

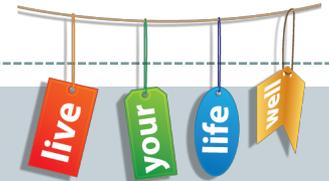
Post-Harvey Mental Health 101



*Mental Health America of Greater
Houston*

*November
2017*

Objectives



To gain basic knowledge of common mental disorders and identify their signs and symptoms

To address mental health needs after a crisis

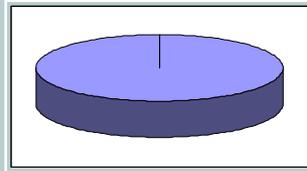
To identify resources for people in need of support and care

Before we start...

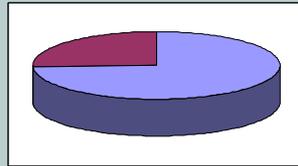


How much do you know about mental health right now?

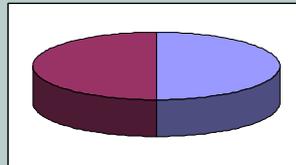
• 0% Nothing



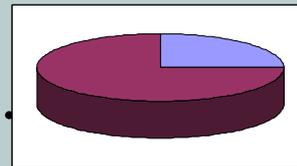
• 25% Some things..



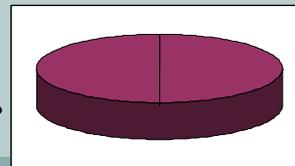
• 50% Quite a bit.....



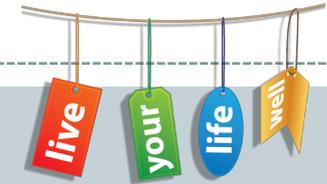
• 75% A great deal.....



• 100% Everything.....



What is Mental Health?



Biological factors, such as genes or brain chemistry

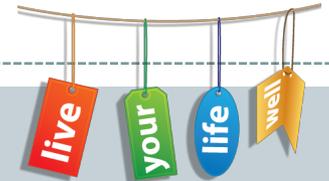
Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

Family history of mental health problems

Life experiences, such as trauma or abuse

Taken from:
Department of Health and Human Services, 1999.

Common Types of Mental Disorders



The good news about mental illness is that recovery is possible with treatment.

**Schizophrenia
Spectrum
Disorders**

**Bipolar
Disorders**

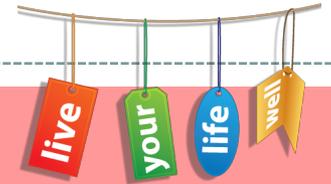
**Depressive
Disorders**

**Anxiety
Disorders**

**Trauma and
Stressor
Related
Disorders**

**Addictive
Disorders**

Schizophrenia Spectrum Disorders



- **Schizophrenia** is a serious mental illness that interferes with a person's ability to think clearly, manage emotions, make decisions and relate to others. It is a complex, long-term medical illness, affecting about 1% of Americans.
- Although schizophrenia can occur at any age, onset tends to be in the late teens to the early 20s for men, and the late 20s to early 30s for women.
- It is possible to live well with schizophrenia.

Taken from: NAMI, 2015

Symptoms of Schizophrenia



Hallucinations

- hearing voices, seeing things, or smelling things others can't perceive

Delusions

- false beliefs that don't change even when the person who holds them is presented with new ideas or facts

Schizophrenia

Negative Symptoms

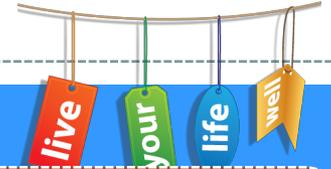
- unable to start or follow through with activities, show little interest in life, or sustain relationships
- sometimes confused with clinical depression

Cognitive issues/disorganized thinking

- often struggling to remember things, organize thoughts, or complete tasks
- Commonly, people with schizophrenia are unaware that they have the illness, which can make treating or working with a client much more challenging.

Taken from: NAMI, 2015

Bipolar Disorders



Bipolar Disorder is a chronic illness with recurring episodes of mania and depression that can last from one day to months. This mental illness causes unusual and dramatic shifts in mood, energy and the ability to think clearly. Cycles of high (manic) and low (depressive) moods may follow an irregular pattern that differs from the typical ups and downs experienced by most people.

A manic state is identified by feelings of extreme irritability and/or euphoria, along with several other symptoms during the same week such as agitation, surges of energy, reduced need for sleep, hyper-verbal speech, pleasure-seeking and increased risk-taking behavior. Feeling manic is attractive to many, but if left untreated, this state can cause psychosis.

Depressive states cause people to feel extremely sad, hopeless, and have loss of energy.



