
MENTAL HEALTH OVERVIEW

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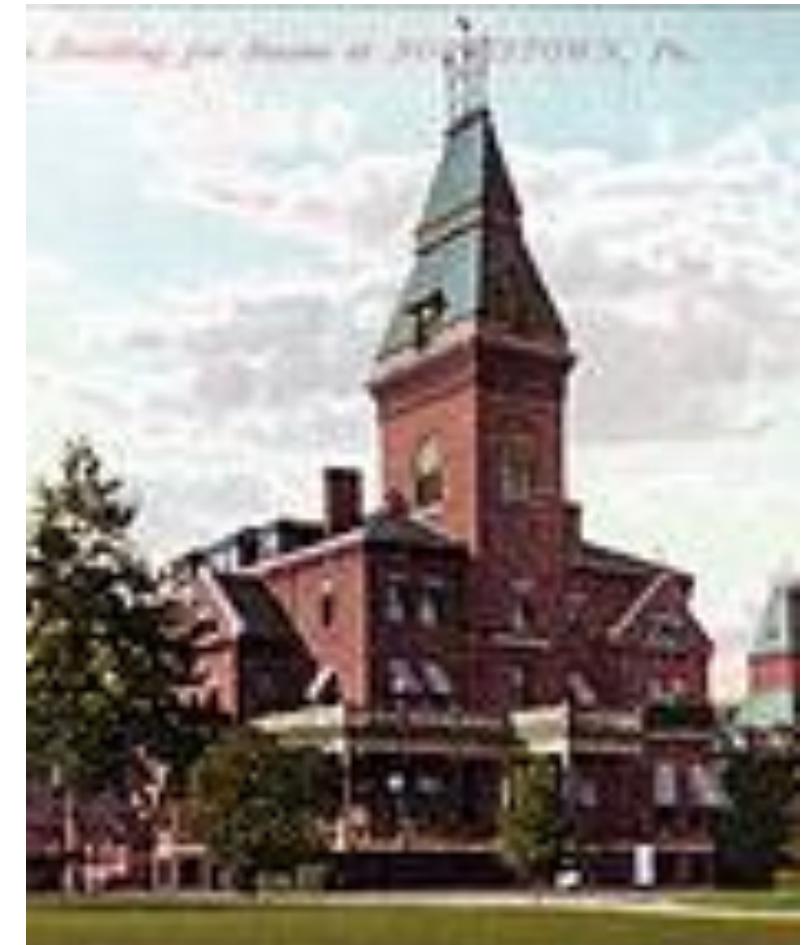
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OBJECTIVES

- Identify symptoms of the most common mental health issues
- Discuss special considerations for children and adolescents
- Introduce options for treatment and tips for successful interactions

SHRINKING OF LONG TERM CARE FACILITIES

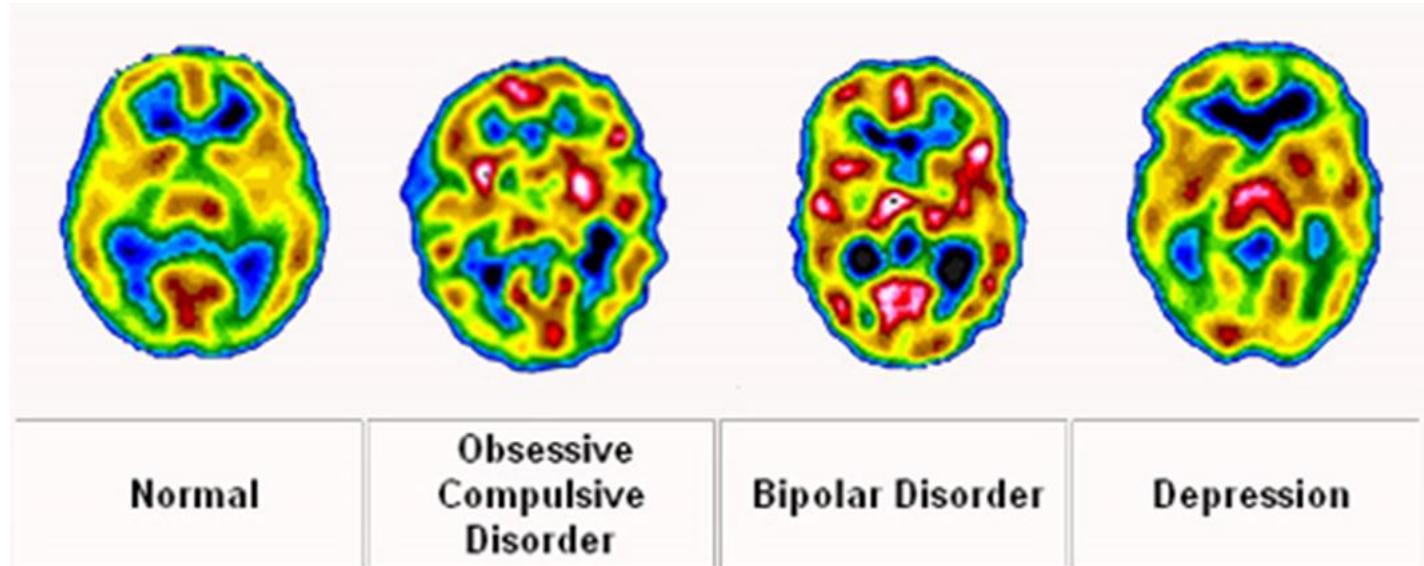
- Southeast Region went from three state hospitals to one state hospital.
- Norristown State Hospital at one point had over 2000 consumers
- No civil beds, only forensic.
- Community treatment



