

Background

- MHFA is an evidence-based program aimed to teach individuals skills and knowledge to adequately respond and identify mental illness signs, crisis, and substance use disorders
- Nearly one in five adults in the U.S are living with a mental illness, and these numbers are steadily rising
- MHFA is especially beneficial in the field of pharmacy as pharmacists are a significant public health resource
- Pharmacists need to recognize crisis symptoms, be able to engage the patient and direct them to appropriate help
- Past research has suggested that while pharmacists are confident in pharmacotherapy for mental illness, they are often hesitant to intervene or identify signs of mental illness

Objective

- To assess the benefits and areas of growth of MHFA training for pharmacy students by evaluating:
 - Retention of knowledge
 - Utilization of skills
 - Interest in future topics at the 6 and 12 month mark from training date

Methods

Study Design

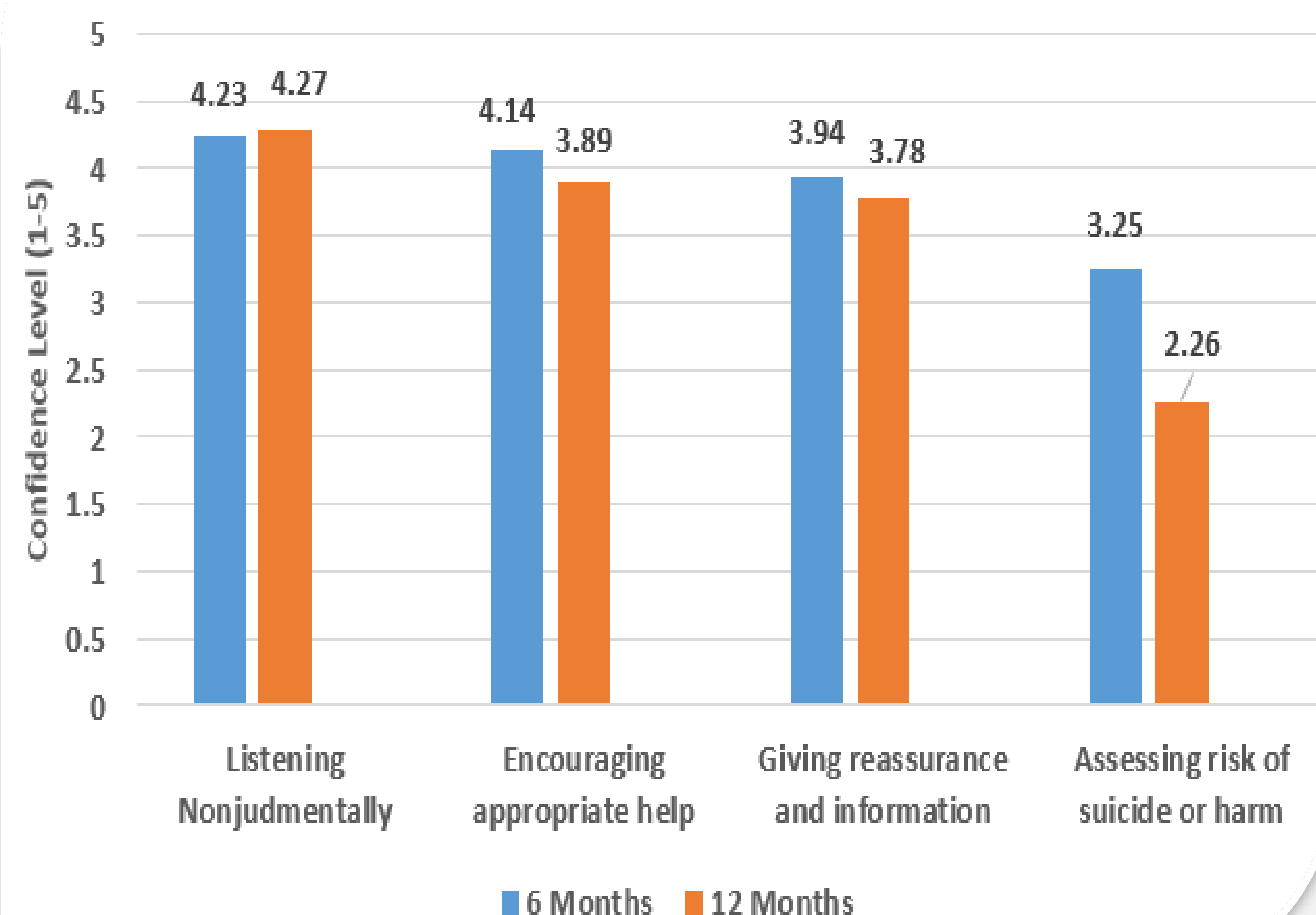
- The study was two anonymous, online surveys and was approved by SIUE IRB
- The surveys were developed by Qualtrics and distributed through email lists
- Two surveys were distributed at the 6 and 12 month mark from the students' MHFA training date
- Surveys assessed the students' retention and utilization of skills, demographic of those they demonstrated skills on, interests in future topics and personal experience

