

By: Murr

H.R. No. 464

R E S O L U T I O N

1           WHEREAS, Teen Mental Health First Aid (tmHFA) is a public  
2 education course designed to teach youth in grades 10 through 12 how  
3 to respond when one of their peers is experiencing mental or  
4 emotional health issues; and

5           WHEREAS, The development of the course was based on the  
6 finding that teenagers in crisis are more likely to turn to their  
7 peers for help; led by adult instructors, the 270-minute course  
8 informs participants about different types of mental health  
9 challenges and crisis situations and provides them with an action  
10 plan in case someone they know needs support; Teen Mental Health  
11 First Aid was adapted from the Mental Health First Aid program, a  
12 training initiative funded by Texas Health and Human Services; and

13           WHEREAS, Instead of focusing on specific illnesses,  
14 participants in the course are taught to identify patterns of  
15 thoughts, feelings, and behaviors that are associated with mental  
16 health challenges; teens are also encouraged to seek the assistance  
17 of a trusted adult when necessary; according to a study conducted by  
18 Johns Hopkins University Bloomberg School of Public Health, after  
19 completing the course, 35 percent more teenagers reported feeling  
20 comfortable asking a friend if they are thinking about suicide and  
21 taking action to help a friend in need; and

22           WHEREAS, Knowing how to reach out to someone in crisis can be  
23 difficult, but it can make all the difference in that person's life,  
24 and the Teen Mental Health First Aid program has earned

1 well-deserved praise for offering effective, evidence-based  
2 solutions to an issue of urgent concern; now, therefore, be it

3       RESOLVED, That the House of Representatives of the 87th Texas  
4 Legislature hereby recognize the Teen Mental Health First Aid  
5 program and commend all those involved with this important  
6 initiative for their efforts; and, be it further

7       RESOLVED, That an official copy of this resolution be  
8 prepared for the program as an expression of high regard by the  
9 Texas House of Representatives.