

Research Topic Description

Mental Health First Aid USA is a training program that teaches participants how to identify potential signs of mental illness and provide front-line help and support to people who may be struggling with mental illness, substance abuse disorders, or other crises. The Mental Health First Aid programs being implemented in the United States are divided into two categories: adult and youth training programs. However, the Mental Health First Aid programs being implemented in Canada and Australia provide a total of seventeen group-specific trainings that are directed towards various populations of their respective countries such as Mental Health First Aid training for working with older adults, Chinese, Vietnamese, nursing students, suicidal people, first nations peoples, and veterans, just to name a few. The more extensive list of programs offered by both Canada and Australia made the two programs offered by Mental Health First Aid USA seem alarming and begs the question, should the United States be diversifying its Mental Health First Aid training programs? In an effort to answer this question, this project focuses on the cross-cultural effectiveness of Mental Health First Aid USA and compares it to the cross-cultural effectiveness of more group-specific Mental Health First Aid programs in Canada and Australia. Throughout the course of this project I will conduct a literature review of Mental Health First Aid programs in the United States, Australia, and Canada and will analyze the cross-cultural effectiveness of each study by identifying the populations represented in program effectiveness studies and by looking at the programs' specific impacts on racial and ethnic subgroups.

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