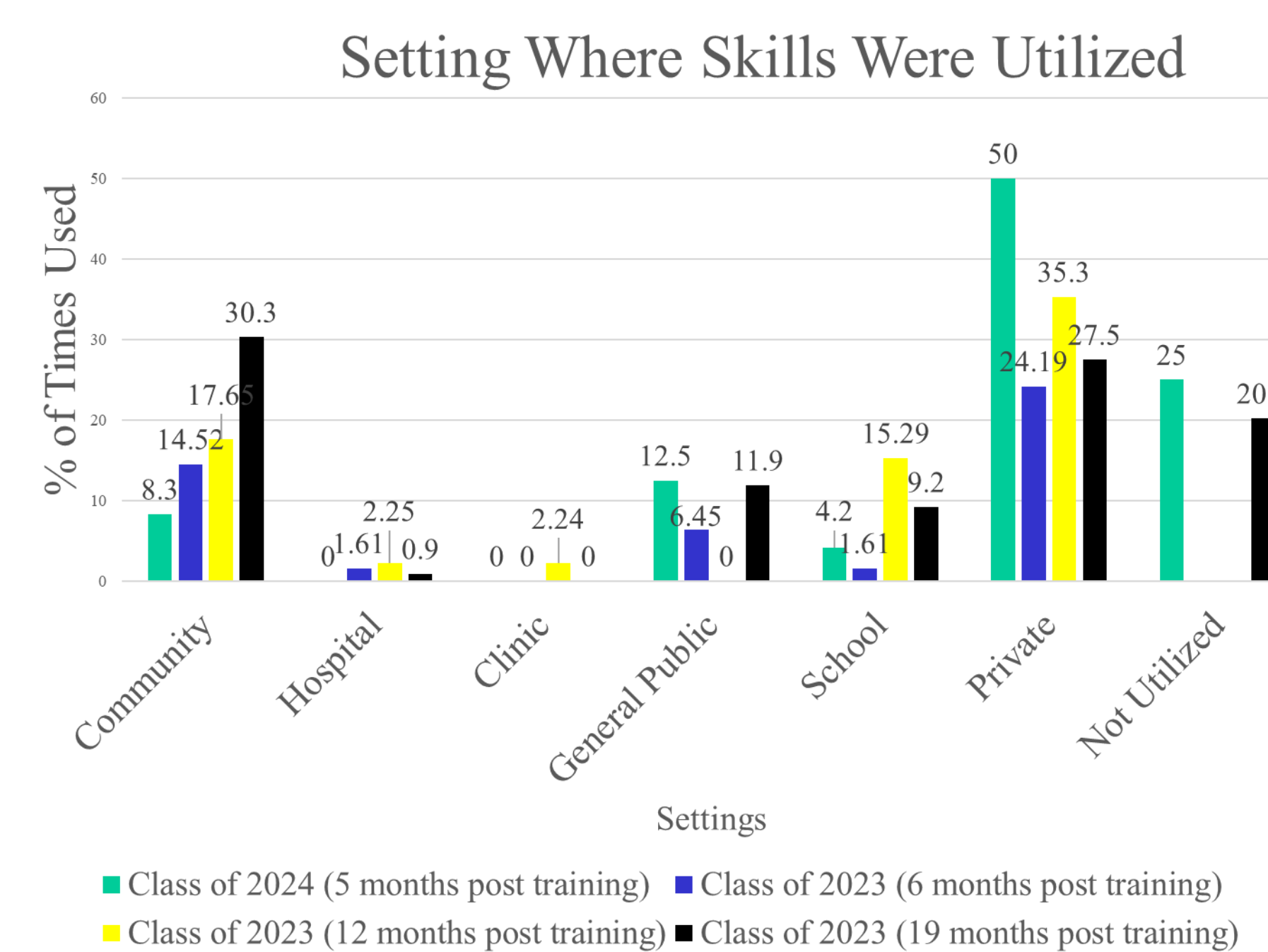
Methods

Purpose: to determine the benefit of MHFA training in pharmacy students by assessing retention and utilization of skills, as well as the confidence to intervene in a mental health crisis. (IRB approval #1376)

- A nine-question survey was built on Qualtrics and emailed to SIUE SOP class of 2023 and class of 2024 students.
- Students has ten days to complete the survey.
- Data results between the classes of 2023 and 2024 were compared. Data results were also compared to the previous year's study results that this study is a continuation of.

Results

- Our survey received a total of 57 responses.
 - 15 students from the class of 2024
 - 42 students from the class of 2023
 - 30 students identified as male and 26 female



Conclusions

- Many students have already utilized their training within the first year of receiving it.
- 77.4% of students have already utilized their training at least once.
- There may be a need for MHFA refreshers to be added throughout the curriculum.