

Youth Mental Health First Aid – Post-Survey

Mental Health First Aid Pre-Survey

Welcome to Mental Health First Aid for Adults Assisting Youth! Thank you so much for taking this course. Please complete the following survey to help us know more about you and to help us measure what you know and think about Mental Health First Aid before the course. You will take another survey after the course concludes so we can compare what you learned and how your thinking might have changed. You will also have a chance to evaluate your instructor and the overall course experience. These surveys help us improve Mental Health First Aid!

Mental Health First Aid Knowledge Check

Answer each question to the best of your ability. If you do not know the answer, make your best guess. Please do not research the answers to these questions.

1. Which of the following statements is true about the ALGEE action plan?
 - a. The action plan must be performed in linear pattern (e.g., start with A, then move to L, then to G...)
 - b. First aid is not complete until the First Aider has used all steps of the action plan.
 - c. First Aiders do not need to use every step of the action plan if they are not called for in the circumstances.
 - d. If a First Aider forgets to complete a step, they must go back to it to ensure first aid was given appropriately
2. Which of the following may be an early indicator that a child or youth is experiencing a mental health or substance use challenge?
 - a. Difficulty separating from parents on the first day of school.
 - b. Occasionally losing temper when things do not go their way.
 - c. Sometimes struggling to complete an undesirable task.
 - d. Difficulty
3. The most common protective factor for youth resilience is:
 - a. At least one relationship with a supportive adult.
 - b. Regular school attendance.
 - c. Success on a sports team.
 - d. Ability to read above grade level.
4. Which of the following actions are within the scope of a First Aider?
 - a. Listening nonjudgmentally to a youth with a mental health or substance use challenge.
 - b. Diagnosing what kind of mental health disorder a youth has.
 - c. Recommending treatments a youth should use for their illness.

Youth Mental Health First Aid - Post-Survey

- d. Telling a youth to stop treatments prescribed by a doctor.
5. How can a First Aider cope with feelings of discomfort or frustration associated with providing MHFA?
- a. Searching online for suggestions to relieve stress.
 - b. Establishing a self-care plan before providing MHFA to cope with any feelings that may arise after the MHFA event.
 - c. Using alcohol or drugs to block out memories of the MHFA event.
 - d. Avoiding social situations that may bring back memories of the MHFA event.

Your Beliefs About Mental Health and Substance Use

In this section, we would like to know what YOU BELIEVE about mental health and substance use challenges and your role in assisting youth with mental health and substance use challenges. Please select the response that best describes your level of agreement.

6. In general, I believe that...

- Strongly Disagree
- Somewhat Disagree
- Neither agree nor disagree
- Somewhat Agree
- Strongly Agree

- a. I intend to take action to help youth I work with to address their mental health or substance use challenge(s).
- b. I intend to reach out and express my concerns to youth I work with that might be experiencing mental health or substance use challenge(s).
- c. I intend to listen without expressing my judgment to youth I suspect of experiencing a mental health or substance use challenge(s).

Your Beliefs About Mental Health First Aid Actions

For each action, please select the response that best describes HOW DIFFICULT it is for you to perform that action.

7. Currently, I believe that for me...

- Not Difficult At All
- Somewhat Not Difficult
- Unsure
- Somewhat Difficult

Youth Mental Health First Aid - Post-Survey

Extremely Difficult

- a. Giving practical resources (e.g., self-help information, crisis hotline number) to a youth showing signs and symptoms of a mental health or substance use challenge(s) is:
- b. Referring a youth experiencing a mental health or substance use challenge(s) to a health professional is:

For each statement below, please select the response that best describes YOUR OPINION about how likely it would be for a youth with mental health or substance use challenge(s) to respond to a specific action of yours.

Extremely Unlikely

Somewhat Unlikely

Neither Likely nor Unlikely

Somewhat Likely

Extremely Likely

- a. If I express my concerns to a youth about the mental health signs and symptoms that they are experiencing, it will help that youth to seek timely support.
- b. If I give information about mental health professionals in the community to a youth experiencing mental health or substance use challenge(s), it will assist that youth to get help.

Your Confidence In Performing Mental Health Actions

Please select the response that best describes your level of agreement with the following statements.

8. Currently, I am confident that I can...

Strongly Disagree

Somewhat Disagree

Neither Agree nor Disagree

Somewhat Agree

Strongly Agree

- a. Have a supportive conversation with a youth about mental health or substance use challenges.
- b. Ask a youth directly whether they are considering killing themselves.
- c. Respond to a substance use crisis including an overdose and know what to do to keep a youth safe.

Thank you for completing the survey!