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Mental Health Essentials for For Parents & Caregivers

May 8, 2023
7:00pm-8:30pm

Adapted from the Go-To Educator Program:
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MentalhealthLiteracy.org

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Meet Our Trainers



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Objectives:

You will learn

- ❖ strategies to include mental health as part of your parenting
 - ❖ how to identify when loved ones need support for mental health
 - ❖ how and where to get professional support
 - ❖ strategies for self-care for yourselves and loved ones
- and much more!



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Who needs MHL? Let's Take a Poll

Everyone Can Benefit From Mental Health Literacy



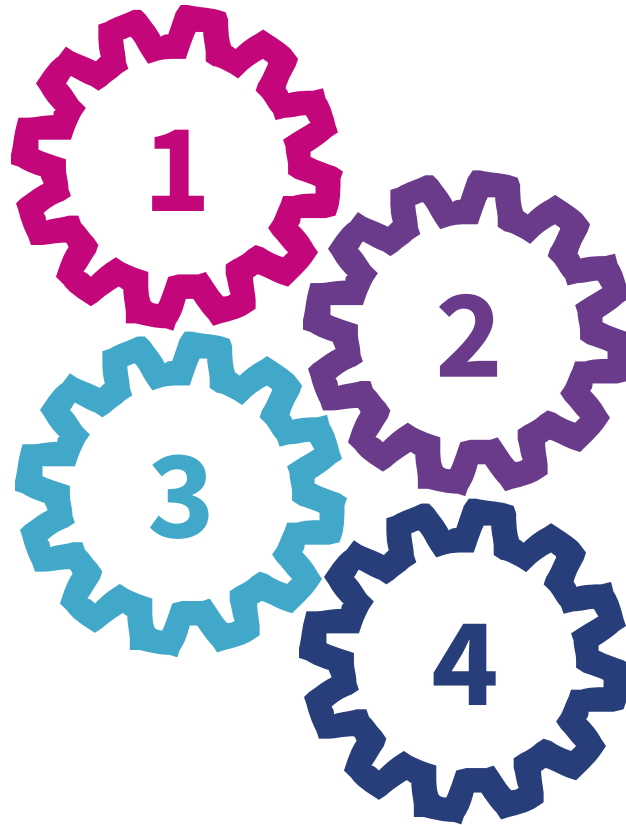
What is Mental Health Literacy?



Mental Health Literacy: The 4 Components

Decrease stigma

**Understand how to
obtain and maintain
good mental health**



**Understand and identify
mental illnesses and
their treatments**

**Enhance help-seeking
efficacy**



Early Diagnosis and Treatment of Mental Illness is Critical

Did you know?

75%

of mental illness begin by age **25**

8-11 years

is the average delay between onset
symptoms and intervention

Why is there a delay?

