

MENTAL HEALTH

Understanding Mental Illness

Defining Mental Illness

Clinical definition

- Clinically significant behavioral problems
- Associated with distress (painful symptoms)
- Causes disability (impairment in functioning)
- A biological illness that responds to treatment
- Not to be confused with weakness of character

Facts about Mental Illness

- Has nothing to do with intelligence
- Can happen to anyone
- Chronic but not contagious
- Difficult to diagnose and to treat
- Treated but not cured
- Mentally ill are not all dangerous
- Should not be confused with terms psychopath or sociopath



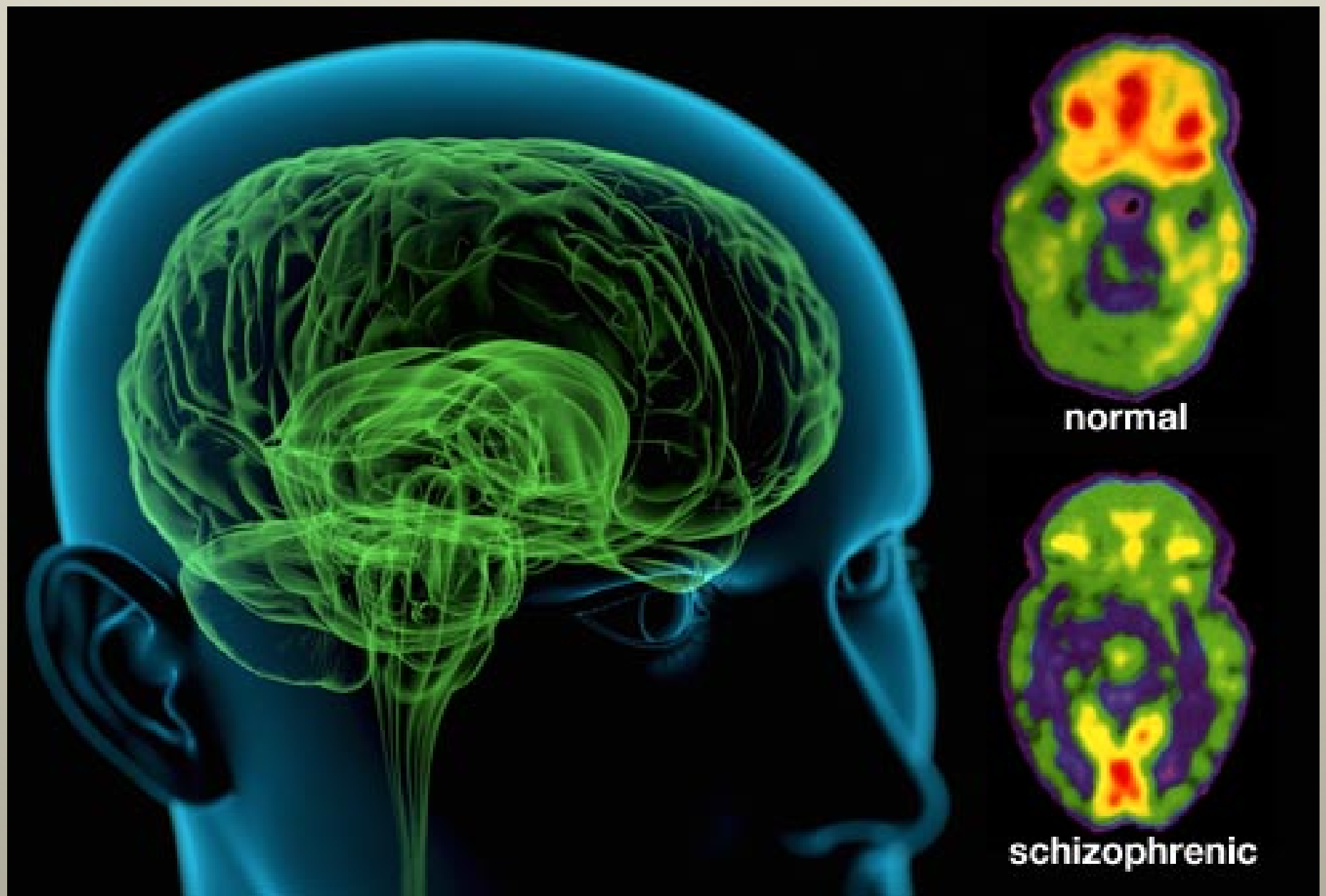
General Signs of Mental Illness

- Observable
- Confusion
- Disoriented
- Darting looks
- Talking to self
- Poverty of Speech
- Pressured speech
- Poor hygiene
- Inappropriate attire
- Behavior Changes
- Flat Affect
- Withdrawn
- Sad or anxious mood
- Panic
- Psycho somatic complaints

