

Introduction to Mental Illness in Adults: Safe and Effective Responses

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Facts and Numbers

- One in five adults experiences a mental illness in a given year
- One in 25 adults experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities
- One in five youth experience a serious mental illness
- $\frac{1}{2}$ of mental illnesses begin by age 14
- $\frac{3}{4}$ of mental illnesses begin by age 24
- Adults with serious mental illness die 25 years earlier than other Americans

**Who is eligible for
community mental health
services?**

DHS Division of Mental Health

Four Eligibility Groups (beginning in FY 11)

- Group 1 – Medicaid eligible & target diagnosis
- Group 2 - Not Medicaid eligible & target diagnosis
- Group 3 - Not Medicaid eligible & first presentation of psychosis
- Group 4 – Not Medicaid eligible & eligible diagnosis

Issues and Situations for Referral Sources and Families

Clients are often denied access to care and require advocacy to obtain services.

Schizophrenia

Schizophrenia Facts

- Tends to run in families
- May be triggered by environmental events
- Appears during hormonal and physical changes
- Imbalance of brain chemicals (serotonin and dopamine)
- Behavior of children and teens may differ from adults (e.g. delays in development)
- Affects 1.1% of the adult US population (NIMH)



Risk Factors

- Genetic
 - First Degree Relative = 10%
 - Identical Twin = 40%-65%
- Substance Use – increases risk 2 – 3 times
- Peri-natal complications – low birth weight, infections
- Cognitive factors – lower IQ, poor school performance



Schizophrenia Early Warning Signs

- Sleep disruption – inability to sleep, unusual waking hours
- Paranoia
- Withdrawal from family and friends
- Difficulty concentrating or paying attention
- Deterioration of personal hygiene
- Speech that is rambling or disorganized



Schizophrenia Early Warning Signs

- Flat, expressionless gaze
- Unusual sensitivity to light and noise
- Inappropriate or bizarre behavior
- Smelling or tasting things differently
- Extreme preoccupation with religion
- Frequently sensing that independent events are somehow related



Schizophrenia Early Warning Signs

- Hearing or seeing things
- Fear of being watched
- Strange body positioning
- Steady, noticeable decline in school or work performance
- Deterioration of school/work performance
- Change in hygiene and appearance
- Feelings of indifference



Schizophrenia Positive Symptoms

- Delusions
- Hallucinations
- Disordered thinking and speech

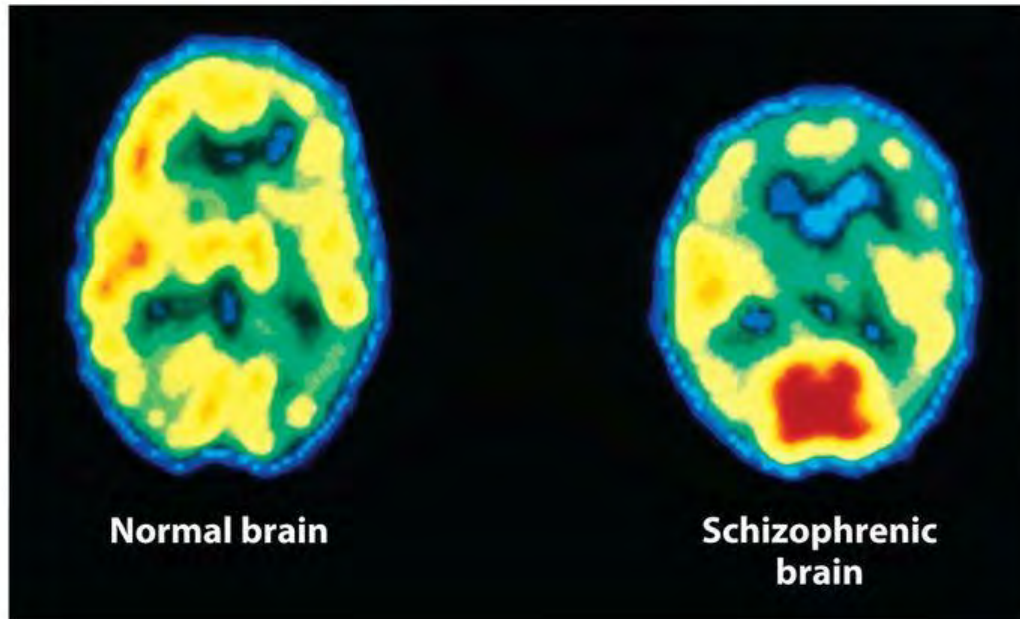


Schizophrenia Negative Symptoms

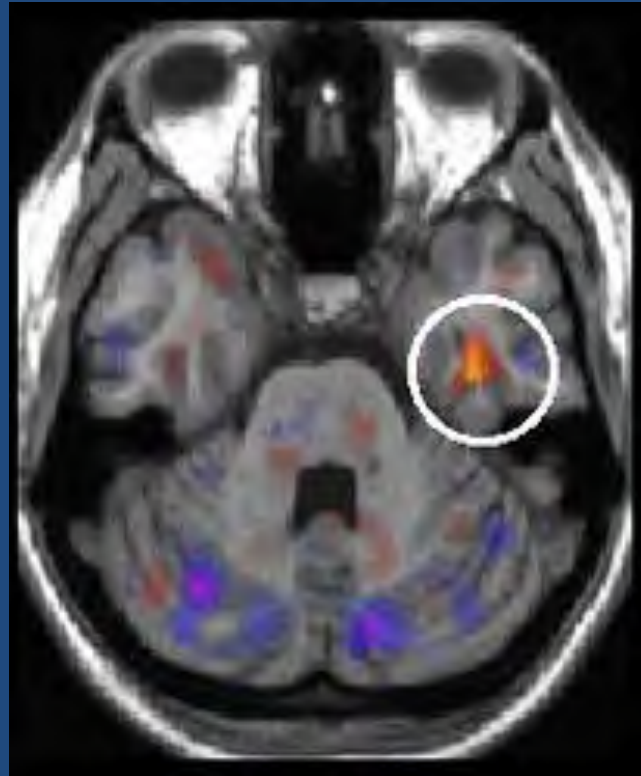
- Social withdrawal
- Extreme apathy
- Lack of drive or initiative
- Emotional unresponsiveness