WHAT IS A MENTAL DISORDER?

A mental disorder or mental illness is a diagnosable illness that affects a person's:

- Thoughts
- Emotions
- Behavior
- Relationships
- Daily activities
- Ability to work/attend school



PREVALENCE PER NATIONAL INSTITUTE OF MENTAL HEALTH

26.2% - Any mental disorder

- 9.5% - Mood Disorders
 - 2.6% - Bipolar Disorder
 - 6.7% - Major Depressive Disorder
- 1.1% - Schizophrenia
- 18.1% - Anxiety
- 1.0% Obsessive Compulsive Disorder
- 3.5% PTSD
- 0.6% Eating Disorders

45% meet criteria for 2 or more disorders

RISK FACTORS FOR MENTAL ILLNESS

- Genetic predisposition
- Family dynamics
- Medical conditions
 - Example: Coronary problems and anxiety
- Brain injuries
 - Can lead to dramatic changes in personality, perception, emotional functioning and impulse control
- Social influences
 - Peer pressure, societal standards, achievement expectations, and information in the media/norms
- Environmental influence
 - Access to health care, poverty, unsafe housing, exposure to toxins
- Traumatic events

TYPES OF MOOD DISORDERS



- Depressive disorders
 - Major Depressive Disorder
 - Postpartum Depression
 - Seasonal Depression
- Bipolar disorders
- Anxiety disorders
 - PTSD
 - OCD
 - Panic Disorder

SYMPTOMS OF DEPRESSION

Physical

- Fatigue
- Overeating or loss of appetite
- Unexplained ached and pains

Behavioral

- Crying spells
- Withdrawal from others
- Neglect of responsibilities
- Use of drugs and alcohol

Psychological

- Sadness, anxiety, guilt, anger, irritability
- Lack of emotional responsiveness
- Helplessness, hopelessness, thoughts of death and suicide
- Impaired memory and concentration.



SYMPTOMS OF MANIA (BIPOLAR)



- Increased energy and over-activity
- Elevated mood
- Rapid thinking and speech
- Lack of inhibitions
- Grandiose delusions
- Lack of insight

WHAT DO YOU DO?

- Be patient—some behaviors are not willful
- When an individual is manic, they are often not behaving in a rational fashion
- Be conscious of how their state is impacting you and how you feel

ANXIETY

- Differs from normal stress and anxiety
- More severe, lasts longer, and interferes with work and relationships.



