

# OVERCOMING BARRIERS: A MENTAL HEALTH AWARENESS EVENT

November 3, 2018  
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## Activity

- Welcome!
- What brought you here today?



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## Agenda



- Barriers to accessing mental health treatment
- How to build resilience
- Self-care
- Q and A

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## CULTURAL AND COMMUNITY STRESSORS

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The full potential of our community can be actualized when all members of our society have **equal access** to quality health care, including mental health care.

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Minority groups (racial, ethnic, LGBTQ minorities; and the elderly) have less access to mental health care.



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Experiencing discrimination is associated with higher reported stress and poorer reported health.

American Psychological Association <https://www.apa.org/news/press/releases/2016/03/impact-of-discrimination.aspx>

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Major forms of discrimination include:

- unfair treatment by police
- being unfairly fired or denied a promotion
- receiving unfair treatment when receiving health care



American Psychological Association <https://www.apa.org/monitor/2016/12/cover-policing.aspx>  
Proceedings of the National Academy of Sciences of the United States <https://www.pnas.org/doi/10.1073/pnas.1619888113>  
discussed in Harvard Business Review <https://hbr.org/2017/10/race-discrimination-against-black-employees.aspx>  
Kaiser Family Foundation <https://www.kff.org/disparities-policy/report/key-facts-on-health-and-health-care-by-race-and-ethnicity/>

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## MENTAL HEALTH STIGMA

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We know that access to care is a problem...

- What might keep you or someone you know from seeking or receiving the help that is desired?




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### Common Barriers to Access

- Feeling overwhelmed and isolated by lack of information




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One of the most powerful tools against barriers to access and stigma is education. We can work to not only educate ourselves but also others.




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# Quiz Time!



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Language is also really important when talking about mental illness. Talk loud and often, but in a positive way.



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## Language

- When people share their stories they can help to overcome the stigma and shame associated with mental health.
- Person first language
- Completing suicide vs. committed suicide
- Be cautious about using derogatory language (i.e. crazy, insane, etc.)



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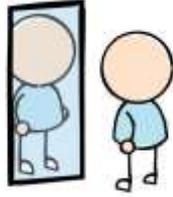
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To reduce stigma we need to start with ourselves. We all have our own perception and attitudes. Confront them!



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### How to challenge internal biases...

- Be open and honest about your own views and perceptions.
- Pay attention to your own reactions.
- Talk openly with others who can support you.
- Educate yourself about common biases.
  - i.e. "It is my fault", "I am weak"
- Recognize the ways these biases serve you.



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### How to Fight Stigma

According to the National Alliance on Mental Illness:

- Talk about it in open and honest conversations.
- Use appropriate language.
- Know that you might not understand everything, and be respectful of that.
- Be supportive to those around you.
- Be active in spreading awareness.



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## What do you do if someone doesn't want help?

- Address any emergency situations.
- Try to understand why.
- Help spread accurate information and debunk any myths.
- Remain nonjudgmental.
- Respect their choices.
- Provide them with resources that they can go back to at any time (hotline numbers, etc.)




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## SUICIDE PREVENTION

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## Suicide Warning Signs

- Talking about death or suicide
- Giving away possessions
- Sudden changes in mood
- Feeling hopeless
- Changes in eating or sleeping habits
- Reckless behavior
- If they have recently lost someone or there is an upcoming anniversary of a loss
- Someone they know has completed suicide recently.
- Using alcohol or drugs




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All talk and warning signs **of suicide should ALWAYS be taken seriously.**  
It is a cry for help, and we can be the ones to help.



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### What to do?

- Ask the question directly.
  - "Are you thinking of killing yourself?"
- Practice saying this.
- Remain calm and confident even if you do not feel that way.
- Be prepared if someone says yes, and know what to do.
- Provide them with resources they can use immediately.
- Do not leave them alone.



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National Suicide Prevention  
Lifeline  
**1-800-273-TALK**  
**(8255)**

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## How to help

The Suicide Prevention Resource Center recommends primary care providers do the following:

- Establish specific procedures to assess and refer.
- Train all of your staff.
- Create connections with mental health providers for referrals.
- Follow up with at risk patients, and help give any necessary medical information to mental health providers.
- Provider resources!