Schizophrenia

Symptoms

- Brain disease
- Includes psychosis
- Impacts 1 out of every 100 people.
- Does not differentiate across SES
- Onset is late teens, early adulthood.
- May appear non compliant
- Agitated by voices and delusions - may look and act dangerous
- Command hallucinations may actually be dangerous
- More likely to respond to clear directions, and reassurance in a kind tone of voice
- Poor hygiene - Not aware of their surroundings enough to know that they are not clean
- Positive Symptoms include :
 - hallucinations
 - delusional thinking
- Negative symptoms include
 - apathy
 - withdrawal.

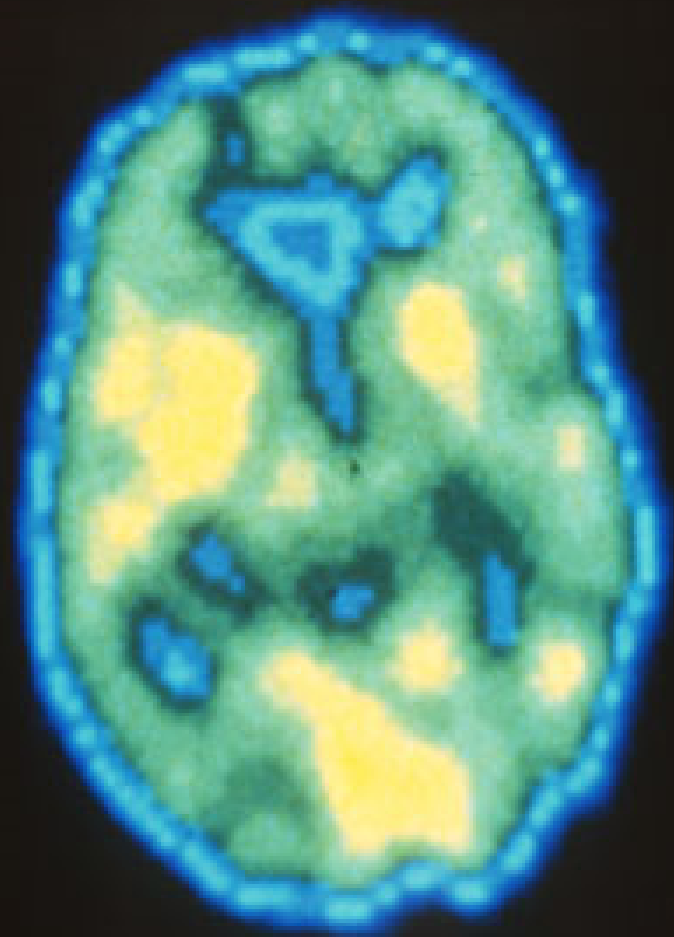


Depression

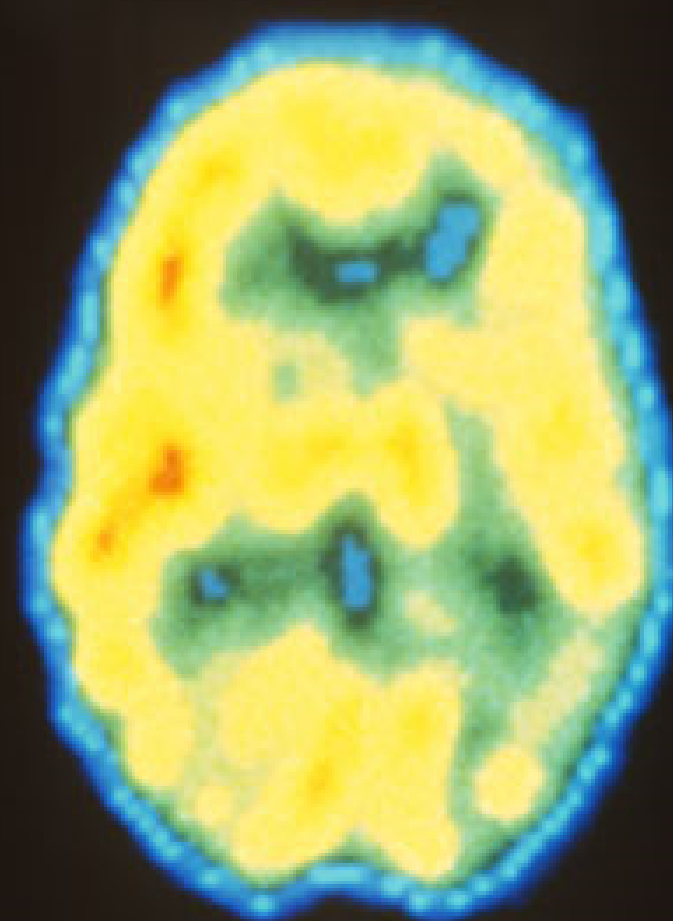
Symptoms

- Affects 5 percent of the general population
- Sad mood that lasts 2 weeks
- Loss of interest or pleasure in daily activities
- Changes in sleep, appetite, decreased energy