SYMPTOMS OF ANXIETY

Physical

- Chest pain
- Dizziness, sweating, tingling, numbness
- Nausea, vomiting, diarrhea
- Muscle aches and pains (especially neck, shoulders and back)

Behavioral

- Avoidance of or distress in social situations
- Obsessive or compulsive behavior

Psychological

- Unrealistic or excessive fear and worry
- Decreased concentration and memory, indecisiveness, irritability
- Restlessness, fatigue, sleep disturbance, vivid dreams

PANIC ATTACK

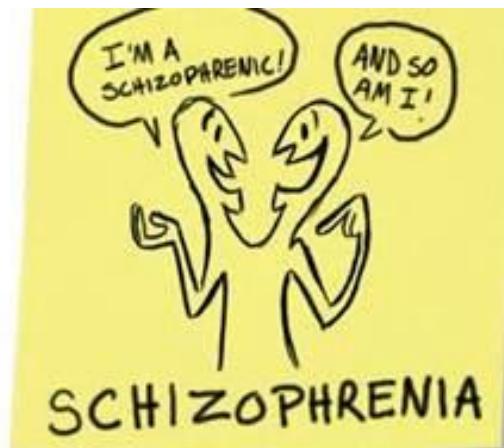


- Nausea, stomach cramps
- Feeling of being trapped or enclosed and a need to escape
- Fear that you are losing control
- Fear of dying
- Tightness in the chest, inability to breathe
- Choking sensation in the throat
- Racing heartbeat; feel like having a heart attack
- Numbness in extremities and tingling
- Fear of going out to public places

WHAT DO YOU DO?

- Speak in a calm voice
- Try to keep the rate and volume of your voice consistent
- Assure the person that they are safe
- If they have a history of panic attacks ask what helps them calm themselves
- Telling them to “calm down” is often not helpful
- Recognize they may believe they are dying

(MIS)PERCEPTIONS OF PSYCHOSIS



WHAT IS PSYCHOSIS?

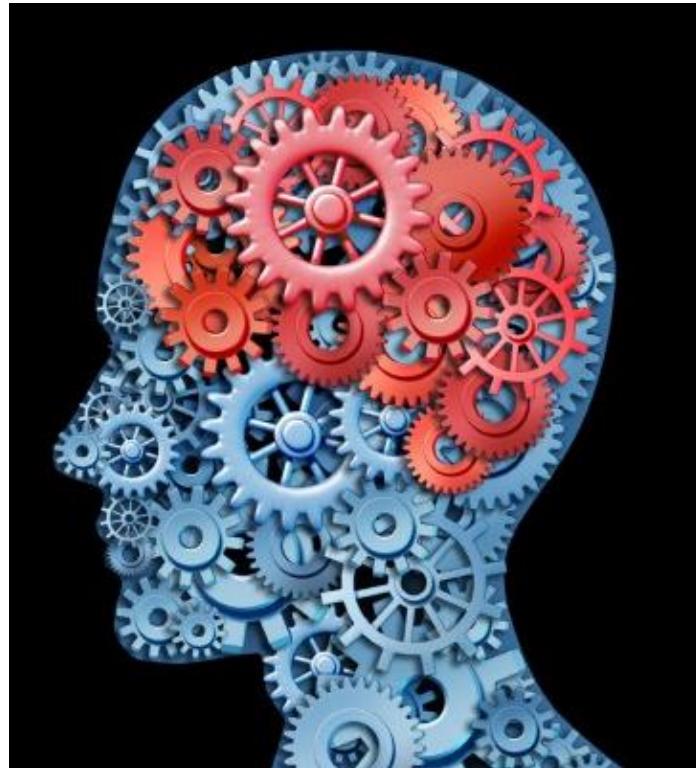
Loss of some contact with reality

Disturbances in thinking, emotion, and behavior

Not as common as depression and anxiety disorders

Usually occurs in episodes, rather than a constant or static condition

TYPES OF PSYCHOTIC DISORDERS



- Schizophrenia
- Psychotic Depression
- Schizoaffective Disorder
- Drug-Induced Psychosis

SYMPTOMS OF PSYCHOSIS

- Delusions
- Hallucinations
- Thinking difficulties
- Loss of drive
- Blunted emotions
- Social withdrawal



WHAT DO YOU DO?

- Do not enter into the delusional thinking
- Ask them what they are hearing or seeing
- Reassure them that they are safe
- Be calm and quiet

RATES OF VIOLENCE

- The vast majority of people with mental illness are more dangerous to themselves than they are to others.
- People with mental illness are more likely to be victims of violence than perpetrators both in the community and in correctional facilities.
- People with mental illness have lower rates of criminal arrests than the general population.
- People with mental illness who are incarcerated tend to stay in jail longer than incarcerated people who do not have mental illness.

