

TOWARDS HOPE AND HEALING: A MENTAL HEALTH AWARENESS EVENT

November 3, 2018
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Agenda

- Intro to Mental Health First Aid
- About Mental Health
- Myths and Facts
- Types of Mental Health Conditions
- How to Support Others
- Resources



Mental Health First Aid®

- 8 hour evidence based course
- Will go more in depth on the topics that I will cover today
- Give a five point action plan on how to help those with mental health illnesses or concerns
- Practice utilizing the action plan



Why is this important?

 **70%** - About the amount of mental health disorders are diagnosed and treated in health care settings. Primary care providers are on the front line of mental health care.

Wang PS, Aguilar-Gaxiola S, Alonso J, Angermeyer MC, Borges G, Bromet EJ, et al. Use of mental health services for anxiety, mood, and substance disorders in 17 countries in the WHO world mental health surveys. *Lancet*. 2007;370(9630):841-50.
Kessler RC, Demler O, Frank RG, Olsson M, Pincus HA, Walters EE, et al. Prevalence and treatment of mental disorders, 1990 to 2003. *N Engl J Med*. 2005;352(24):2515-23.

Why is this important?

 **10 years** - The average amount of time that people with mental health illness die early. Physical health needs of people with mental health problems are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer for people with severe mental illness.

United States Department of Health and Human Services: Substance Abuse & Mental Health Services Administration (SAMHSA). Myths & Facts, 2010. <http://www.samhsa.gov>

Why is this important?

 **45%** - of people who attempt suicide had contact with their primary care providers one month prior to their attempt.

 **Primary care providers** – are likely to be people's only chance to access needed care when they are contemplating suicide.

United States Department of Health and Human Services: Substance Abuse & Mental Health Services Administration (SAMHSA). Myths & Facts, 2010. <http://www.samhsa.gov>
Luoma J B, Martin C E, & Peppers J L (2002). Contact with mental health and primary care providers before suicide: A review of the evidence. *The American Journal of Psychiatry*, 159(6), 909-916. doi:10.1093/ajp/159.6.909

Why is this important?

- Healthcare workers are at a higher risk of **mental health disorders**, including depression.
- Healthcare workers are **more likely to complete suicide** than the average American.
- Women in the healthcare field are at an even higher risk for suicide.



American Foundation for Suicide Prevention

What is mental illness?

*A **mental illness** is a condition that affects a person's thinking, feeling or mood. It **interferes with a person's ability** to think clearly, manage emotions, make decisions and relate to others.*

*Each person will have **different experiences**, even people with the same diagnosis.*



Mental illnesses are associated with **significant** distress and/or problems functioning in social, work, or family activities.





MENTAL HEALTH
AWARENESS:
WHAT ARE THE MYTHS AND
FACTS?

Myth or Fact?

Mental Health
problems are rare.

MYTH



- Mental health problems affect **one in four** people in any one year.
So, even if you don't have a mental health problem, it's likely your best friend, a family member or work colleague will be affected.



- **One in twenty five** people experience a serious mental health disorder, one that significantly interferes with functioning, in any given year.
- One-half of all lifetime cases of mental illness begin by age **14**, three-quarters by age **24**.
- Suicide is the **10th leading cause of death** in the US, and suicide rates are increasing.
- More than **twice** the amount of people in California die by suicide than homicide.

American Foundation for Suicide Prevention
 National Alliance on Mental Illness
 Luoma, J. B., Martin, C. E., & Pearson, J. L. (2002). Contact with mental health and primary care providers before suicide: A review of the evidence. *The American Journal of Psychiatry*, 159(6), 909-914.
 doi:http://dx.doi.org/10.1176/appi.app.159.6.909

Myth or Fact?

People with mental illnesses are dangerous.

MYTH



- Actually, the vast majority of people with mental health conditions are no more violent than anyone else.
- People with mental illnesses are much **more likely to be the victims** of crime.



- Aggression can sometime be a symptom of a mental health illness or concern. However, aggression is not the same as violence.
- People with mental illness are more likely to hurt themselves than anyone else.





Myth or Fact?

People can recover completely from a mental illness.

FACT



- Many people can and do recover completely from mental health problems. Alongside professional help, the support of friends, family and getting back to work are all important in helping people recover.

Myth or Fact?

If a person has a genetic predisposition they will develop a mental health illness.

MYTH

FACT

- Four “factors” can explain why children behave the way they do
 - Child Characteristics
 - Parent Characteristics
 - Situational Consequences
 - Family Stress Events



PracticeWise – Managing and Adapting Practices

- **Risk factors**= these are factors that increase your chance of getting a mental health disorder.
 - Examples: Trauma, lack of social support, genetic disposition, environmental stressors, and substance use.
- **Protective factors**= these are factors that decrease your chance of getting a mental health disorder.
 - Examples: Strong social supports, healthy behaviors, and financial stability.

FACT

Myth or Fact?

You don't have to be a counselor or mental health professional to help someone who is struggling with mental health distress or is suicidal.

FACT



You don't need to be an expert on mental health to be a friend. It's often the **everyday things**, like a phone call or text, that make a difference.

