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# MENTAL HEALTH OVERVIEW

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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

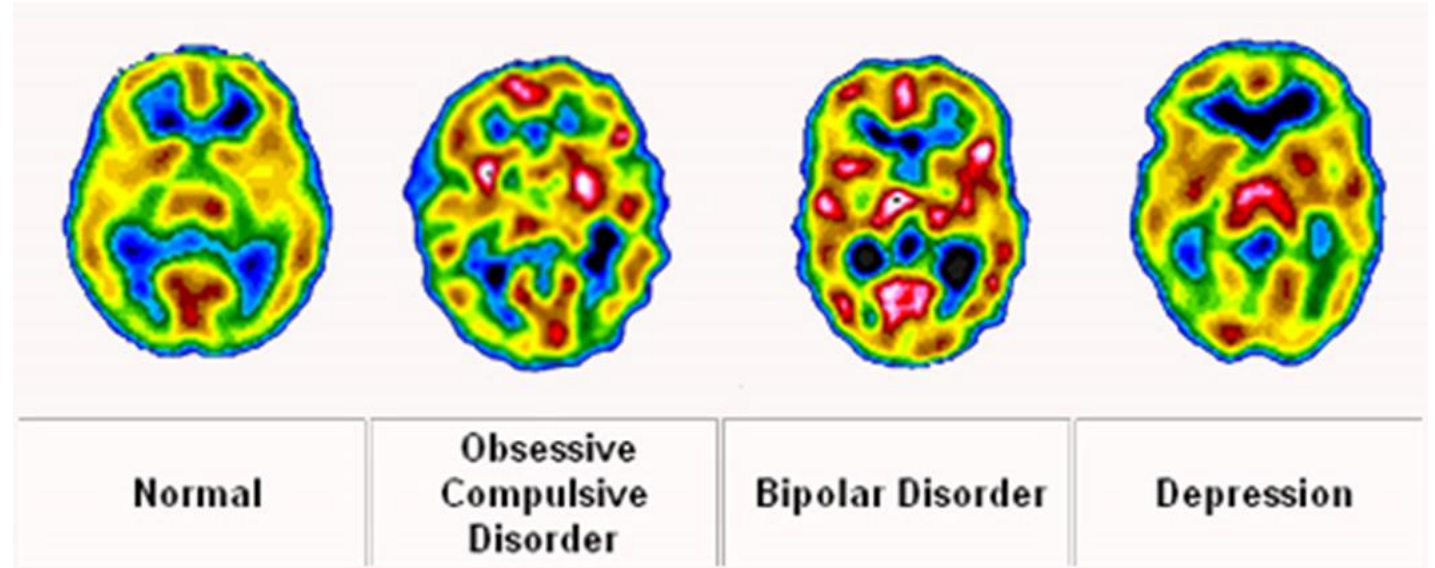
- Southeast Region went from three state hospitals to one state hospital.
- Norristown State Hospital at one point had over 2000 consumers
- No civil beds, only forensic.
- Community treatment



# 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 aches 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

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## 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

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# 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



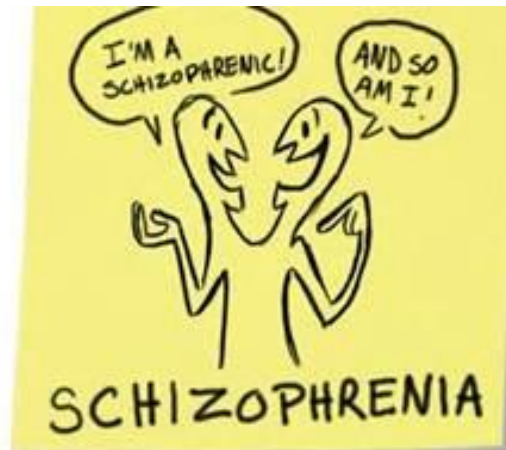
- Nausea, stomach cramps
- Feeling of being trapped or enclosed and a need to escape
- Fear that you are losing control
- Fear of dying
- Tightness in the chest, inability to breathe
- Choking sensation in the throat
- Racing heartbeat; feel like having a heart attack
- Numbness in extremities and tingling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

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## 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?

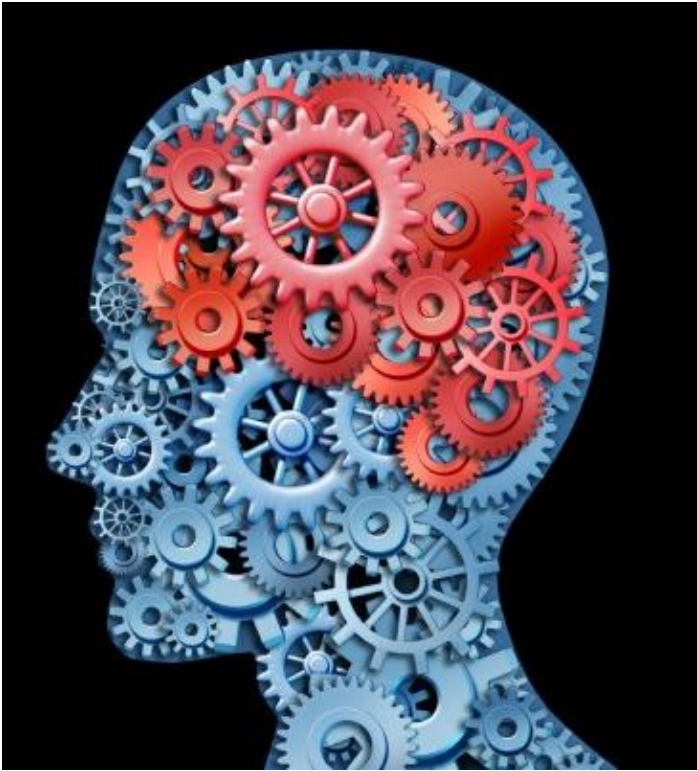
Loss of some contact with reality

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



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## 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