Study Sample

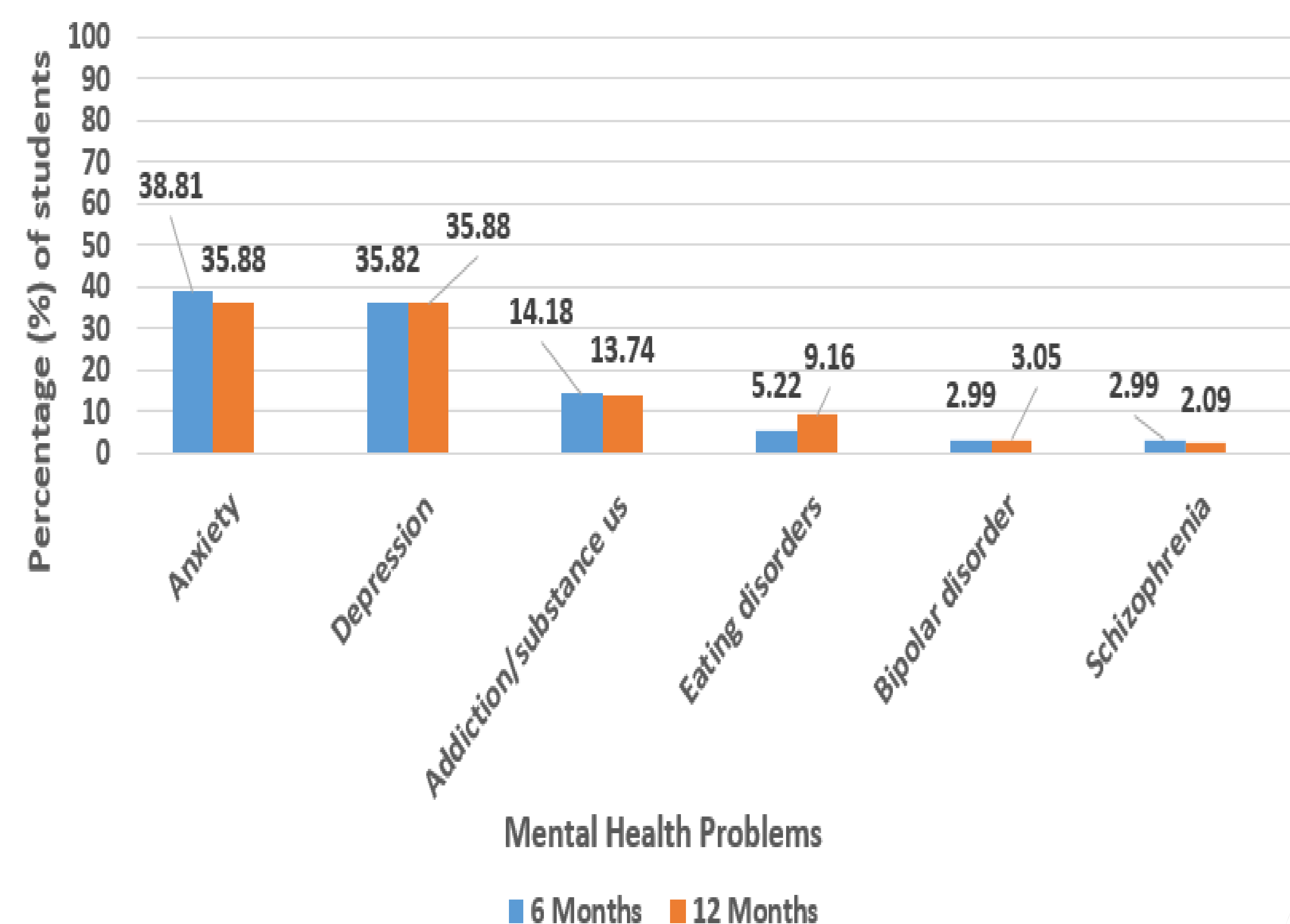
- The inclusion criteria were SIUE SOP students from the class of 2023 who took MHFA training their P1 year

Results

Confidence Utilizing the ALGEE skills since MHFA



Confidence Level Educating on Mental Problems



Results Continued

Confidence Intervening in Mental Health Crisis

- The mean confidence level on a scale of 1-5 for the likelihood of helping a friend, family member or stranger experiencing a mental health crisis slightly increased from 3.89 at 6 months to 3.91 at 12 months

Utilization of skills taught in MHFA

- 35 (52.2%) students had reported utilizing skills taught in MHFA at 6 months
- 44 (65.6%) students had reported utilizing skills taught in MHFA at 12 months

Personal Experience

- 38 (56.7%) of students had reported having experienced a mental health problem in which MHFA would have helped at 6 months
- 42 (65.6%) of students had reported having experienced a mental health problem in which MHFA would have helped at 12 months

Conclusion

- While majority of ALGEE skills were retained, reviewing skills to assess suicide risk would be beneficial especially in today's society
- There is need to improve continuing education on depression and anxiety due to high prevalence
- The increase in utilization of skills and consistent confidence levels reported by students demonstrates the benefit and need of MHFA training for all people
- Awareness and resources for mental health should be emphasized periodically for the student body, faculty and staff