- Thought problems affect concentration, memory, decisions, feelings of guilt, worthlessness
- Risk of suicide is high
- Important to differentiate mental health from physical problems
- Responds well to treatment
- Loss of interest in food and self care
- Risk of suicide may increase after medication

Depressed



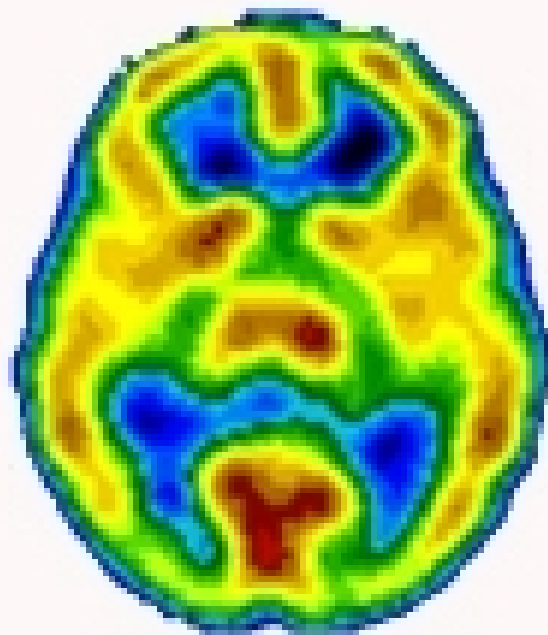
Not depressed



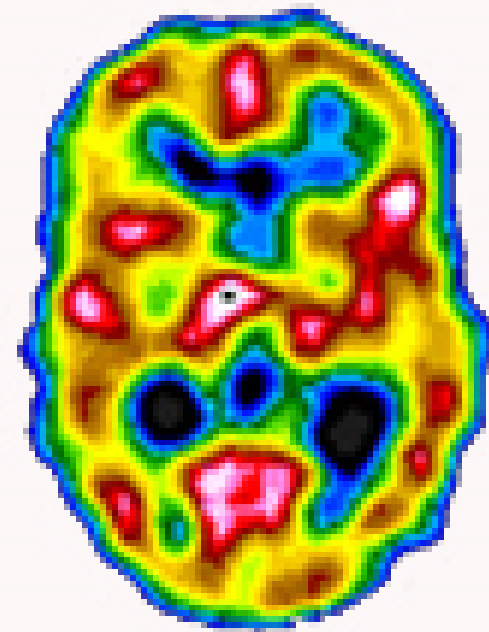
Mania/Bipolar Disorder

Symptoms

- Euphoric mood (elevated, high or happy)
- Irritable mood (touchy)
- Three Stages of Mania
- Hypomania, Acute Mania, Psychosis
- Mood swings from depression to mania
- Can be Rapid Cycling
- Mood can swing from entertaining to hostile
- Talkativeness can be irritating
- If depressed, often cry, feel hopeless, become suicidal
- Can be restless, pacing, demanding and destructive
- Often non-compliant
- Can be professional and well-educated