MEDIAN AGE OF ONSET



- Anxiety Disorders - Age 11
- Eating Disorders - Age 15
- Substance Use Disorders - Age 20
- Schizophrenia - Age 23
- Bipolar - Age 25
- Depression - Age 32

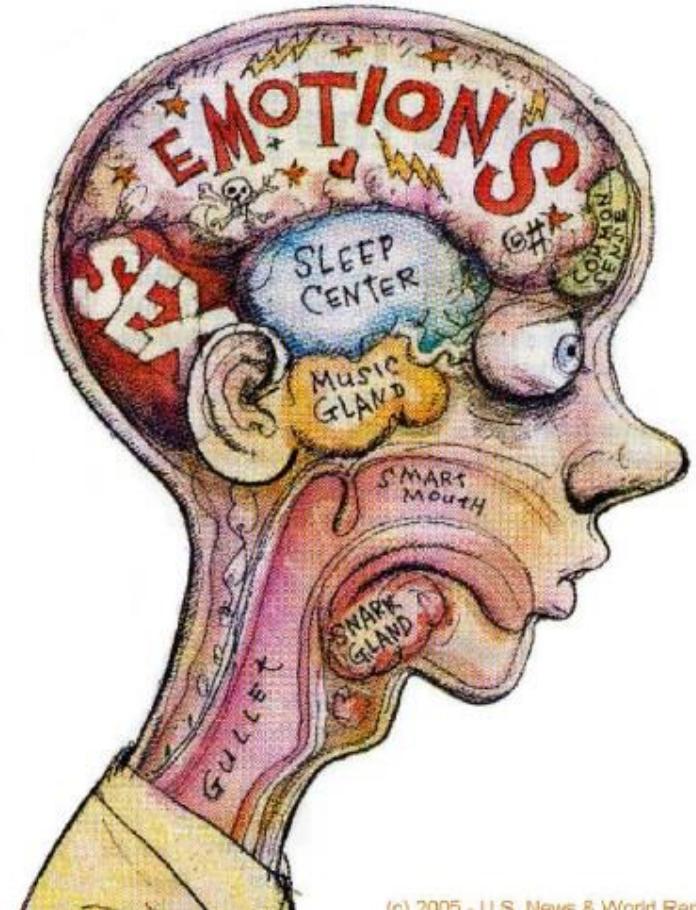
MEDICATIONS



- Don't assume not taking if still symptomatic
- Side-effects
- Off-label usage - so ASK!
- Anti-depressants - Prozac, Lexapro, Wellbutrin, Effexor
- Anti-anxiety - Xanax, Ativan, Klonopin, Valium
- Mood Stabilizers - Lithium, Depakote, Lamictal
- Anti-psychotics - Abilify, Zyprexa, Risperdal, Seroquel, Geodon

SPECIAL CONSIDERATIONS FOR KIDS

- Brain Development
 - Back to front until age 25
- Behavioral Expression
- ADD/ODD/Conduct Disorder
- Difficult to Diagnose
 - Medication - Black Box Warning
- Suicidal Behavior
- Parent/Care-giver burnout
- Use age-appropriate language/questions
 - Minimum amount of info
 - Questions about the environment



GROWING OUT OF CHILD SERVICES

- Child serving providers only provide treatment up until 18 years of age (sometimes 21)
- Focus of children's services:
 - Family
 - School
 - Environment
 - Individual
- Focus of adult services:
 - Symptom Management
 - Taking responsibility for your thoughts, feelings, actions
 - Individual-focused



WHEN MENTAL ILLNESS GOES UNTREATED...