Taken from: NAMI, 2015

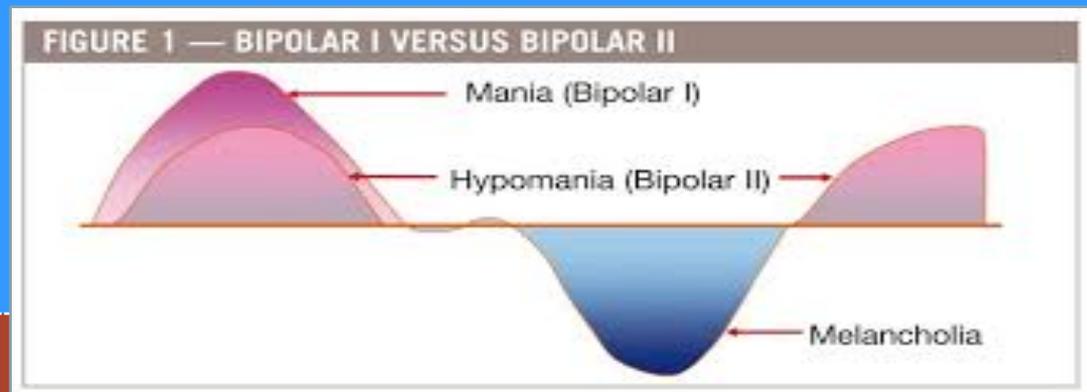
Bipolar Disorders



More than 10 million Americans have Bipolar Disorder. Because of its irregular patterns, Bipolar Disorder is often hard to diagnose.

Although the illness can occur at any point in life, more than one-half of all cases begin between ages 15-25.

Bipolar disorder affects men and women equally.



Bipolar I versus Bipolar II:

Bipolar I Disorder: manic episodes are present

Bipolar II Disorder: feeling “up” never develops into a manic episode

Partial source: NAMI, 2015

Depressive Disorders



An estimated 16 million American adults—almost 7% of the population—had at least 1 major depressive episode last year. People of all ages and all racial, ethnic and socioeconomic backgrounds can experience depression. Women are 70% more likely than men to experience depression. Young adults ages 18–25 are 60% more likely to have depression than people 50 or older.

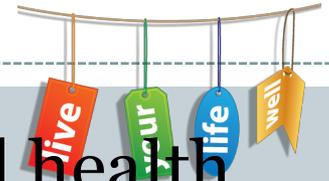
People experience symptoms differently. But for most, depression changes how they function day-to-day.

- **Lack of interest in their usual activities or lose the capacity to experience pleasure.**
- **Loss of energy, profound fatigue, unable to perform normal daily routines.**
- **Lack of concentration**
- **Changes in sleep**
- **Low self esteem**
- **Changes in appetite**
- **Physical aches and pains**
- **Hopelessness; Suicidal thoughts often follow hopelessness**
- **Changes in movement. People with depression may look physically depleted or they may be agitated.**



Taken from: NAMI, 2015

Major Depressive Disorder



- Second most common post-disaster mental health condition.
- Most prevalent post-disaster disorder.

Anxiety Disorders



- **Anxiety disorders** are a group of related conditions, all with one thing in common: persistent, excessive fear or worry in situations that are not threatening. People can experience one or more of the following symptoms:

Psychological Symptoms	Behavioral Symptoms
<ul style="list-style-type: none">• Unrealistic and/or excessive fear and worry• Mind racing or going blank• Difficulty concentrating, remembering, making decisions• Irritability, impatience, anger• Restlessness, feeling <i>on edge</i>, nervousness• Tiredness• Sleep disturbance• Vivid dreams	<ul style="list-style-type: none">• Avoiding certain situations• Obsessive or compulsive behavior• Distress in social situations• Phobic behavior



- Anxiety disorders are the most common mental health concern in the U.S. An estimated 40 million adults, or 18%, have an anxiety disorder. Women are 60% more likely to be diagnosed with an anxiety disorder than men.

Partial source: NAMI, 2015

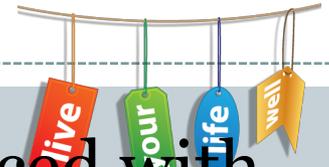
Trauma and Stressor Related



- Traumatic events, such as military combat, assault, an accident or a natural disaster, can have long-lasting negative effects. Sometimes our biological responses and instincts, which can be life-saving during a crisis, leave people with ongoing psychological symptoms because they are not integrated into consciousness. This resulting damage to the brain's response system is called posttraumatic stress response or disorder, also known as PTSD.

Taken from: NAMI, 2015

Posttraumatic Stress Disorder



- PTSD is a common mental illness experienced with disasters.
- Prevalence varies greatly between differences in factors such as disaster type, degree of exposure, and methods of measurement.