Normal



Bipolar Disorder

Panic Disorders

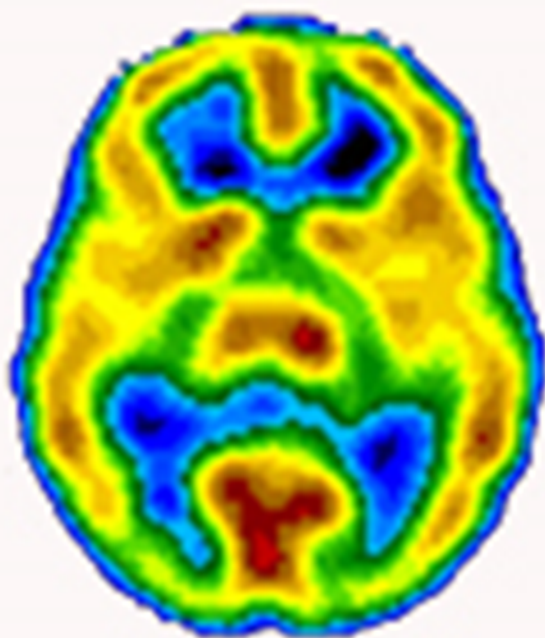
Symptoms

- Prevalence is 1 to 2 percent of the population; Women twice as high as men.
- Panic attacks occur without warning
- Symptoms include intense fear, heart palpitations, chest pain, shortness of breath, dizziness
- Person is concerned that the attacks will strike again

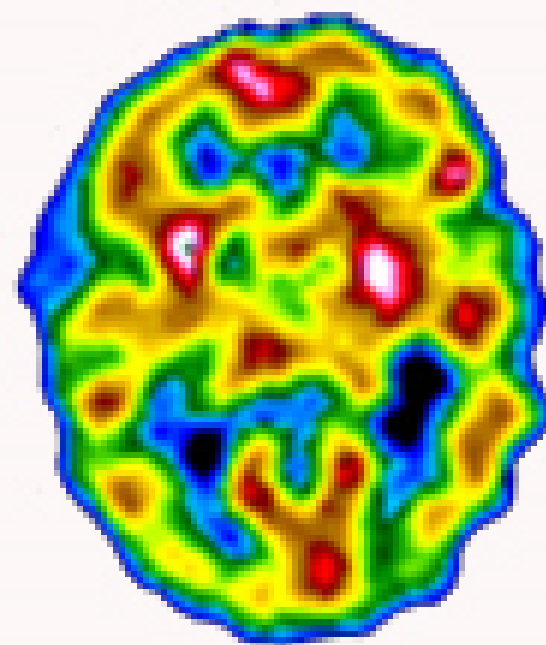
Obsessive Compulsive Disorder

Symptoms

- Obsessions are recurrent thoughts, images, impulses that cause anxiety. They are illogical, at times repulsive and/or center on violence or harm.
- Compulsions are behaviors that are repetitive - attempts at reducing the anxiety created by the obsessions.