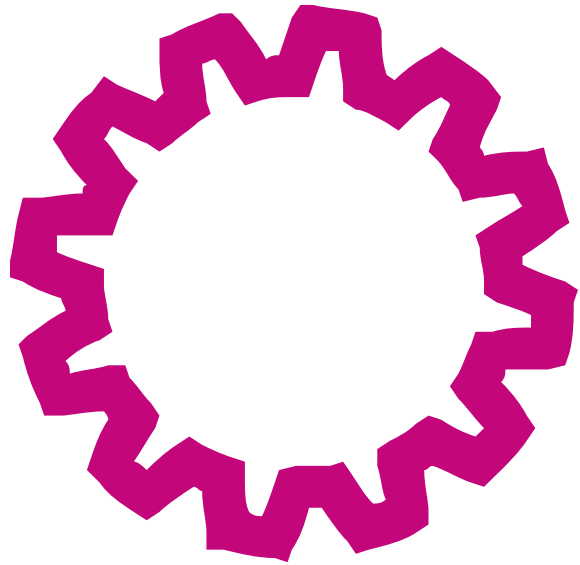
**stigma & fear
of being judged**

**lack of
knowledge**

**lack of access
to care**



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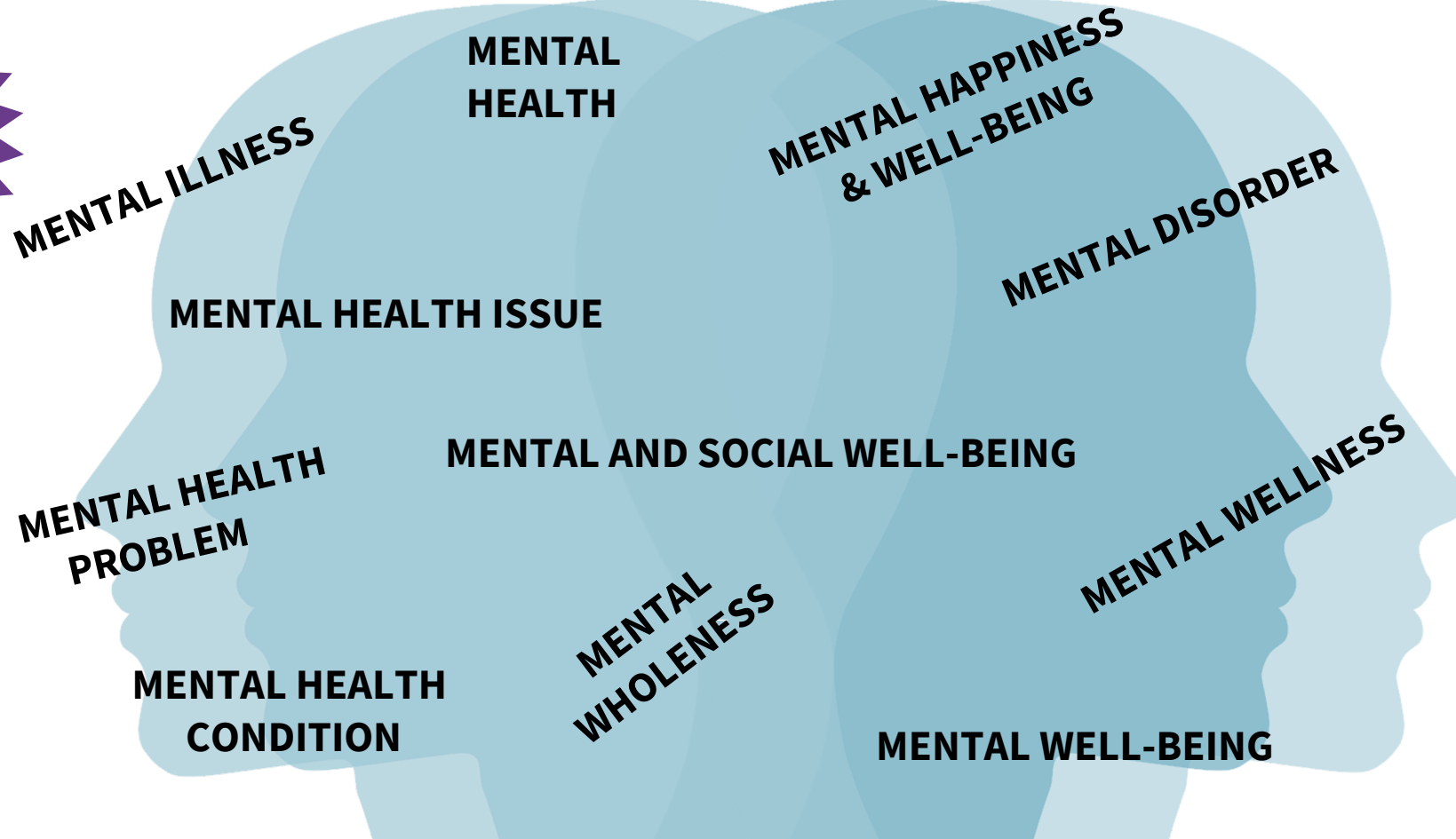


Decreasing Stigma



Talking about mental health can be confusing

**SO
MANY
TERMS**





Not to mention...terms are misused

“I’m so OCD!”

“He is so bipolar!”

“Stop acting psychotic!”

**“I can’t concentrate today.
I’m so ADHD.”**

“She is so anorexic...”