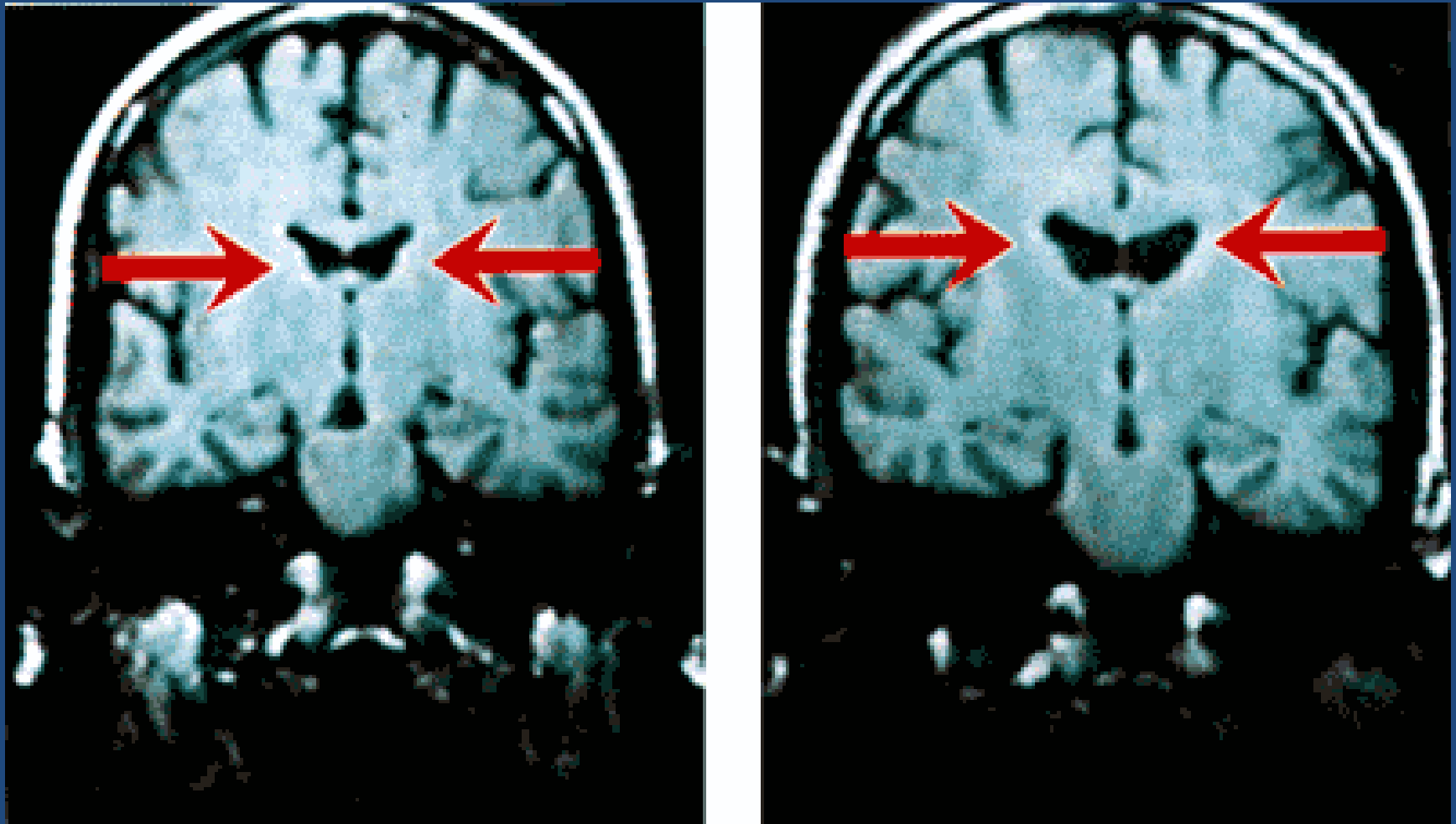
Normal Brain vs. Schizophrenic Brain



Chemical Abnormality in the Temporal Cortex



Psychotic Breaks Cause Loss of Grey Matter



Schizophrenia Types

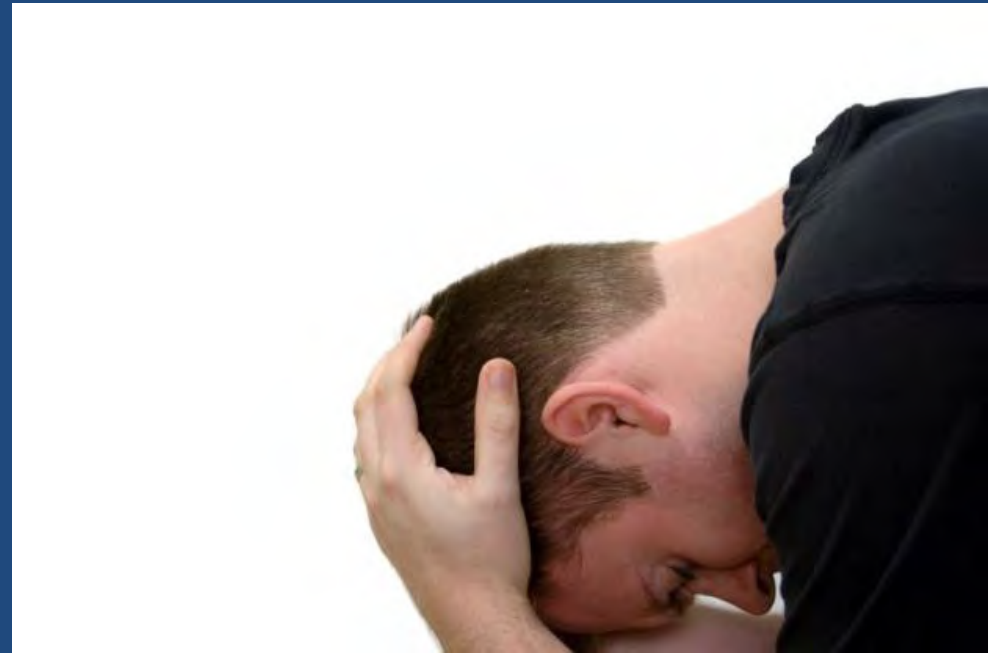
- Paranoid
- Disorganized
- Catatonic
- Residual
- Schizoaffective disorder

