

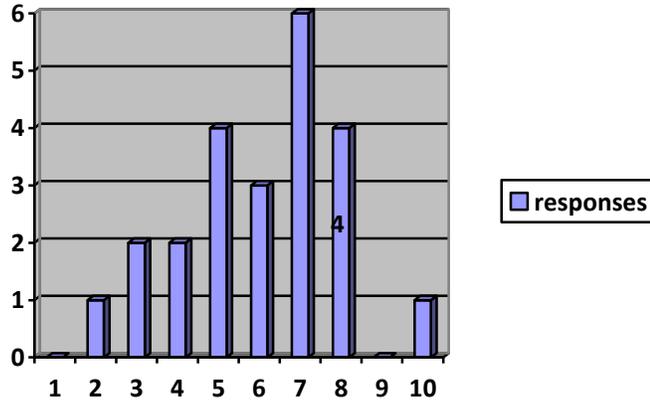
# **Mental Health First Aid: Bracebridge Evaluation Summary January 30 & 31, 2014**

## **Participants**

23 participants, 23 completed evaluations  
2 teachers catholic board  
3 teachers – TLDSB  
Habitat for Humanity – coordinator  
2 YWCA Muskoka – admin, facilitator  
Nurse-CCFHT  
Student  
2 SMDHU – family home visitor, PHN  
Hands – Better beginnings  
Big Brothers/Sisters-case manager/ED  
Township of Georgian Bay – Social worker  
Sexual Assault Services – Counselor  
Community Member  
Town of Gravenhurst-Recreation Coordinator  
CLSM – Director of Services  
Conservation officer  
Bracebridge Examiner-Reporter  
Chrysalis –Counsellor  
Employment North

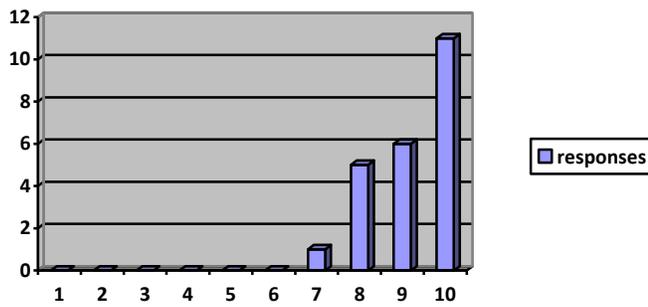
On a scale of 1 to 10:

1. How new was this material to you? ( 1-not at all, 10-very new)

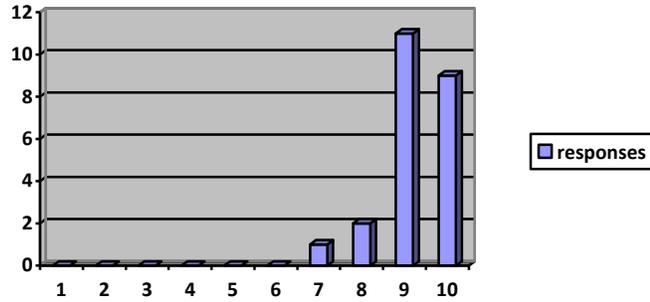


Overall, there was quite a range of prior knowledge of the material

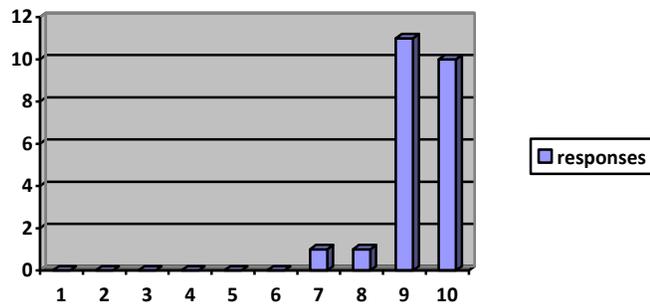
2. How easy was it to understand? (1-very hard, 10-very easy)



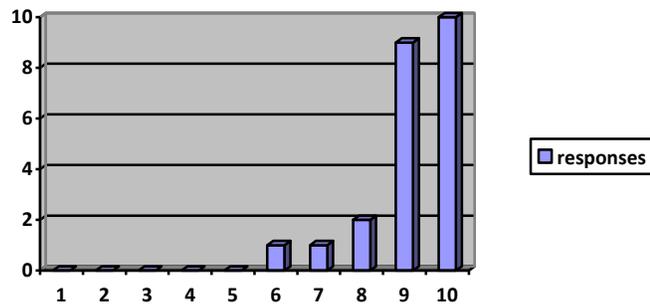
3. How well was the course presented? 1-very poorly, 10-very well



4. How well did the instructor present the course? 1-not at all, 10-very well



5. How relevant was the content for you? 1-not at all, 10-very much



## **6. What is your overall response to this course**

I think its helpful for those who don't necessarily work in the field – great for teachers, supervisors

A lot of good, practical information but missing other important components (eg. Trauma informed, violence against women)

Some material new to me, but not a lot. However, presented in the context of encouraging positively focused interventions. It was very good as an initial experience. Pretty comprehensive and not a lot of overload.

Suzanne did a great job of presenting and providing opportunity for all to participate.

Very informative. I will be able to use the info in my job.

Excellent course – very valuable

This is an excellent course! Presented extremely well and with lots of good discussions amongst participants.

It was a very helpful course. The tools I have been given will assist me in both my professional and personal life. The workbook is invaluable.

Loved it! Very helpful. I love how it kept coming back to the basic ALGEE then it was expanded on for each different mental health issue.

Wonderful information. Feel more prepared.