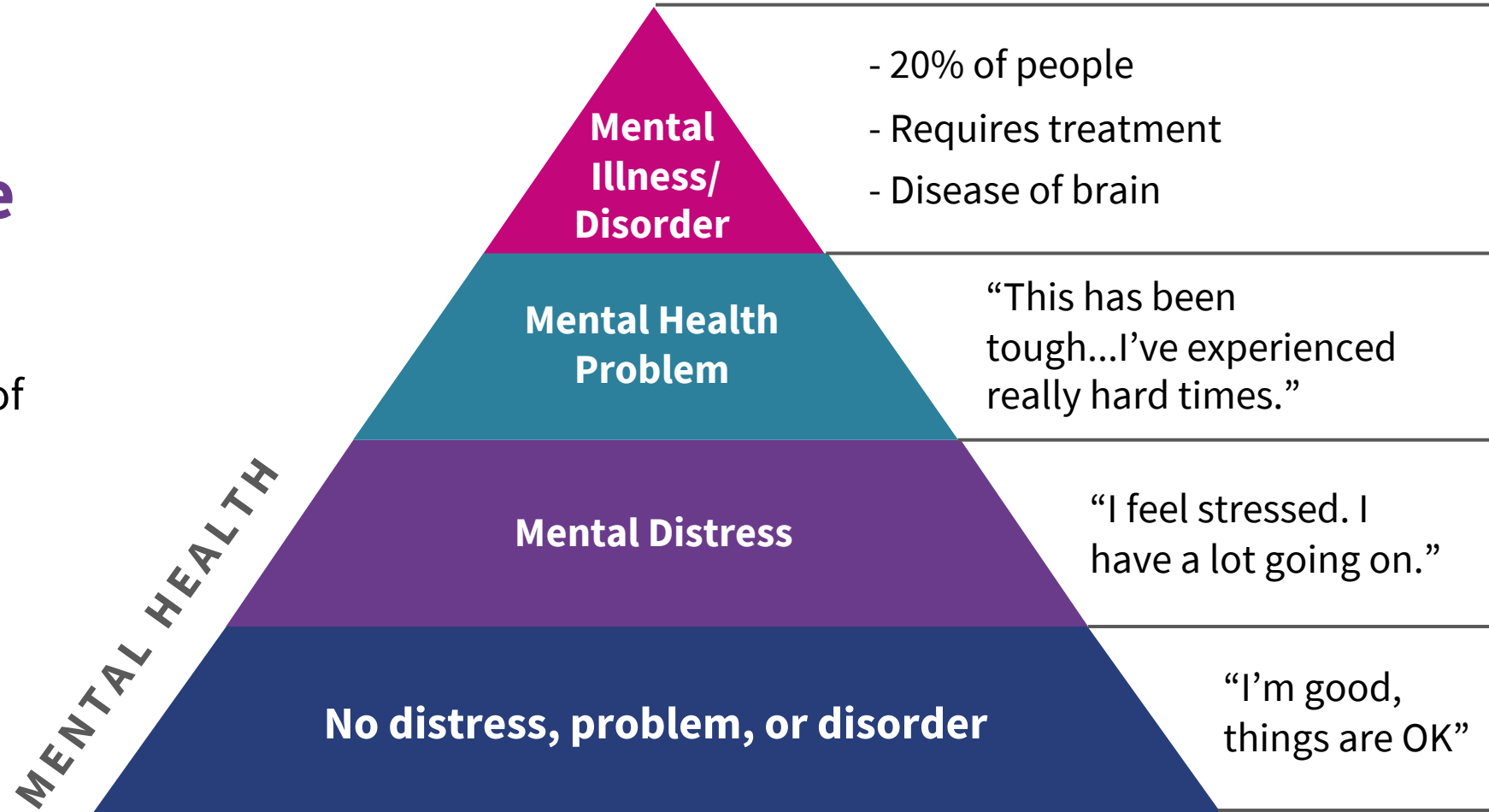
“You’re moody... Are you bipolar?”



The Mental Health Literacy Pyramid

What do these words mean?

The Inter-Relationship of Mental Health States





How can I tell if this is a mental illness?

Mental Illness vs. Mental Health Problems or Mental Distress

**Signs vs. Symptoms of
Mental Illness**

**Is this Getting in the
Way of School/Work/
Relationships?**

Length of Time

**Cultural
Factors**

**Alcohol/
Drug Misuse**

Family History



The Role of Our Environment

Social & Environmental Factors Can Enhance or Challenge Mental Health

COVID-19

World of Uncertainty

*Bias &
Discrimination*

Other big stressors:
Family, Work,
Community, etc.

“We are all in the same storm but we are not in the same boat.” – Damian Barr



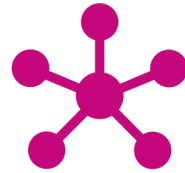
Self-Reflection

The backdrop that informs how we see
mental health & mental illness



Family

Experiences, views,
biases



Culture

Race, ethnicity, religion, country of
origin, immigration status, other
aspects of identity



Personal Experiences

With the mental health
system and with help seeking

Questions for Reflection: How have these factors influenced how you think and talk about mental health and mental illness? How have they influenced your parenting and the ways you approach mental health topics with your family/community?



Let's Think About it....

Think of 2 words that come to mind when I say:

**Person with
mental illness**



	Mental Illness – Schizophrenia	Physical Illness – Diabetes
Organ	Brain	Pancreas
Hormone imbalance	Dopamine, glutamate & serotonin	Insulin
Description – medical	Schizophrenia is characterized by delusions, hallucinations, disorganized speech and behavior, and other symptoms that cause social or occupational dysfunction.	Diabetes is having a blood glucose level of greater than or equal to 126 milligrams per deciliter (mg/dL) after an eight-hour fast.
Description – friends	Crazy, weak, hearing voices, violent	Resilient, normal, can't eat sugar



STIGMA:

“A mark of disgrace or reproach associated with a particular circumstance, quality, or person.”