Schizoaffective Disorder

Schizoaffective Disorder

Symptoms

- Symptoms of Schizophrenia
- Symptoms of Depression
- Symptoms of Mania



Schizophrenia Treatment

- Case management (ACT)
- Psychosocial rehabilitation
- Self help groups
- Drop in centers
- Housing programs
- Employment programs
- Therapy/counseling
- Crisis intervention
- Medication



Safe and Effective Responses

- Remain calm.
- Lower the volume and cadence of your voice.
- Reduce noise and distractions.
- Turn off sirens and lights.
- Reduce movement.
- Explain what is happening.
- Never argue about delusions.
- That's very interesting. Tell me more about it.
- Reassure. You will do your best to keep them safe.

Ask

- Are you hearing voices?
- What are the voices saying?
- Do/did you receive mental health services?
- Are you taking medication?

Depression

Depression Basic Facts

- One of the most common mental illnesses in children and adults
- Affects 6.7% of American adults (NIMH)
- Causes loss of pleasure, complicates other medical conditions, can lead to suicide
- Is the leading cause of disability in the US and Canada (NIMH)
- Can occur to anyone at any time



Depression Causes

- Biological (neurotransmitters)
- Cognitive (negative thinking)
- Gender (higher in women)
- Occurs with other diseases
- Medication side effects
- Vitamin D Deficiency
- Genetic
- Situational
- Trauma



Depression Symptoms

Emotional Symptoms

- Sadness
- Guilt
- Lack of interest
- Thoughts of suicide

Physical Symptoms

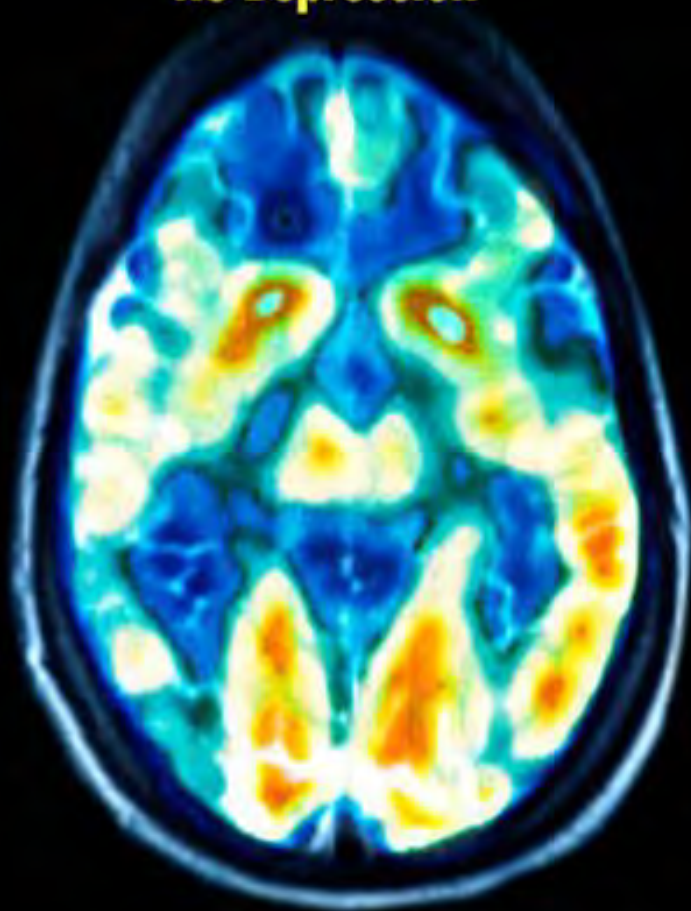
- Changes in appetite
- Changes in sleep
- Lack of energy
- Sexual dysfunction



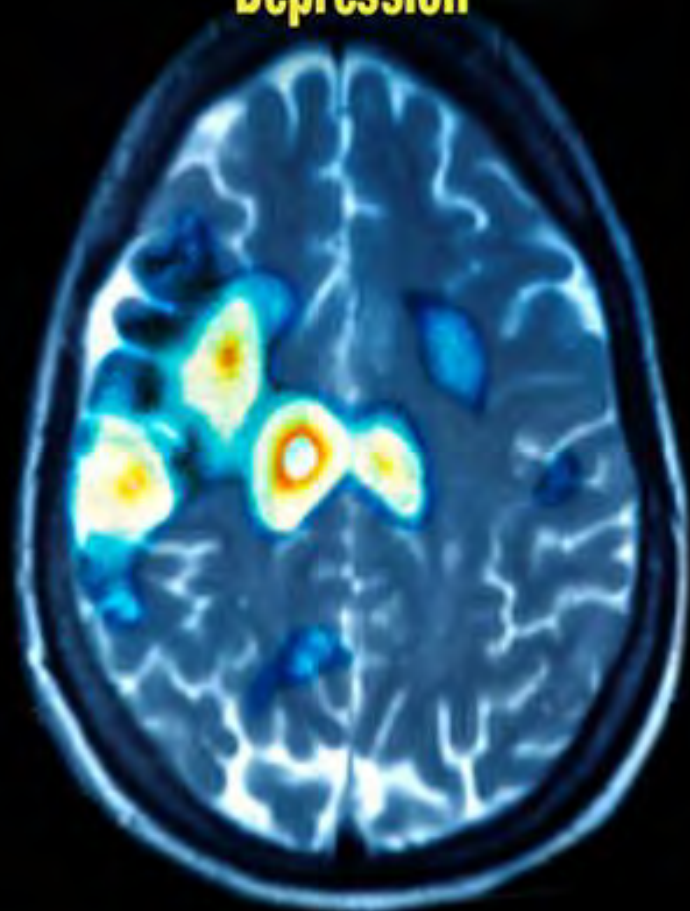
Associated Symptoms

- Anxiety or phobias
- Tearfulness
- Brooding
- Pain
- Obsessive rumination
- Irritability
- Excessive worry over physical health