PTSD Symptoms



Dissociation, which can include out-of-body experiences or feeling that the world is "not real" (derealization).

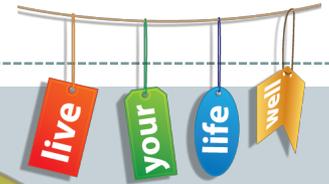
Avoidance, which can include staying away from certain places or objects that are reminders of the traumatic event. A person may also feel numb, guilty, worried or depressed or having trouble remembering the traumatic event.

PTSD

Intrusive Memories, which can include flashbacks of reliving the moment of trauma, bad dreams and scary thoughts.

Hypervigilance, which can include being startled very easily, feeling tense, trouble sleeping or outbursts of anger.

Substance Related and Addictive Disorders



Biological definition:
Addiction is a *primary, chronic disease of brain reward, motivation, memory and related circuitry*. Dysfunction in these circuits leads to characteristic *biological, psychological, social and spiritual dysfunction*. This is reflected in an individual *pathologically pursuing reward and/or relief* by substance use and other behaviors.

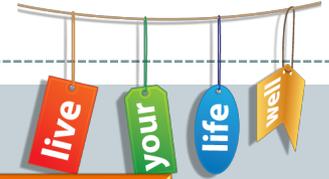
Behavioral definition:
Addiction is characterized by *inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response*.

Substance Use Disorder



- Substance use disorder have observed to increase in its use of alcohol, drugs, and cigarettes after a disaster.
- Research shows that disaster victims use substances such as alcohol as a coping strategy.

Common Substances of Abuse



Alcohol

Marijuana
(cannabis)

Opioid drugs
(including
heroin)

Cocaine

Amphetamines

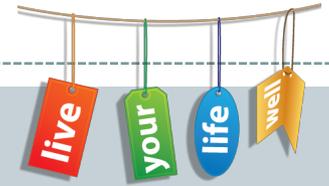
Hallucinogens

Inhalants

Tobacco

Prescription
drugs (including
sedatives,
tranquilizers)

Taken from: Kitchener, B.A., Jorm, A.F., and Kelly, C.M., Maryland Department of Health and Mental Hygiene, Missouri Department of Mental Health, and National Council for Community Behavioral Healthcare (2009) Mental Health First Aid USA.



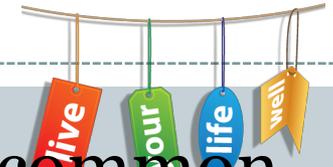
Myth

Mental Health Challenges Don't Affect Me

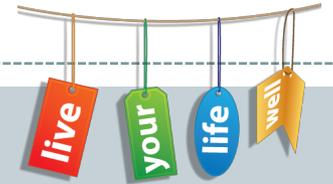


- 1 in 5 American adults experienced a mental health issues
- 1 in 10 young people experienced major depression
- Suicide is the leading cause of death in the United States

Disasters don't impact mental health challenges



- Posttraumatic Stress Disorder is the most common mental illness that can follow exposure to a traumatic event.
 - Characterized by reexperiencing of the event through nightmares and/or flashbacks
 - PTSD is the only disorder whose diagnosis is predicated on the experience of a traumatic event.
- A large US community study reported that 13-19% of adults experience a disaster in their lifetime.
 - Prevalence of PTSD at 30-40% among direct victims
 - 10-20% among rescue workers.



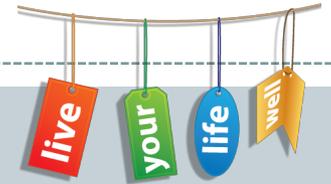
Stigma

The Stigma of Mental Illness



- **What is stigma?**
 - A mark of shame, disgrace or disapproval that results in discrimination
 - Not just a matter of using the wrong word or action – it's about disrespect
- **Examples?**

The Effects of Stigma



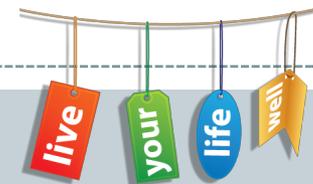
- Stigma leads to
 - Inadequate insurance coverage for mental health services
 - Fear, mistrust, and violence against people living with mental illness and their families
 - Family and friends turning their backs on people with mental illness
 - Prejudice and discrimination

A Barrier to Getting Help



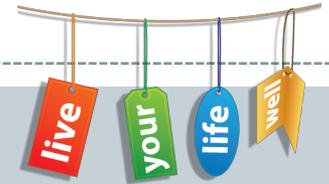
- Discrimination against people who have mental illnesses keeps them from seeking help.
- While 1 in 5 Americans live with a mental disorder, estimates indicate that nearly **two-thirds** of all people with a diagnosable mental illness do not seek treatment, especially people from diverse communities. Lack of knowledge, fear of disclosure, rejection of friends, and discrimination are a few reasons why people with mental illness don't seek help
- What does this lead to?