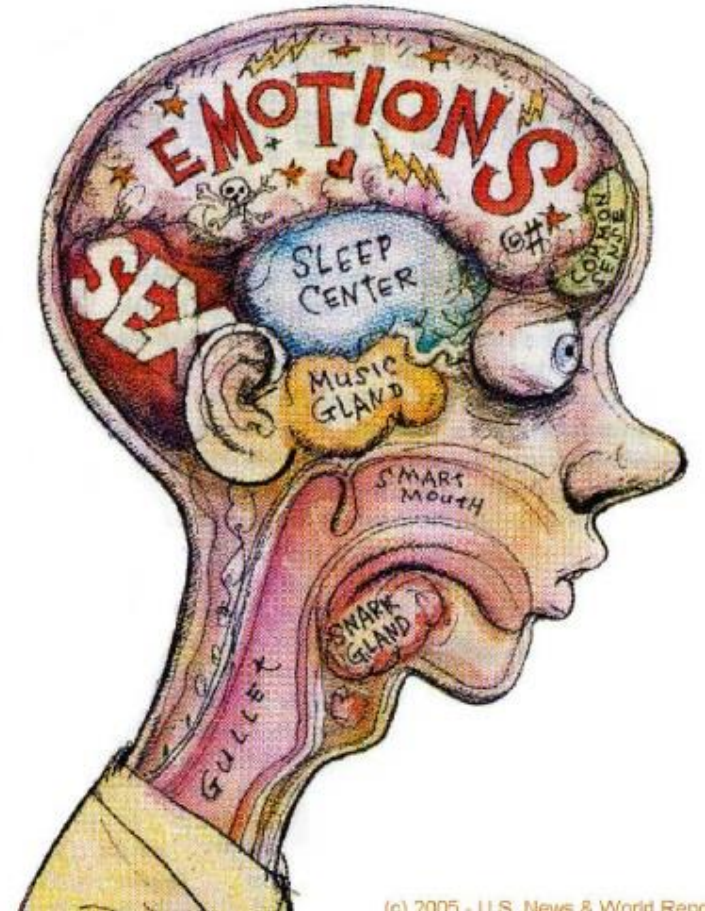
# MEDICATIONS



- 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



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# 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

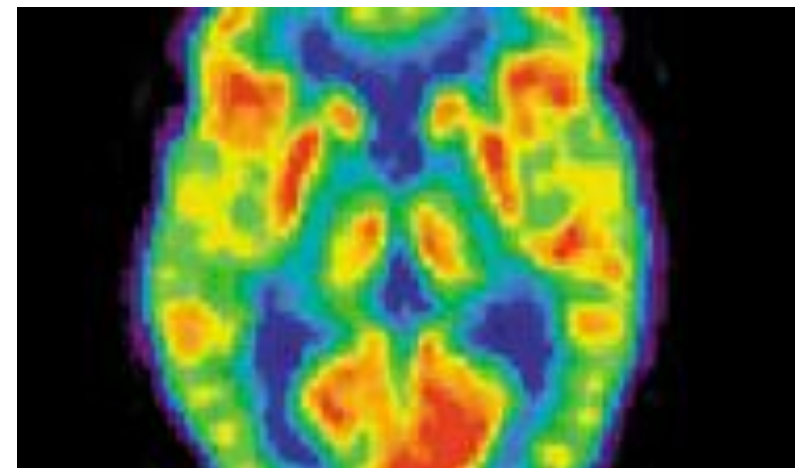
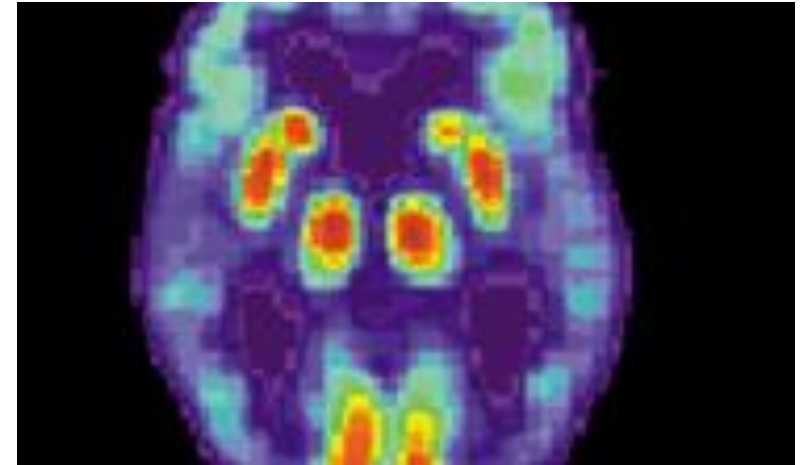
Increased use of  
alcohol and drugs

Loss of self-esteem  
and confidence

Greater change 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](http://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



Live 24 hour emergency response for  
wandering and medical emergencies



**safe return**<sup>®</sup>

alzheimer's  association<sup>®</sup>



# 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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