No Depression



Depression

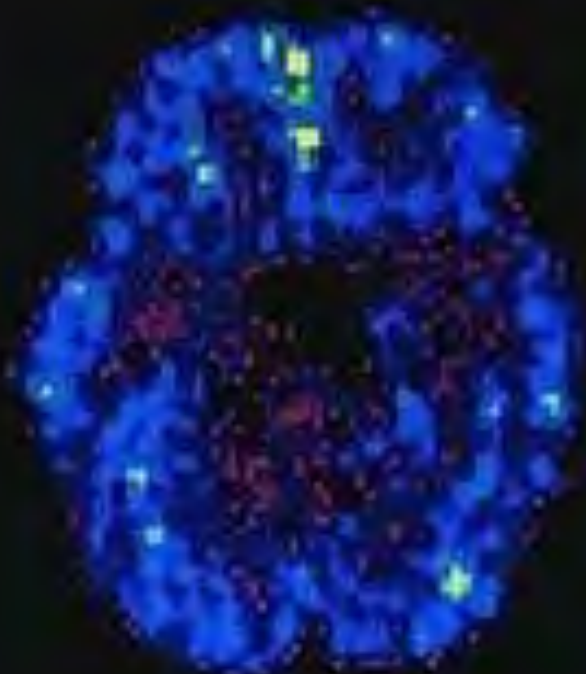


Depression Treatment

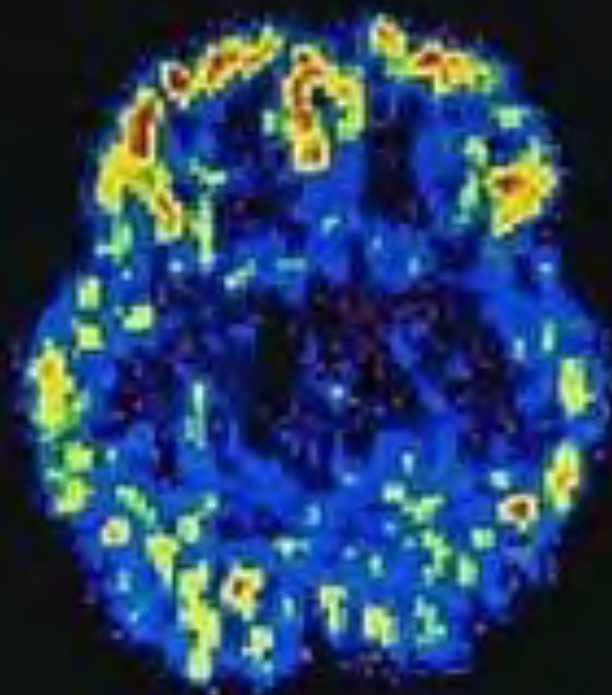
- Medication
- Cognitive Behavioral Therapy
- ECT
- Light Therapy
- Transcranial Magnetic Stimulation (TMS)
- Vagus Nerve Stimulation



Depressed



Recovered



Safe and Effective Responses

- Indicate a willingness to understand and help.
- Instill hope.
- Reassure.
- Don't challenge symptoms or suicidal thoughts.

Ask

- Is there a family or friend who helps you?
- Can we call them?
- Are you thinking of hurting yourself?
- Someone else?
- How?
- When?

Bipolar Disorder

Bipolar Disorder Facts

- Extreme mood swings
- Runs in families
- Affects 2.6% of the American adult population (NIMH)
- Was typically diagnosed in late teens or early 20s but is now common – 3% - in children (NIMH)
- Often confused with symptoms of substance abuse and ADHD

