AFT NATIONAL

Mental Health First Aid & Wellness

Leven Chuck Wilson MSW, DHL
Assistant Director, AFT Health Issues
OUR MISSION

The American Federation of Teachers is a union of professionals that champions fairness; democracy; economic opportunity; and high-quality public education, healthcare and public services for our students, their families and our communities. We are committed to advancing these principles through community engagement, organizing, collective bargaining and political activism, and especially through the work our members do.

Randi Weingarten
PRESIDENT

Fedrick C. Ingram
SECRETARY-TREASURER

Evelyn DeJesus
EXECUTIVE VICE PRESIDENT

aft.org   AFTunion   @AFTunion   AFTunion
History, Intent and Impact of Mental Health First Aid and Wellness
What is Mental Health First Aid?

Is the help offered to a person developing a mental health crisis. The aid is given until the appropriate support is provided for the crisis.
Mental Health

- A state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life (WHO 2004)
Mental Wellness, Mental Well-being

• A state that allows a person to perform well at work, in their studies, and in family and other social relationships.
ALGEE

ACTION PLAN: APPROACH & ASSESS & ASSIST

• APPROACH-assess for risk of harm or suicide and assist
• LISTEN-be nonjudgmental
• GIVE- reassurance and information
• ENCOURAGE- appropriate professional help
• ENCOURAGE- self help and other support strategies
Savior

Persecutor

Victim

“Leven Wilson II, MSW”
Assessment

• Challenges
  What are your chief concerns?

• Goals
  (Desirable Conditions)

• Anticipatory Factors
  (What are you experiencing or will experience if not addressed)

• Resources Needed
  (Barriers and Situational Factors that Impact you)

• Monitor Indicators Action Plan
  (How to move from undesirable condition to desirable condition)
Mental and Emotional Self Care

Coping Skills are:

• Expressing feelings
• Communicating
• Connecting with supportive people
• Exercise
• Breathing
• Setting realistic goals
• Writing
• Meditation
• Developing a hobby
What is Well-being?

While we acknowledge there are multiple definitions for well-being, for the purpose of this evening we are defining Well-being as a state of physical, emotional, cognitive, relational and spiritual health! In other words, well-being is a state of being well.
Think about all the relationships you have in your life. What are the most meaningful relationships you have in your life for your well-being? This could be human and non-human (eg: animals)

Share one relationship which is good for your positive well-being (it adds to your well being; it nurtures and replenishes you) and one relationship which you are struggling with. (which is detrimental to your well-being, it drains you)
Spirituality & Personal Growth
Intimate Relationships
Vocation, Career Education
Health/Fitness
Money/Financial Security
Community service & Citizenship
Recreation Fun & play
Family & Friends
Circle of Life
Excuses/No Excuses

Are you committed to:

- Wellness
- Well-being
- Being well
Q & A
The success of an intervention depends on the interior condition of the intervenor.

--Bill O'Brien