- Webster's Dictionary





Stigma

Living with the stigma is worse than living with mental illness itself

Stigma fuels discrimination

We all need to stand up against stigma

Stigma is a barrier and discourages people from getting the help they need

Stigma uses negative labels to identify a person living with mental illness

Stigma is about disrespect and keeps mental illness hidden



Some myths and truths about mental illness

**Most people with
mental illnesses
respond well to
treatment and live full,
healthy lives.**

**People with mental
illness are more likely
to be VICTIMS of
violence.**



Key Takeaways

75%

of lifetime cases of mental illness begin by age **25**

20%

percentage of the population is affected by mental illness

**8-11
years**

Is the average delay between onset symptoms and intervention

**Most people
experience good
outcome with
treatment**

**Early
identification
and treatment
is critical**

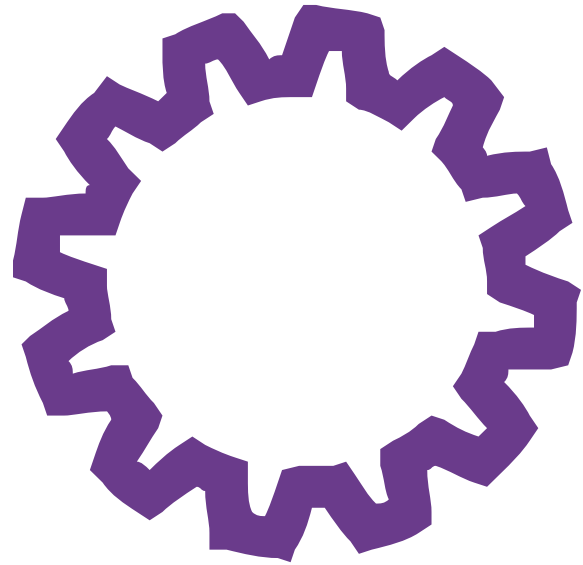
**Our
language
matters!**

**Reducing
stigma
matters!**

What Causes Mental Illness?



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Understanding & Identifying Mental Illnesses & Their Treatments



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Let's talk about





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Stress: Not Necessarily the Enemy





Is it stress or anxiety?

STRESS

Generally is a response to an external cause/stressor.

Goes away once the situation is resolved.

Can be positive or negative stress.

Drives learning, adaptation and resilience/growth.

BOTH

BOTH STRESS & ANXIETY CAN AFFECT YOUR MIND & BODY.

Both can feel uncomfortable.

You may experience symptoms such as:

Excessive worry, uneasiness, tension, physical pain, sleep or appetite issues.

ANXIETY

Usually involves a persistent feeling of apprehension or dread that doesn't go away.

Interferes in functioning.

Is constant, even if there is no immediate threat or no trigger.

Leads to withdrawal & avoidance.



What are some of the things to look for with anxiety?



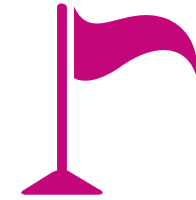
Emotional signs

Excessive worry about many things, tense, “on guard”, lack of interest in things, excessive fears



Verbal signs

Talking About: worry, feeling ashamed or humiliated, report difficulty concentrating or not being able to focus



Behavioral signs

Isolating, not wanting to go certain places or out at all, panic attacks, physical symptoms that have no other explanation, withdrawal and avoidance, restlessness/agitation, fatigue, insomnia, stomach issues, aches, substance use



Outcomes of Untreated Anxiety Disorders

- Substance use disorders or substance misuse (alcohol, nicotine)
- Functional impairment: social, vocational, etc.
- Depression
- Effective treatment of Anxiety Disorders is an example of secondary prevention





What to do if you are concerned if you are concerned about anxiety in someone you love

Help them to connect with a mental health professional for assessment and evidence-based treatment (therapy and possibly medication).

Help them “Name It To Tame It,” identify and talk about cause(s) of their anxiety.

Help them problem-solve. What can they control and how can they strategize to reduce anxiety?

Help them to challenge distorted thinking, compartmentalizing.