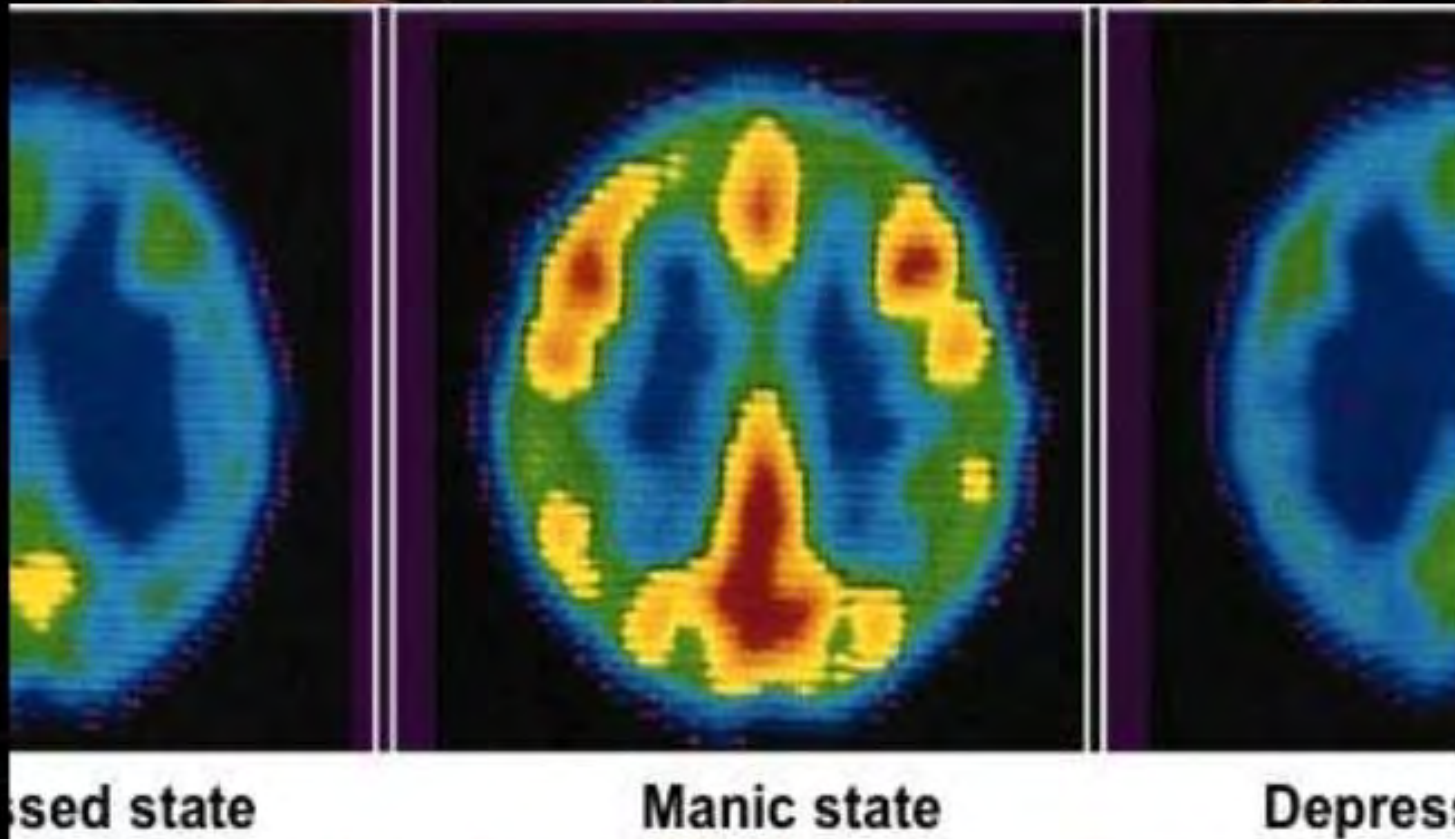


Mania

- Expansive or irritable mood
- Inflated self esteem
- Decreased need for sleep
- Increased energy
- Racing thoughts
- Poor judgment
- Heightened sex drive
- Denial



PET Scan of Bipolar Brain



Other Mood Disorders

- Dysthymia
- Seasonal Affective Disorder



Anxiety Disorders

Anxiety Disorder Facts

- Frequently runs in families
- Affects 18.1% of American adults (NIMH)
- Possible biological cause
- Frequently co-occurs with depression or addiction disorders
- Feelings range from uneasiness most of the time to bouts of terror
- Most treatable of mental illnesses



Anxiety Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Phobias

Generalized Anxiety Disorder

- Chronic, exaggerated worry
- Restlessness, headaches, trembling
- Muscle tension or sweating
- Irritability
- Difficulty concentrating
- Disturbed sleep



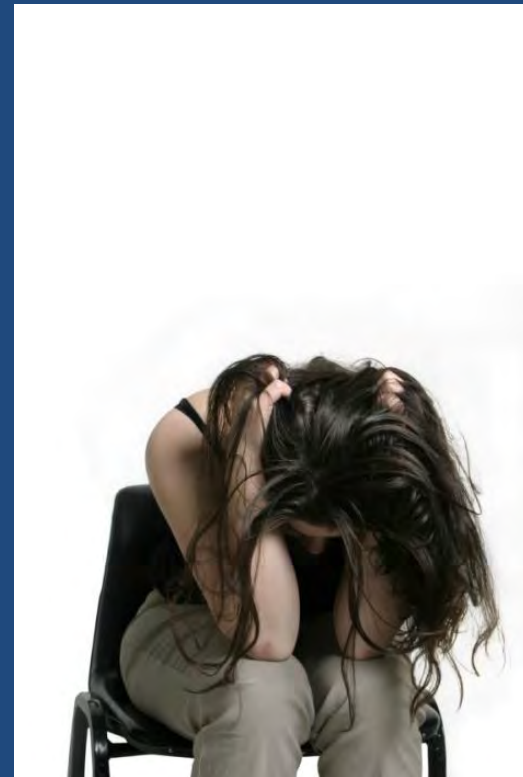
Generalized Anxiety Disorder Treatment

- Cognitive Behavioral Therapy
- Relaxation techniques
- Biofeedback
- Mindfulness
- Medication



Panic Disorder

- White knuckle pounding terror
- Feels like being devoured by fear
- Feels like dying of a heart attack
- Persistent worry of reoccurrence



Panic Disorder Treatment

- Cognitive Behavioral Therapy
- Medication



Phobias

- Irrational fears
- Triggers intense anxiety
- Leads to avoidance of things or situations



Phobias Treatment

- Cognitive Behavioral Therapy
- Medication
- Desensitization



Effective Responses

- Breathe
- Ask simple, close-ended questions.
- Re-direct.
- Reassure.

