WE HEAR YOU, WE SEE YOU, WE GOT YOU

Become a MentalHealthFirstAider

“Because No One Should Struggle Alone”

Presented to

CHSSC

November 19, 2026

Presented by LORETTA STAGNITTO

Founder

InvestInMentalHealth.org



InvestInMentalHealth.org

BE A MENTAL HEALTH FIRST AIDER

Building communities where everyone has the skills to recognize and respond to mental health challenges.

ATTACHMENT 1

LOS GATOS RESIDENTS, REGISTER FOR OUR **FREE** MENTAL HEALTH FIRST AID TRAININGS! LIMITED SPACE AVAILABLE. #FIRST100

HOME GET IN TOUCH DONATE GET TRAINED
WHO WE ARE FAQ

InvestInMentalHealth.org
BE A MENTAL HEALTH FIRST AIDER

BE ONE OF THE #FIRST100 MENTAL HEALTH FIRST AIDERS

Investing In Mental Health to Help Break Stigmas

Provide life-saving skills through Mental Health First Aid™ training

LEARN MORE





Build communities nationwide where everyone has the skills to recognize and respond to mental health challenges

To provide free and low-cost Mental Health First Aid (MHFA) training that empowers communities, reduces stigma, and supports early intervention for mental health challenges.

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ATTACHMENT 1

Why InvestInMentalHealth.org?

THE MENTAL HEALTH CRISIS (IN SCC) IS URGENT!

1 in 5

Adults in SSC (340K) experience mental health challenges; Depression (30%), Schizophrenia & Psychosis (25%), and Trauma/Stress-related disorders (16%)

1 in 6

Youth in SSC ages 6-17 (68k) with high trauma-related incidents; mental disorders are primary reason for child hospitalizations

1 in 5

High school students in SSC considered suicide in 2025

20%

Of 400k Seniors in SCC deal with anxiety, depression, or a trauma- and stress-related disorder. Likely underreported since this demographics suffers in silence

14%

Adults 60+ live with a mental disorder

2M+

Americans 65+ suffer from depression

59.8%

Of family caregivers experience high caregiving strain. 31.6% suffer from clinical depression.

1.7M

Dementia caregivers statewide. They carry the absolute highest risk for localized burnout, anxiety, and depression

No community-wide Mental Health First Aid certification program exists in most Bay Area communities.

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ATTACHMENT 1

What Is MHFA?

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING



Just as CPR training equips people to respond to physical emergencies, MHFA equips people to respond to mental health crises — until professional help is available.

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What is MHFA?



6-7 Hours
In-Person or Virtual

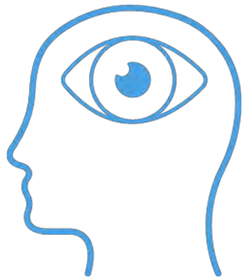
- Purpose and role of MHFAer
- 10 Common Mental Disorders
  - Depressive disorders
  - Substance use disorders
  - Post-traumatic stress disorder
  - Anxiety disorders
  - Bipolar disorder
  - Psychotic disorders
  - Eating disorders
  - ADHD
  - Conduct/Impulse Control
  - Trauma/stressor related

AGLEE Model
Learn and Practice

- Recognize early, worsening, crisis signs and symptoms
- Youth sharing their stories
- Scenarios of all ages, challenges
- Crisis Situations & Safety
  - Panic Attacks
  - Substance Overdose
  - Trauma
  - Suicide
  - Psychosis
- Self-Care

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Noticing Signs and Symptoms



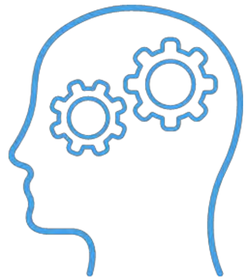
Represents **observable physical changes** (how a person appears) that a Mental Health First Aider might notice.



Represents **behaviors** a Mental Health First Aider might notice.

