



Recommendation for Action

File #: 23-1849, **Agenda Item #:** 38.

6/1/2023

Posting Language

Authorize negotiation and execution of an interlocal agreement with Austin Travis County Integral Care for provision of Mental Health First Aid training for an initial 12-month term beginning July 1, 2023, in an amount not to exceed \$20,000, with one 12-month extension.

Lead Department

Austin Public Health.

Fiscal Note

Funding in the amount of \$20,000 is available from the U.S. Department of Treasury, American Rescue Plan Act (ARPA). Funding for the remaining contract term is contingent upon available funding in future budgets.

For More Information:

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Additional Backup Information:

This item would authorize Austin Public Health (APH) to negotiate and execute an interlocal agreement with Integral Care to provide Mental Health First Aid (MHFA) training to 800 current and future APH employees.

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, APH staff will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

The <https://www.mentalhealthfirstaid.org/wp-content/uploads/2023/03/2023.03.01_MHFA_Research-Summary_infographic.pdf> conducted show that individuals trained in the Mental Health First Aid program:

- Increase their knowledge of signs, symptoms and risk factors of mental health and substance use challenges
- Can identify multiple types of professional and self-help resources for individuals with a mental health or substance use challenge
- Show reduced stigma and increased empathy toward individuals with mental health challenges
- Increase their confidence and likelihood to help an individual in distress
- Use the skills and information they learn in MHFA to manage their own mental wellbeing