Trauma and Stressor-Related Disorders

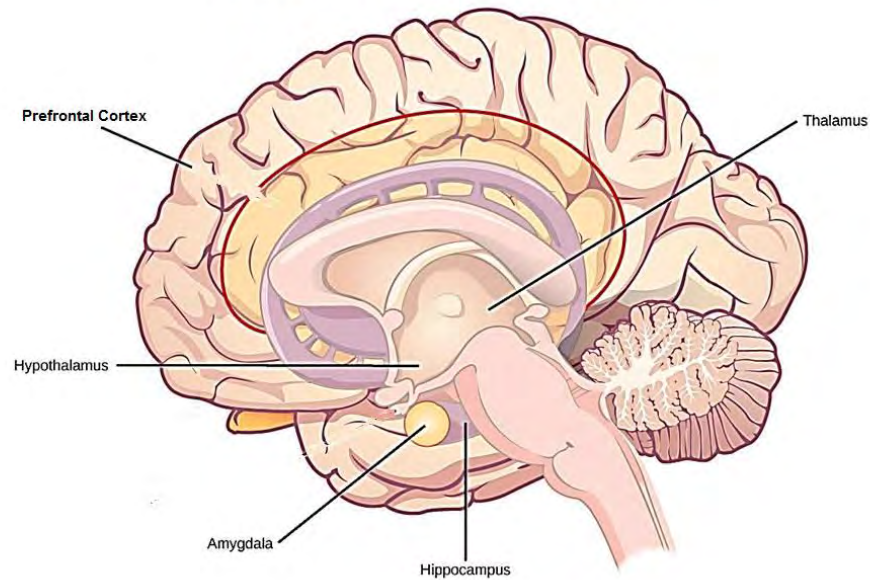
Post Traumatic Stress Disorder

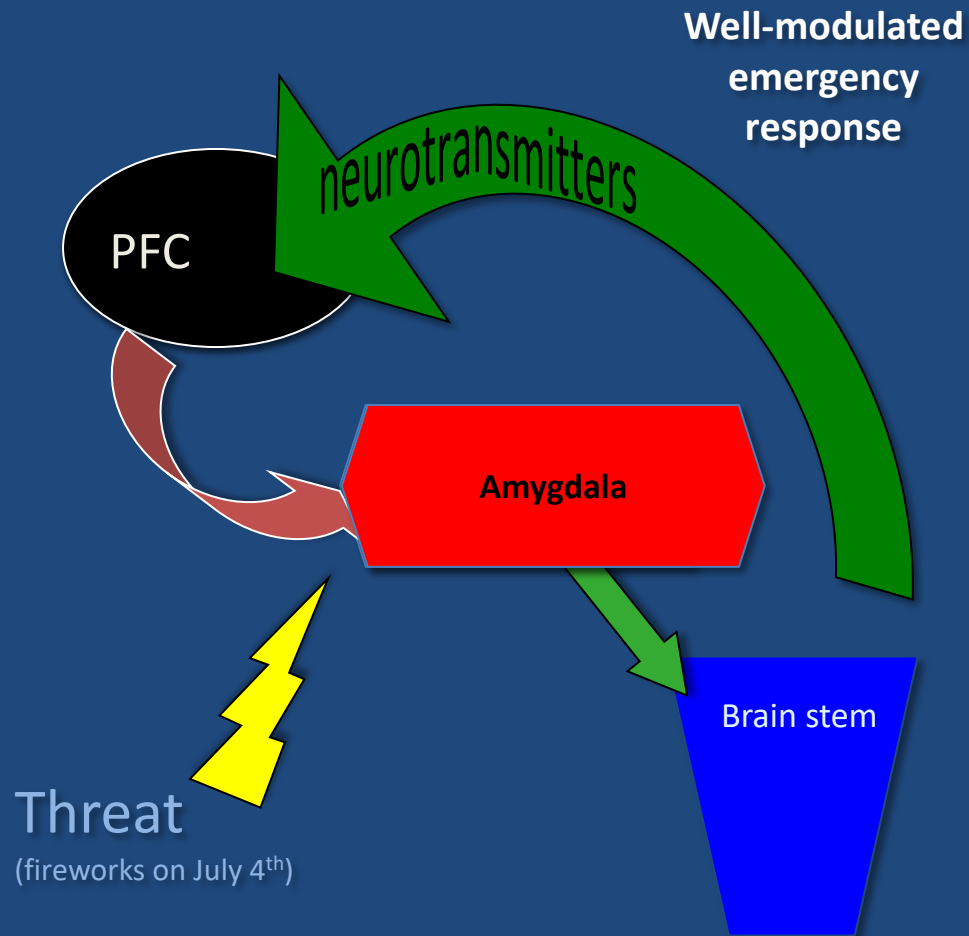
- Result of experiencing, witnessing or participating in a traumatic occurrence
- Constant reliving of the event
- Persistent anxiety
- Exaggerated startle reflex
- Nightmares and insomnia
- Prevalence of 3.5% of adults and 4% of teens (NIMH)