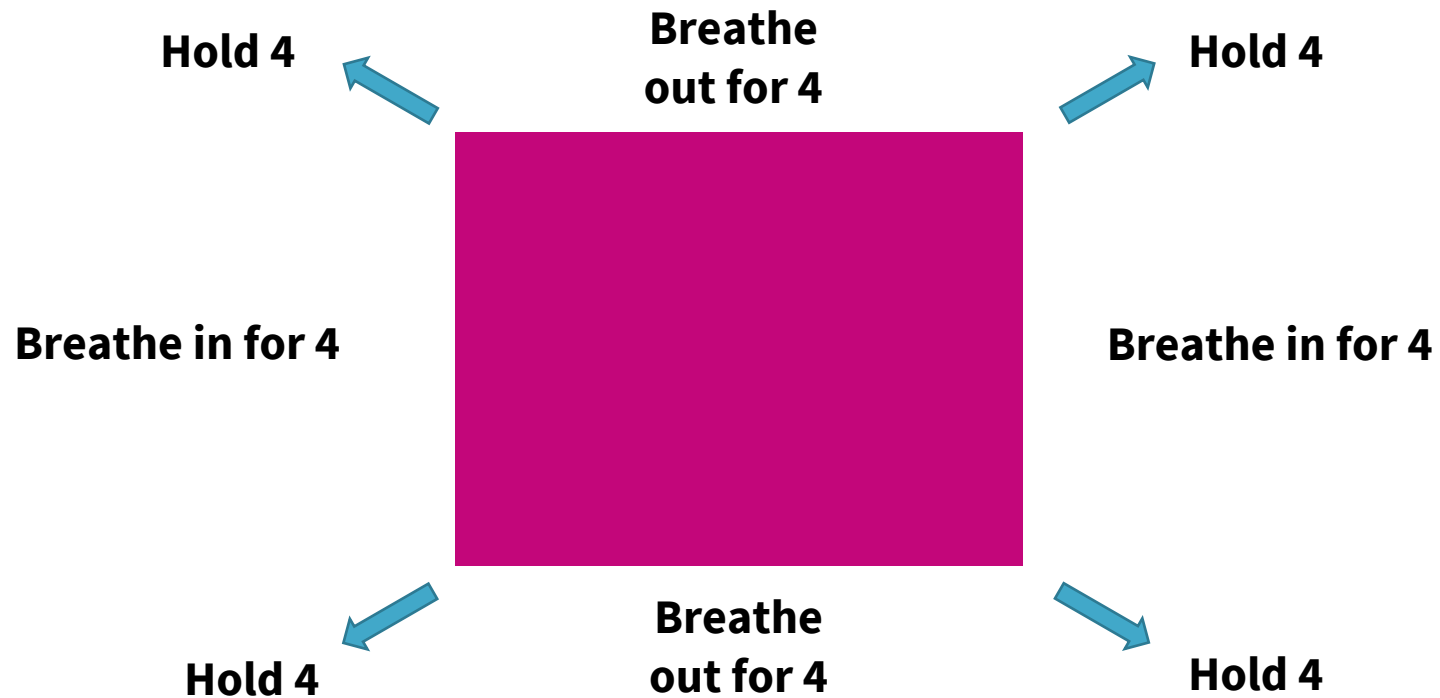
Help them to take things one step at a time/break down the things that are causing anxiety into more manageable chunks.

Help them to learn and practice stress/anxiety relieving techniques: breathing, mindfulness, and grounding.



Box Breathing

If possible, sit and close your eyes. Visualize a box with 4 equal sides.





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Emotions & Moods

What am I feeling inside?



Most “mood” symptoms are normal

Everyday life gives rise to numerous negative and positive emotional states.

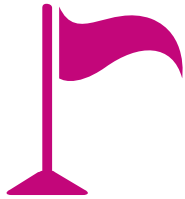
Negative emotions such as sadness, unhappiness, frustration, disappointment, demoralization are NOT depression.

Positive emotional states such as elation, joy, and excitement are NOT mania.





What are some of the things to look for with depression?



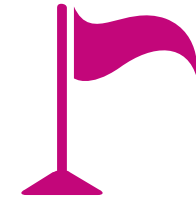
Emotional signs

Mood changes (sad/unhappy), lack of interest in things normally enjoyed, increased anxiety, irritability, hopelessness, worthlessness, increased/inappropriate guilt and shame



Verbal signs

Talking about: wanting to die (actively or passively), feeling alone, life having no purpose, feeling like a burden, feeling ashamed or humiliated, thoughts of suicide



Behavioral signs

Isolating, giving things away, reckless behaviors, increase in anger or aggression, too much or too little sleep/appetite changes, fatigue, low concentration, panic attacks, low energy, stomach aches, headaches, joint aches, substance use



What to do if you are concerned if you are concerned about depression in someone you love

Help them to connect with a mental health professional for assessment and evidence-based treatment (therapy and possibly medication).

**Provide reassurance:
This is not their fault and they can feel better with treatment.**

Provide support and hope: Ask how you can support them and what you can do to help.