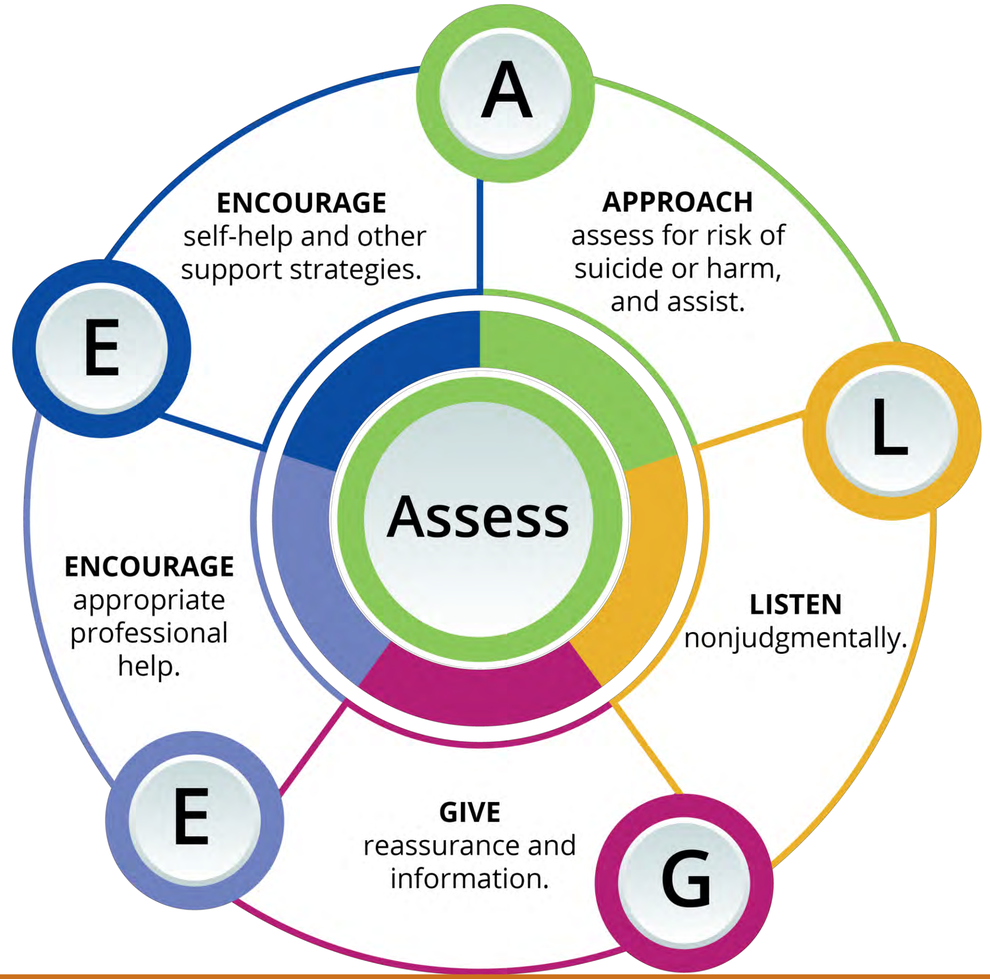


Represents **feelings and emotions** that a Mental Health First Aider might notice.



Represents **thought patterns** that a Mental Health First Aider might notice.

The MHFA Action Plan (ALGEE)





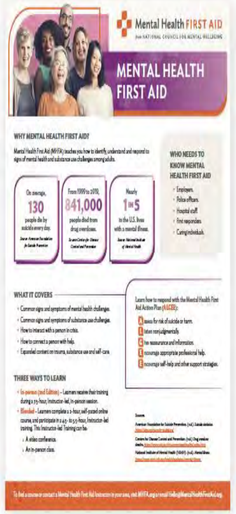
Self-Care Action Plan



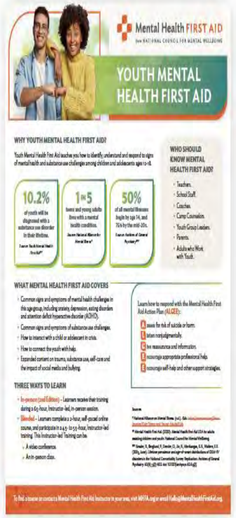
Based on SAMHSA's Eight Dimensions of Wellness



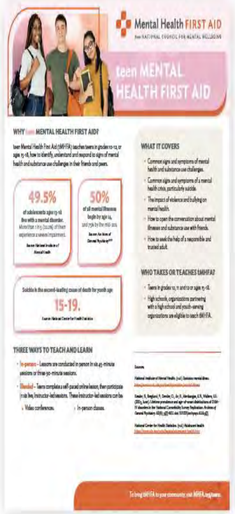
Customized Content and Scenarios



Adult MHFA



Youth MHFA



teen MHFA



MHFA for Higher Education



MHFA for Public Safety



MHFA for Fire/EMS



MHFA for Corrections Professionals



MHFA for Military, Veterans and Their Families



MHFA for Older Adults

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2026 LG Community Town Grant





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ATTACHMENT 1

How To Support Us

- Join our BOD
- Sign-Up for our monthly newsletter
- Partnerships and Sponsorships
- Let us train your organizations
- Take a class or refer others
- Promotion and Introductions to training opps
- Donations and grants
- Become Adult and Youth Instructors
- Become a *Foundational Friend* Funding Sponsor
  - $75K via $1,000+ Donations and Sponsorships
  - $25k to train instructors; $50k for infrastructure



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ASSESS.ACT.ACHIEVE.
The "I Know" System™ for Personal and Team Leadership Development
ACCELERATE RESULTS



THANK YOU FOR PARTICIPATING

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