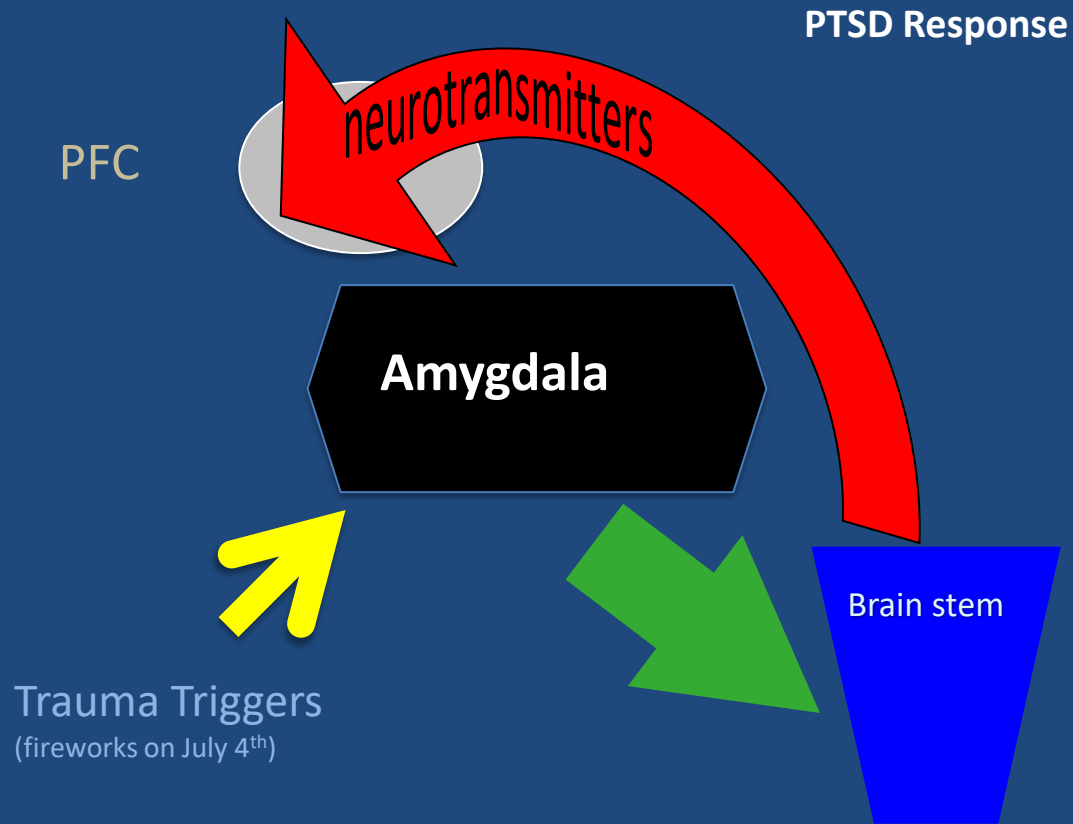


Biological Basis of PTSD:

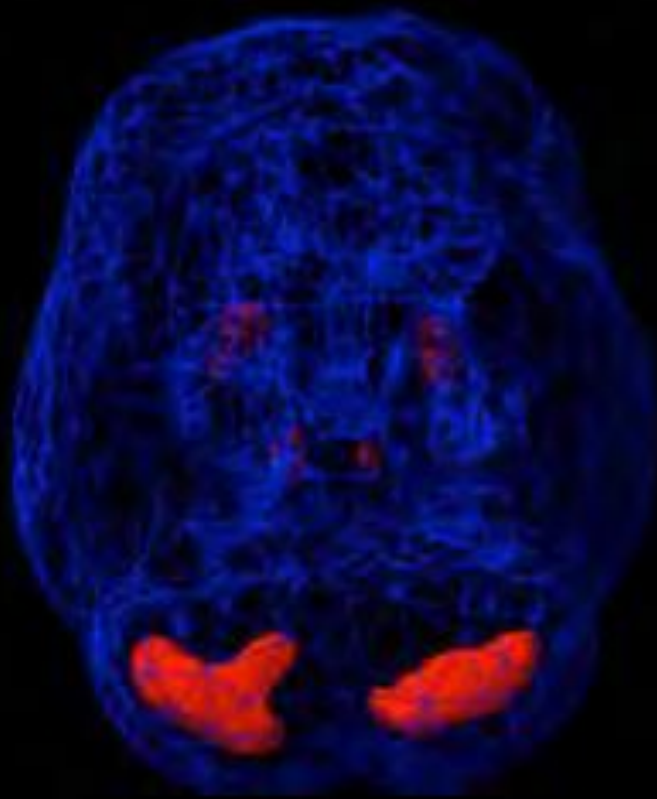
PTSD and the Brain



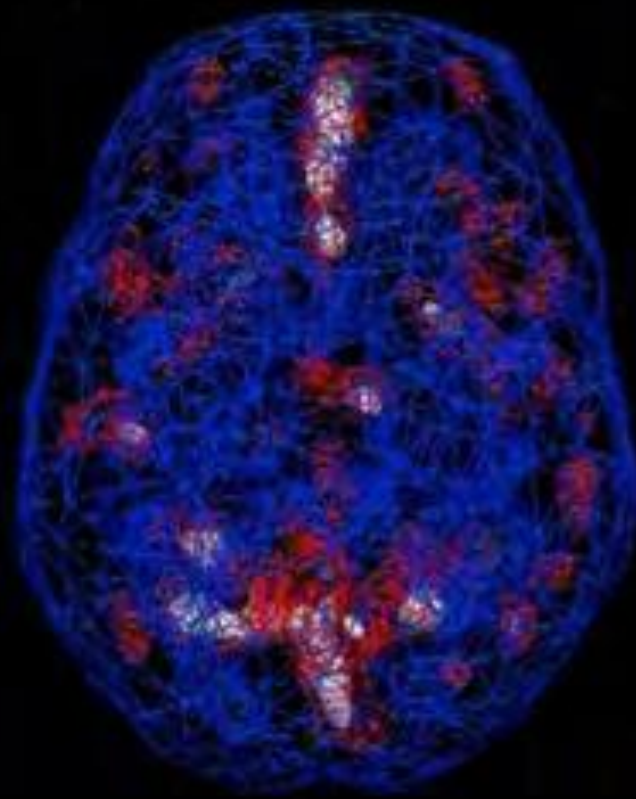




Resick and Rasmusson, 2010



Healthy Brain



PTSD

Post Traumatic Stress Disorder Treatment

- Cognitive Behavioral Therapy
- Medication
- Eye Movement Desensitization and Reprocessing
- Confrontation of the past



Obsessive Compulsive and Related Disorders

Obsessive-Compulsive Disorder

- Obsessions of recurrent and persistent thoughts that are not worries about real life problems
- Compulsions of repetitive behaviors that are aimed at preventing or reducing distress





**HIGH ENERGY USE IN THE BRAIN
OF A TYPICAL PERSON WITH OCD**

OCD Treatment

- Cognitive Behavioral Therapy
- Medication



Safe and Effective Responses: Ask

- What makes you feel scared, upset or angry?
- What could cause you to go into crisis?
- What happened to you?

Personality Disorders

Personality – A Pattern of Inner Experience and Behavior

- How you see yourself, others and events
- Range, intensity and appropriateness of your emotions
- How you get along with other people
- Impulse control

Personality Disorders are **learned**,
dysfunctional, ways of perceiving,
feeling and acting. They cannot be
medicated.