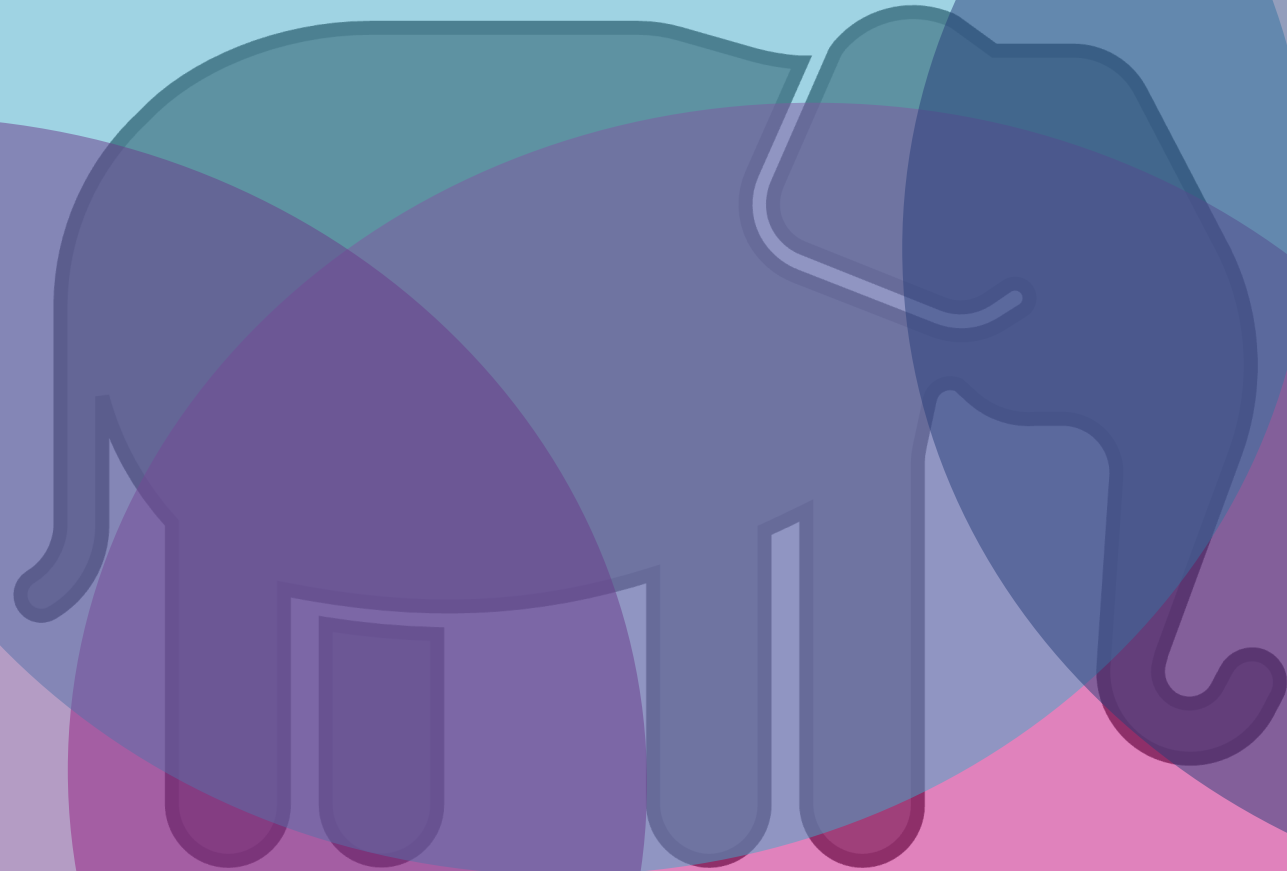
Help them think about short-term, doable goals to make life more manageable.

Help them connect with other sources of support and “go to” people.

NEVER agree to keep a secret if you feel their safety and well-being may be at risk—don't wait to get professional help and support.



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Recent trends in US suicide rate

1



What are some of the things to look for with suicide?



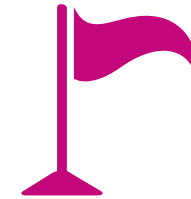
Emotional signs

Mood changes, lack of interest in things, increased anxiety, irritability, hopelessness



Verbal signs

Talking about: wanting to die (actively or passively), life having no purpose, feeling like a burden, feeling ashamed or humiliated, feeling trapped



Behavioral signs

Isolating, giving things away, reckless behaviors, increase in anger or aggression, increase in substance use



Suicide

- **Multi-faceted and complex (biological, psychological, interpersonal, environmental)**
- **Strongly linked with the presence of a mental illness (diagnosed or undiagnosed)**
- **Occur impulsively when people feel overwhelmed & that they lack support or hope**
- **Most effectively prevented by early identification, diagnosis and effective treatment of mental illness**

Some historically marginalized groups are at greater risk for suicide



Have the Conversation

Will asking someone
about suicidal
thoughts and/or
plans plant the seed?