Normal

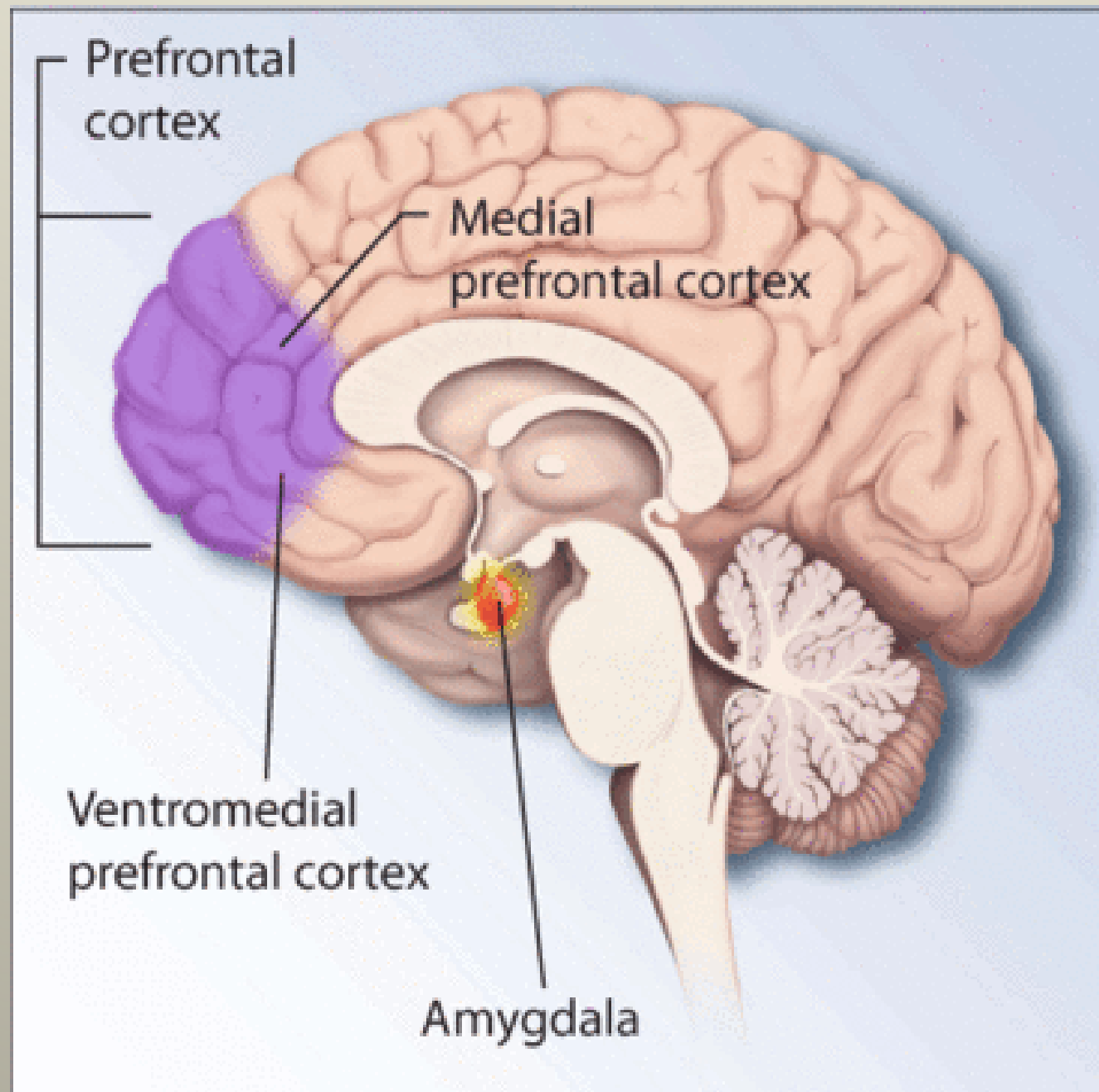


**Obsessive
Compulsive
Disorder**

Post Traumatic Stress

Symptoms

- Exposure to an extremely stressful event.
- Painful memories, nightmares,, suspicion, anxiety, depression, feelings of guilt and sleep difficulties
- Symptoms worsen with exposure to similar events
- Substance abuse is a common method to cope



Personality Disorders

- Inflexible, maladaptive, ways of coping and relating
- Difficulty in holding steady work and relationships
- Difficult to change
- Can co -exist with other mental illnesses



Types of Personality Disorders

- Antisocial
- Narcissistic
- Borderline
- Avoidant
- Paranoid
- Dependent
- Schizotypal
- Schizoid



Co-occurring Disorders

- Presence of both a mental illness and substance abuse disorder
- High prevalence rates
- 60% of persons with a mood disorder also have a substance abuse disorder
- 50% of persons with schizophrenia also have a substance abuse disorder

Common Factors of Mental Illness and Substance Abuse

- Brain disorders
- Lack of Insight
- Chronic
- Impacts Family
- Shame and guilt
- Needs Treatment

Dementia and other Cognitive Disorders

Symptoms

- Memory problems
- Confabulations
- Impaired thinking
- Impaired Judgment
- Poor memory and may not follow directions
- Treat individual as you would any with a disability