For many people, it is the small things that friends do that can make a difference like visiting or phoning.

Myth or Fact?

Talking about suicide may cause someone to consider it or make things worse.

MYTH



- Asking someone if they're suicidal will not give them an idea that they haven't thought about already.
- Most suicidal people are **truthful and relieved when questioned** about their feelings and intentions. Doing so can be the first step in helping them to choose to live.

How to talk about suicide:

- Ask directly! Try to avoid ambiguous language such as "Are you thinking of hurting yourself".
- Be prepared with resources and supports if a person does have suicidal thoughts.
- Practice! This is a difficult topic, and we don't want to appear afraid.
- Always take talk of suicide seriously.
- Confront your own ideas and biases.





TYPES OF MENTAL HEALTH CONDITIONS

Mental Health Variances

Disorders

- Depressive Disorders
- Bipolar and Related Disorders
- Anxiety Disorder
- Schizophrenia Spectrum and Other Psychotic Disorders
- Medically Related Disorders

Reactions to Life Events

- Loss
- Separation
- Change of Life Situation
- Abuse/Neglect
- Trauma Event

Sub-sets



- Depressive Disorder**
- Major Depressive Disorder
 - Persistent Depressive Disorder (Dysthymia)



- Anxiety Disorder**
- General Anxiety
 - Specific Phobias



- Schizophrenia Spectrum and Other Psychotic Disorders**
- Medically-induced
 - Schizophrenia

Mood Disorders

Depression

- ✓ Sadness/tearful
- ✓ Withdrawn/isolates
- ✓ Loss of interest
- ✓ Sleeps more or less
- ✓ Agitated
- ✓ Hopeless/helpless
- ✓ Reduced self-care

Bipolar

- ✓ Expansive mood (mania/hypo-mania)
- ✓ Impulsive
- ✓ Erratic
- ✓ Less organized
- ✓ Increase energy
- ✓ Loss of need for sleep
- ✓ Grand ideas

Anxiety Disorders

General Anxiety

- ✓ Excessive worry
- ✓ Concern over a variety of topics
- ✓ Restlessness
- ✓ Tire easily
- ✓ Impaired concentration
- ✓ Muscle aches and pains
- ✓ Difficulty sleeping

Specific Phobias

- ✓ Unreasonable or excessive fear
- ✓ Immediate fear response
- ✓ Avoidance or extreme distress

Trauma and Stressor Related Disorders

Post-Traumatic Stress

- ✓ Avoid similar situations/people
- ✓ Startled easily
- ✓ Flashbacks
- ✓ Feels like you're in same situation
- ✓ Loss of time and place
- ✓ Nightmares

Acute Stress Disorder

- ✓ Recurrent memories or dreams
- ✓ Negative mood
- ✓ Inability to remember
- ✓ Sleep changes
- ✓ Hypervigilance

Schizophrenia Spectrum and Other Psychotic Disorders

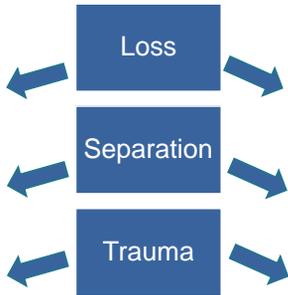
Medically-Induced

- ✓ Symptoms are a direct physiological response to a medical condition or use of substance

Schizophrenia

- ✓ Delusions
- ✓ Hallucinations
- ✓ Disorganized speech
- ✓ Disorganized behavior
- ✓ Flattened expression
- ✓ Social/work dysfunction
- ✓ Duration

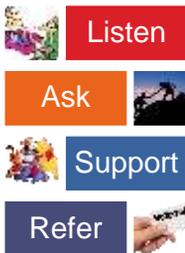
Reactions to life events





WAYS THAT WE CAN HELP

Ways to help...



Listen

- Look for the warning signs.
- Be as nonjudgmental as possible.
- Recognize symptoms for what they are (i.e. disruptive behaviors).



Ask

- Don't be afraid of these topics and reinforce stigma.
- Try to understand things from their perspective. Everyone has their own set of experiences and reactions.
- Give an open and nonjudgmental area for people to talk about their struggles.



Support

- Offer any practical supports that you can.
- Recognize your own limits both personal and professional.
- Do not make promises that you cannot keep (i.e. everything will be ok).
- You don't have to be an expert. Everyday things, like phone calls or texts can make a difference.



Refer

- Understand that some people may be hesitant to seek treatment.
- 1-800-273-TALK (8255)
 - National Suicide Prevention Lifeline
- 1-800-662-HELP (4357)
 - National Helpline





Mental Health Treatment

- Knowledge is power!
- Treatment can include a lot of different things: counselors, dietitians, social workers, etc...
- Evidence-based treatment
- Finding the right therapist and therapy can sometimes be a long process, but it is worth it!



Evidence-Based Practice: What Is It?

best science available + consumer needs, values, and culture + provider's best judgment =



EVIDENCE-BASED PRACTICE

It is also really important to take care of yourselves as well...

- Take stock of your own mental and emotional well-being.
- Recognize your own personal limitations, and take breaks. You are in a demanding profession, and it is alright to need a break.
- Ask for help!
- Self-care.

