



MHANYS HERO Program & MHFA

Presented by
Katie Oldakowski
Director of Training

Who is MHANYS

- We are on a mission to improve the lives of individuals, families, and all communities in New York State by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery.
- MHANYS was incorporated in 1960. We have 26 affiliates in 50 counties throughout New York State. We are an affiliate of Mental Health America.



MHANYS Legislative Action Community



Legislative Briefing Book



Making Mental Health a Priority in Education, Workforce, & Community

The following are some of the policies that MHANYS has supported that have become law

- 9-8-8 Suicide Prevention and Mental Health Crisis Hotline System
- Opioid Settlement Fund
- The Definition of the Practice of Pharmacy
- Amend the Insurance Law: Step Therapy
- Health Plan Coverage
- Regarding Postpartum Depression Screening Tests

MHANYS Helping Every Responder Overcome (HERO) Program

Goal:

- Create a sustainable uniformed peer program that can be adapted to meet the needs of each first responder agency
- Bring training and resources currently available to the first responder

MHANYS HERO Core Competencies

- Certification Training (5 Total Days)
 - Mental Health First Aid
 - SafeTALK for First Responders
 - Science of Addiction and Recovery
 - FBINAA Master Resiliency Training
- Additional Training Opportunities
 - ICISF Critical Incident Stress Management
 - Community Health Partners
- CME/Micro Credentialing Opportunity

What is Mental Health First Aid?

- National evidenced-based mental health literacy program
- Skills-based training program that teaches:
 - Recognizing signs and symptoms of a mental health and/or substance use challenge
 - Action plan to identify, support and engage individuals that may be or are struggling with mental health challenge or substance use
 - What to do when someone says no
- Does not diagnose



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

The Data

KEY FINDINGS:

- Increased mental health literacy among participants after the training
- Increased confidence/self-efficacy and likelihood to help an individual in distress
- Reduced stigma and increased empathy toward individuals with mental health challenges

Adult MHFA Training Opportunity

Provides Adult MHFA training to 3 populations in the Capital Region (Albany, Saratoga, Schenectady & Rensselaer County):

- Military/Veterans & Families
- EMS/Fire
- Public Safety
- Primary & Specialty Care Providers





MHANYS
Mental Health Association
in New York State

Thank you!

info@mhany.org • (518) 434-0439

mhany.org