**Asking someone if they have
thoughts or plans of suicide
will NOT plant the seed...**

**In fact, it will give them the
opportunity to talk and get help!**



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988

is the new national suicide prevention line.

**Call or text 988 if you or someone you know is
experiencing a mental health crisis.**



What happens when I call 988?

- You'll hear the following automated message:

“You have reached the National Suicide Prevention Lifeline, also serving the Veterans Crisis Line. Para español, oprima numero dos. If you are distress or suicidal crisis. or are concerned about someone who might be, We are here to help. If you are a Us military veteran or current service member or calling about one, please press 1 now. Otherwise, please hold while we route your call to the nearest crisis center in our network”

- You'll be connected to a local trained crisis counselor, who will listen to understand what you're experiencing, provide support, collaboratively develop ways to feel better, and connect you to resources if needed.

To learn more, visit <https://988lifeline.org/wp-content/uploads/2021/08/Back-to-Basics.png>, <https://988lifeline.org/> or <https://mhanational.org/resources/988>



Persistent Self-Harm (Non-Suicidal Self-Injury/NSSI)

The deliberate, self-inflicted destruction of body tissue without suicidal intent and for purposes not socially sanctioned

Includes behaviors such as cutting, burning, and scratching skin

At this time, NSSI is not considered a mental illness/diagnosis in and of itself

Not a suicide attempt (absence of suicidal intent)

Behavior is intended to:

- **Get relief from negative feelings**
- **Resolve an interpersonal difficulty**
- **Induce positive feelings/relief**
- **Often a cry for help in a difficult time**

The behavior can occur by itself or in the context of a mental illness

May require complex treatment strategies (depending on the root cause)

Often secretly “shared” in sub-groups
“Contagion” -vulnerable youth can be influenced to try this maladaptive coping technique by others



What to do when you are concerned about self-harm in someone you love?

Open up the conversation
and talk about what you
notice, if you feel
comfortable. Don't
ignore what you see.

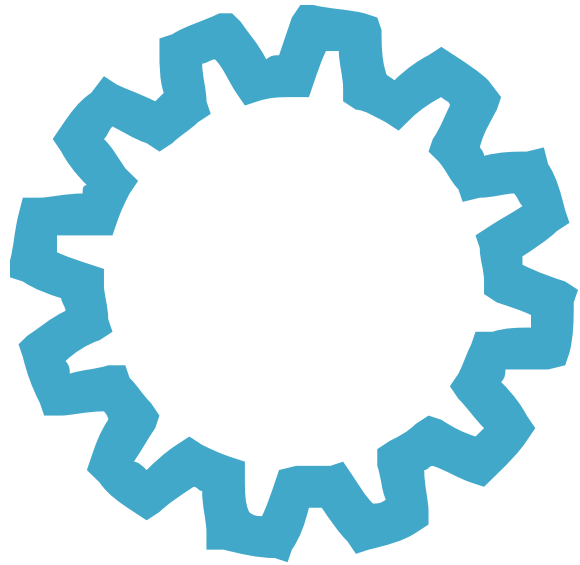
Express concern even if
your comments are
dismissed.
Trust your instinct if you
are concerned.

Use a calm and
concerned approach
which is reassuring and
supportive. Listen
without judgment, anger
or defensiveness.

Rely on the
Professionals:
**Problem solve and get
help/refer within the
community's pathway to
care.**



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Obtaining & Maintaining Good Mental Health

**Self care is just
as important as
taking care of
others**

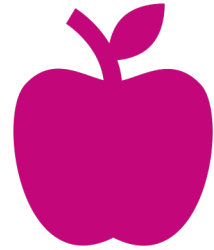


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**What are some of the
strategies you use to
cope with stress?**



Essential Mental Health Promotion Strategies



Sufficient sleep, good nutrition, hydration, & exercise



Prioritizing your own self care: make time for things you enjoy



Managing substance use



Helping others, practicing gratitude, & volunteering as time permits



Supportive & trusting relationships



(Some) Mental Health Strategies for Caregiving:

One size does not fit all!

**Listen and ask what they
need from you, rather
than problem solving for
them**

**Prioritize communication
& be sure to include
mental health in your
conversations**

**Role model kindness
towards others &
yourself**

**Imperfection is human,
but try to be consistent
with what you say and do**

**Take care of
yourself!**

*these came directly from parents & caregivers



Strategies when the going gets tough

Managing Tough Times

**Notice what is
going well**

**Plan what you
can**

**Let go of the
uncontrollables**

**Accept
imperfection**

**Exercise
empathy for
yourself &
others**

**Stay
connected &
present**

**Prioritize
healthy fun &
laughter**

**Ask for help
when you
need it**



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**It's not all about
"success"**

You are enough!