Poorer long-term functioning

Increase risk of depression and suicide

Slower psychological maturation and slower uptake of adult responsibilities

Strain on relationships and subsequent loss of social supports

Disruption of education and employment

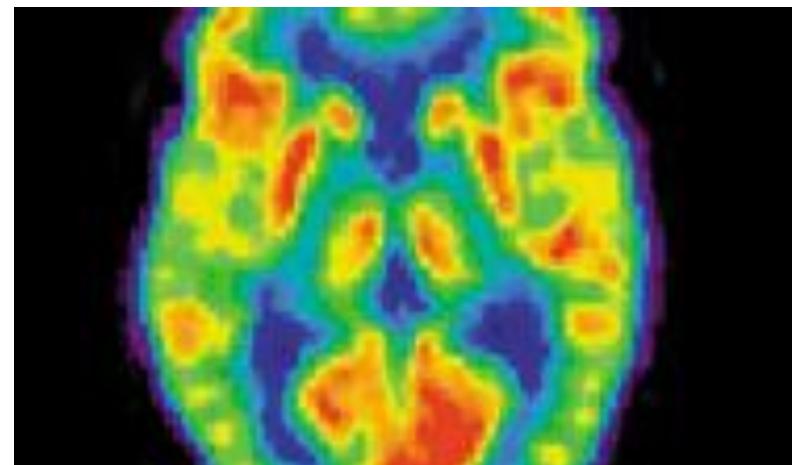
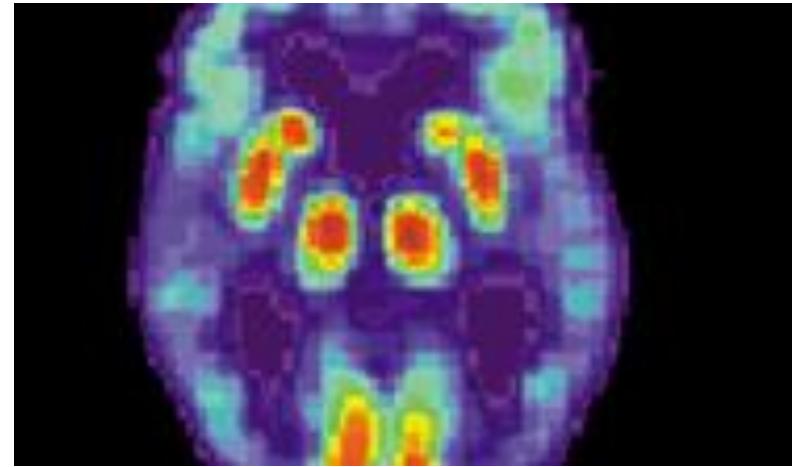
Increased use of alcohol and drugs

Loss of self-esteem and confidence

Greater chance of problems with the law

SPECIAL CONSIDERATIONS FOR OLDER ADULTS

- Medications
- Substance Use
- Alzheimer's & Dementia
 - Early Onset - more common in people with other disabilities - ID and MH
 - 7 in 10 live at home and 1 in 7 live alone
 - Non-verbal communication
 - Caregiver stress
 - Alzheimer's Association
 - 24/7 Emergency Incident Line: 800.625.3780
 - To Register: 1.888.572.8566
 - www.alz.org/care/dementia-medic-alert-safe-return



ALZHEIMER'S/DEMENTIA

- Profile
 - Blank Facial Expression
 - Inappropriate clothing for season
 - Confusion
 - Communication Problems
 - Agitation
- Types of Calls
 - Driving Issues/Auto Accidents
 - Action step: Issue a citation
 - Wandering
 - Search & Rescue - 24 hrs, 1 mile, brush
 - Bizarre Behavior
 - Shoplifting
 - Poisoning/Choking



MedicAlert®
FOUNDA TION

Live 24 hour emergency response for
wandering and medical emergencies

safe return®
alzheimer's association®



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PROFESSIONAL INTERVENTIONS

Example of professionals

- Doctors (primary care physicians)
- Psychiatrists
- Social workers, counselors, and other mental health professionals
- Certified peer specialists

Examples of Professional Help

- “Talk” therapies
- Medication
- Psychoeducation

OTHER TYPES OF SUPPORT

Peer support groups

Family, friends, and faith/other social networks

Family support groups

Exercise and nutrition

Discontinuation of alcohol and other drugs

TIPS FOR SUCCESS

- The person's behavior is not about you...
 - The illness drives interactions with others
 - You will not change a lifetime of behavior in one shift
- Try to recognize what type of personality is easy for you to work with vs. difficult for you to work with
- Have good boundaries
 - Do not engage in long conversations
 - Do not give out a lot of personal information
 - Know when to set limits and when to not
- Support your colleagues
- Practice good self care
 - Eat, sleep, exercise, etc...

THANK YOU!



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