Cluster A: Odd or Eccentric Behavior

- Schizoid Personality Disorder – loners who don't feel much (no hallucinations); indifferent to praise or criticism
- Paranoid Personality Disorder – others' actions are threatening or demeaning; suspicious; bears grudges
- Schizotypal Personality Disorder – look, act and think strangely



Cluster B: Dramatic, Emotional or Erratic Behavior

- Antisocial Personality Disorder – irresponsible and defiant, no remorse
- Borderline Personality Disorder – instability of self-image, mood and relationships
- Narcissistic Personality Disorder – it's all about me; me first
- Histrionic Personality Disorder – center of attention; drama queen



Cluster C: Anxious, Fearful Behavior

- Avoidant Personality Disorder – very fragile, extremely shy
- Dependent Personality Disorder – can't make own decisions
- Compulsive Personality Disorder – rigid, orderly



Borderline Personality Disorder

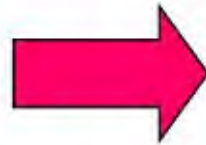
- Unstable interpersonal relationships
- Unstable mood
- Unstable self image
- Unpredictable self-destructive behaviors
- Fear of abandonment
- Self mutilation and suicidal gestures



Is it mental illness, substance use disorder or both?



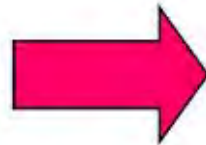
Anxiety



Stimulants

Downer Withdrawal

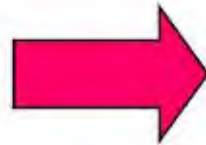
Depression



Downers

Stimulant Withdrawal

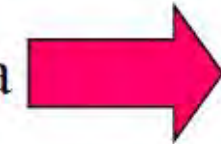
Mania



Stimulants

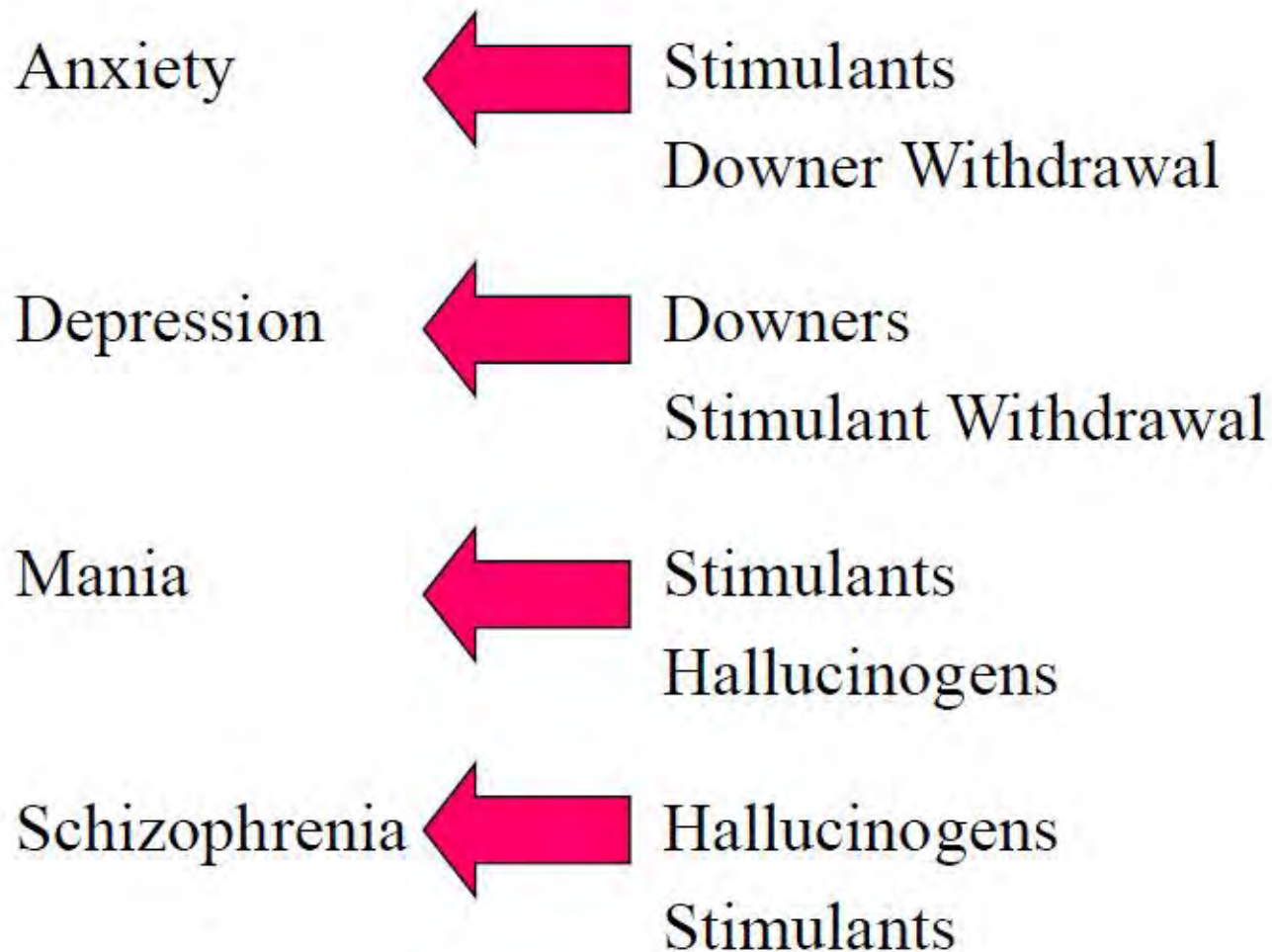
Hallucinogens

Schizophrenia



Hallucinogens

Stimulants



Stigma

- Brand (as in criminal)
- Slur
- Tarnish
- Taint
- Prejudice



Stigmatize

- Shame
- Disgrace
- Dishonor
- Discredit
- Degrade



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Questions