It is a lot of material to take in. Over time and reviewing hand book, this experience will be helpful in future.

This course was fantastic! It is very pertinent to my job that I have this training.

Extremely educational and beneficial in life and for the workplace.

Great training – material was good. Refresher but also some new information

The course was fabulous – it simply laid out the helpful responses and why. I feel more equipped both on a personal and professional level.

Wonderful delivery – very informative and rich with experience to bring to the table. Suzanne is the perfect person to present this.

Great for the general public to be better informed.

Very well done

Please provide more to police and paramedics, nurses and teachers, high school students

Very positive. Thank you!

Reaffirms some of my instincts and many new tips and guidance.

Review on what defines the mental health disorders was insightful.

I thought it was really helpful.

## **7. What do you consider to be the strengths of the course?**

The Manual

Consistent practical skills that are also adaptable to specific, individual circumstances

Balance between active learning and prepared presentation was very good.

Participation/material/variety of tools used to present information.

All the illnesses were explained thoroughly. First Aid steps will be very useful.

Wide ranging, but presented in a very accessible manner.

Activities to keep everyone moving and awake. Lots of involvement.  
Couldn't just sit back!

The strengths are the continuity of the information and the reinforcement of the five basic actions.

ALGEE. (acronym for the 5 steps). Suzanne as an instructor!

All components, materials, videos and group work. Great Job Suzanne!  
Thank you.

Some of the role-play and group work. Cross sections of individuals which to draw on each others experiences.

Positive instructor. Visuals. Video clips. Group work.

Interactive sessions. Case Studies. Diversity and knowledge of the professionals in the room assisted in understanding mental health.  
Examples and sharing of life experiences.

Booklets. Videos. Lots of space and time for discussion and questions.

Engaging all learning styles, the different activities that we did. The instructor was great – communicated fantastically and was extremely knowledgeable.

Practical ways to respond in crisis situations. Breadth of mental health issues discussed.

Definitions and descriptions of mental health issues and disorders.

Sharing of experiences.

Outline clear. All material covered. Repetitive model = effective!

Informative, focused, targeted a large audience but a small group. Useful for agency team I work with.

Based on common sense with a simple formula (ALGEE) for success.

Having interactive opportunities enhanced learning.

The discussions around how to listen non-judgmentally.

**8. What do you consider to be the weaknesses of the course?**

Lack of time spent on vicarious trauma. Compassion fatigue and self help for caregivers. Should start course with that.

It is lacking in trauma info, self care info, and other common mental health issues (eg. Borderline personality). Info dates (eg. DSIV vs DSMV)

No significant shortcoming as an introduction to crisis interventions with those experiencing mental health concern.

The “First Aid” is difficult to distinguish from treatment.

Always went through ALGEE in order, even though it can be done out of order.

Postpartum info would be appreciated.

Geared toward people with a social science/psychological background. (Rush crash course for people without psychology courses.)

Temperature of the room.

Sensitive material could pose difficult situations for participants – perhaps an outline at the beginning highlighting all topics to be covered throughout the course.

Perhaps shorter, but not sure about that.

Powerpoint overload. More variety would break things up a bit.

Funding and availability for all or more people.

Connection to local community resources.

Although necessary, it is lengthy!

It is a long 2 days but well worth it!

I wish more support “action statements” were learned, as in what you would actually say to someone in crisis.

**9. Are there any other issues you think should be included in this course?**

More time for breaks for networking or an opportunity for that.

Expanded definition of PTSD (eg. Including violence against women) and other symptoms of people who have experienced multiple traumas.

Hard to say. The model for discussions used in “Collaborative Problem Solving” might be useful. It would be a good perspective to ensure that outcomes match the subject concerns as supposed to the concerns of the intervener.

Provide overview at the beginning and determine what may not be included – many teachers wanting more detailed children info.

Well covered.

Recertification would be recommended in 2 years or so.

Nothing I can think of.

Some more tools – strategies to help focus on kids

Scientific research about the benefits of medication. There is a stigma attached to anti-depressants – this needs to be addresses. Social determinants of health – in understanding how depression is caused/influences, etc.

Postpartum psychosis.

Would like to have learned about dementia.

More examples on how to best react to individuals in need would be helpful.

#### **10. How did you hear about the course?**

Presenter -4

Email- 8

Work - 6

Our social worker from SMCD SB

School board-TLDSB

Media and discussion with presenter

Internet

Mother – in health care

#### **11. Additional comments:**

Thank you. In reviewing the information on the development of the manual, I wondered where consultation from the VAW sector was.

It is very disappointing that the VAW sector was not included as one of the advisory committees. The language is medical model heavy, may be good to adjust language.

Great. Nice presentation style. Affect totally on track.

The space was great. Food excellent. Thank you Suzanne!

Well done! Very Organized! Food was great. Pacing was terrific! Thanks!

Thank you Suzanne!! Excellent food!!

Suzanne is a wonderful presenter – She gives a great balance of warmth and professionalism. Great course!

Awesome course! Helpful content. Great participation that really helped solidify the content.

Not being a professional or not having mental health experience, I find this course extremely educational.

Wonderful. Excellent course. You were amazing especially since this was your first course. Very confident, fantastic time management.

Suzanne did a great job; well organized – good mix of group activities/partners/ missing up the room. Etc. Again, a bit of a warning at the beginning so that everyone knows what's coming. Thank you!

So glad for the opportunity.

Very useful and excellent delivery. Very relevant to my role in delivering programs to vulnerable women. Thank you!

Bringing in speakers to help give life to definitions and description of mental health.

Thank you.(x2)

Great work Suzanne!

Thank you, I really enjoyed the course.