Fighting Stigma



- **Use respectful language**
 - Put the person before the illness – use phrases such as “a person with schizophrenia”. Never use terms like crazy, lunatic, psycho, retarded and correct people who do so.
- **Provide professional development opportunities for staff, regarding diversity, mental health issues, and fostering an inclusive work environment.**
 - Include mental illness in discussions about acceptance of diversity, just as you would discuss cultural diversity, religious beliefs, physical disability, and sexual orientation.
- **Become an advocate**
 - Create awareness by writing letters to newspapers and lawmakers. Speak out and challenge stereotypes portrayed in the media. Take it upon yourself to inform your community about the truth of mental illness.
- **Teach others about mental illness**
 - Spread understanding that these are illnesses like any other

De- stigmatizing mental illness:

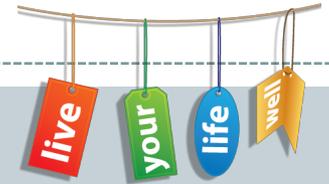


- **1 in 4** adults experience mental illness in a given year.
- **1 in 17** live with a serious mental illness such as schizophrenia, major depression or bipolar disorder

In Texas:

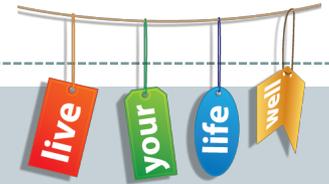
- **76%** of Texans have a friend or family member that have experienced a mental health issue.
- **31%** of Texans would not know where to go if they or a family member needed help with a mental health condition.
- **9 in 10** Texans believe that it is harder to talk about mental health conditions than a physical health issue.

Emergency Services



- Crisis Intervention Team (CIT) Officers 911
- Neuropsychiatric Center (NPC) 713.970.7070
1502 Taub Loop
 - Walk-in emergency crisis center for children, adolescents, and adults
 - Mobile Crisis Outreach Team (MCOT)
 - Crisis Stabilization Unit
- Ben Taub General Hospital
- UT Harris County Psychiatric Center
- For emergencies, someone with a mental health crisis can go to the nearest emergency room and they will receive care.

When you meet someone with a mental health issue

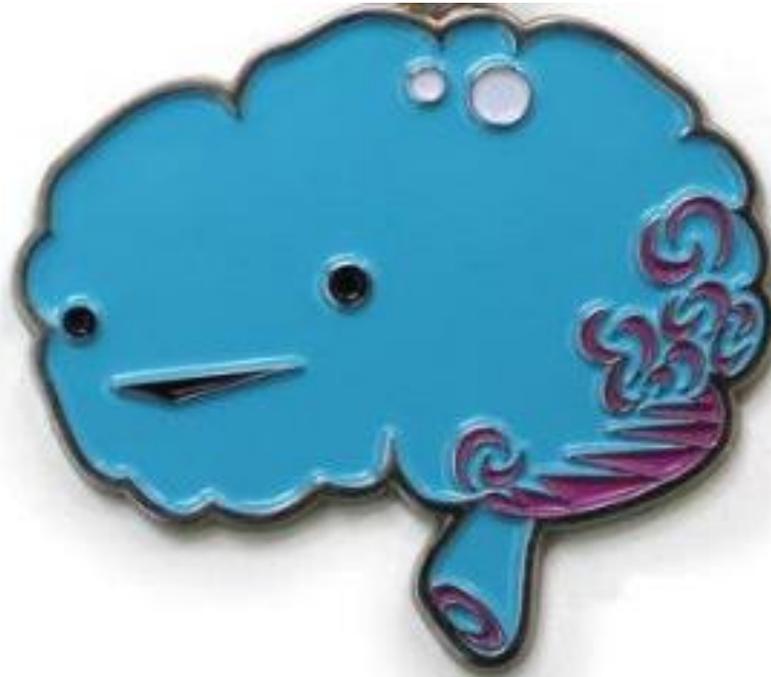


“You don’t have the right to deem somebody hopeless...
If you’re serving them, and you don’t believe in them, how can
we expect them to believe in themselves?” – Tonier Cain, 2011.

Thank you!

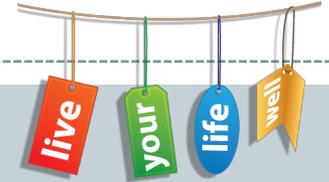


Questions?



Discussion?

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