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## Activity

What is one thing that you that you want to take back to your work or personal life to help prevent suicide?




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## RESILIENCY OF THE SPIRIT, MIND AND BODY

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## Visual Exercise...



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## What is resilience?

- The ability to bounce back or rebound from trauma or adversity.
- **Everyone** has the potential to be resilient in our community.



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Resiliency is a sign of good mental health.

It is our ability to adapt to change and to cope with stress and adversity.



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A resilient person works through challenges by using personal resources, strengths and other positive capacities such as hope, faith, optimism and self-efficacy.



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How do we foster resiliency?

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- Remind ourselves that it is common at times to have feelings of being down, anxious, afraid, or angry.
- Especially after a community event, a significant stressor, or personal loss.

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- Build strong connections with family and friends – and encourage others in your community to develop supportive relationships if they do not have them.



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- Nurture a positive view of oneself.
- Help yourself and others to create positive “narratives” of your lives to boost your identity and control.



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- Boost mental health by remembering that the mind and body are connected—eat right, exercise, get enough sleep, and take care of health problems promptly.



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- Accept that there may not be clear answers, especially to the question, "Why me?"
- Instead ask yourself, "What steps can I take to deal effectively with the situation?"




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- Spirituality plays a vital role in healing.
- The fellowship, goodwill, and emotional support offered by religious or spiritual groups can promote healthy living and mental health.




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## SELF-CARE




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Because as healthcare workers you are at higher risk for mental health concerns, self-care is vital! The only way to take care of others is to **take care of yourself** as well.



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## Mental Health and Primary Care

Healthcare professional, especially nurses, are more likely to get **burnout** which can potentially create symptoms of **depression** and **anxiety**.



Pradas-Hernandez, L., Ariza, T., Luis Gomez-Urquiza, J., Albendin-Garcia, L., De la Fuente, E. I., & Canades-De la Fuente, G. A. (n.d.). Prevalence of burnout in Paediatric nurses: A systematic review and meta-analysis. PLOS ONE, 13(4) (2018)

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## Mental Health and Primary Care



- Healthcare professionals at the beginning of their careers are even more susceptible to **depression**.
- One study found **18%** of registered inpatient nurses had **reported depression**.

"Burnout Among U.S. Medical Students, Residents, and Early Career Physicians Relative to the General U.S. Population" by Dyrbye, Lisaede N. MD, MPH; West, Colin P. MD, PhD; Satele, Daniel; Boone, Soraja MD; Tan, Lijien MS, PhD; Sloan, Jeff PhD; Shanafelt, Tai D. MD  
Letaik, S., Ruhm, C. & Gupta, S. (2012). Nurses' Presenteeism and Its Effect on Self-Reported Quality of Care and Costs. American Journal of Nursing, 112(2), 30-38 <https://doi.org/10.1097/NUR.0b013e3182400000>

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## Mental Health and Primary Care



- The *American Foundation for Suicide Prevention* found that **28%** of residents **experience a major depressive episode** during training compared to 7–8 percent of the U.S. general population in the same age range.
- The suicide rate for male physicians is **1.41 times greater** than the general public and **2.27 times greater** for female physicians.

<https://afsp.org/about-suicide/suicide-statistics/> "Burnout Among U.S. Medical Students, Residents, and Early Career Physicians Relative to the General U.S. Population" by Dyrbye, Liselotte N. MD, MPH; West, Colin P. MD, PhD; Satele, Daniel; Boone, Sonja MD; Tan, Lijun MS, PhD; Sloan, Jeff PhD; Shanafelt, Tait D. MD American Foundation for Suicide Prevention; <https://afsp.org/>; <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4476914/abstract/>

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## How to Self-Care

- Create a positive environment based on people's strengths.
- Make it a priority.
- Build resilience and cultivate positive thinking patterns.
- Be ready to take a break.
- Engage in activities that "fill you up".




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## Self-Care Activity

- Take the next five minutes and write down two things:
  - Three actions of self-care that you can take today or this week.
  - Three things that you are grateful for.




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