

# Mental Health First Aid

## For Corrections Professionals



I have experienced corrections staff at Riker's Island become certified MHFA instructors and teach their peers the skills needed to connect with and support individuals who may experience mental health challenges. Their efforts have helped them to achieve their mission of creating a safe and supportive environment where staff act with integrity and professionalism while providing individuals in care with a path to successful community reintegration.”

— Gina Ehlert, MEd,  
National MHFA Trainer

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) for Corrections Professionals equips staff with the knowledge and skills to identify, understand and respond to mental health and substance use challenges in their peers. By providing the necessary support and resources, correctional facilities can help staff members cope with the challenges they face, reduce burnout and promote a positive work environment that ultimately benefits both staff and the individuals they serve.

**37%\***  
of corrections  
officers report  
mild to severe  
anxiety.

Source

\* <https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsyt.2021.767385/full>

**48%\***  
of corrections  
officers report  
mild to severe  
depression.

**50%\***  
of corrections  
officers report  
post-traumatic  
stress symptoms.

### What it covers

- The impact of mental health and substance use challenges on the well-being of corrections professionals.
- Risk factors and protective factors specific to a correctional facility.
- How to apply the MHFA Action Plan (ALGEE) in scenarios designed specifically for corrections professionals.
- Methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.
- National, regional and community mental health resources for corrections professionals and their families.

### Who should take it

- Corrections officers
- Healthcare workers
- Chaplains
- Probation officers and court staff
- Food services staff minus incarcerated
- Admin staff (HR, Accounting, etc.)
- Corrections management (ex. captains, lieutenants, corporals and sergeants, etc.)

### Training formats

- **In-person 1 Day:** Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day:** Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.

### The Mental Health First Aid for Corrections Professionals course can help your facility:

- Create a new path of resilience and well-being.
- Reduce stigma and discrimination.
- Improve overall psychological safety.
- Reduce costs associated with untreated mental health conditions.
- Increase employee productivity, morale and retention.
- Address mental health and substance use challenges.



Mental Health **FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**RWJBarnabas**  
HEALTH

**Institute for  
Prevention  
and Recovery**