“Anything that substitutes for close human relationships in your life is a bad trade... You will sacrifice happiness if you crowd out relationships with work, drugs, politics, or social media” – *Arthur Brooks*



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Emotional Health

Family

Physical Health

NO PRESSURE

BABY STEPS

BUILDING BALANCE

Social Health

Work

Finances

Spiritual Life

WORK IN PROGRESS



It is okay & necessary to care for yourself (not a reward)

“I have come to believe that caring for myself is not self indulgent. Caring for myself is an act of survival.”

— Audre Lorde

“Self-care is an attitude that I am responsible for myself.”

— Melody Beattie

Self-Care Action Plan: Homework

1. **Make a list of the things that are essential for your good health**
2. **Make a list of the things that make you feel good and bring you joy**
3. **Post the list where you can see it (and, if you feel comfortable, where others can see it too)**
4. **Make time and space for #1 & #2**
5. **Ask for help and accountability in following through with your plan**
6. **Practice compassion for yourself and others – Forgive yourself and accept imperfection**



Protective Factors



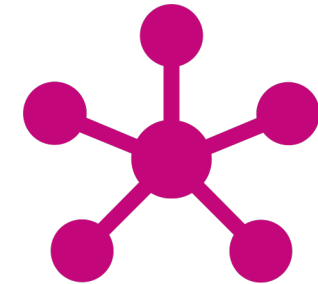
Individual

Strong coping skills, self-compassion & self-esteem, communication skills, physical health, hobbies, downtime, positive values



Social

Healthy relationships, sense of belonging, satisfaction & success at work/school, high expectations /encouragement, boundaries

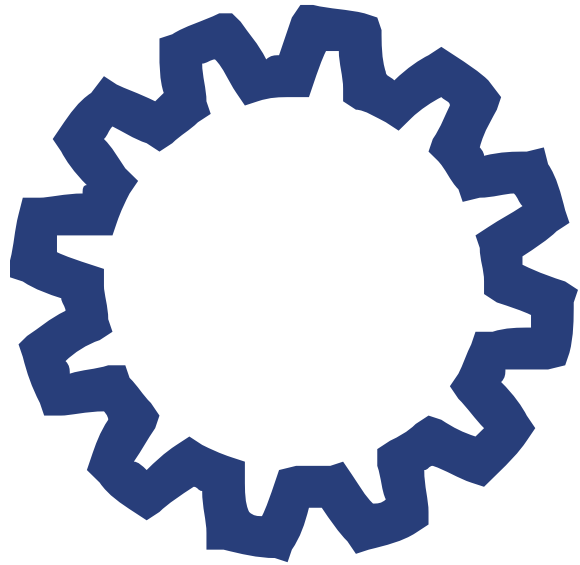


Environmental

Physical & economic safety, justice & acceptance, access to basic needs, agency & voice



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Enhancing Help- Seeking Efficacy



Where Families Can Access Treatment

General

Pediatrician/Family Practice Physician

Health insurance company

Children's Behavioral Health Initiative (CBHI) *for those insured by Mass Health:

<https://www.mass.gov/childrens-behavioral-health-initiative-cbhi>

Outpatient clinics in various communities

School adjustment counselor/guidance

Psychiatric emergency services (PES)

Faith based and cultural specific supports

Employee Assistance Programs (EAP)

Word of mouth

Hot lines (See resource section)



Where Families Can Access Treatment

Local Resources

Ashland Department of Human Services

508-881-0140

<https://www.ashlandmass.com/229/Department-of-Human-Services>

Framingham Public Schools Director of Wellness

Courtney Balacco • 508-626-9197

cbalacco@framingham.k12.ma.us

Holliston Youth & Family Services

508-429-0620

<https://www.townofholliston.us/youth-and-family-services>

Local Resources

Hopkinton Youth & Family Services

(508) 497-9781

https://www.hopkintonma.gov/departments/youth_family_services/index.php

Natick Department of Human Services

508-647-6540

<https://www.natickma.gov/1050/Human-Services>

Wayside Youth and Family Support Network

508-879-9800 • <https://www.waysideyouth.org/>



Where Families Can Access Treatment

Local Resources

Advocates

(508) 628-6300 • <https://www.advocates.org/>

Advocates Community Behavioral Health Center

(800) 640-5432 • <https://advocates.org/services/cbhc>

Riverside Community Care

781.329.0909 • <https://www.riversidecc.org/>

Spark Kindness

<https://www.sparkkindness.org/>

Leonard Morse Hospital

(508) 650-7000 • <https://www.mwmc.com/locations/detail/leonard-morse-hospital>



Objectives:

You learned

- ❖ strategies to include mental health as part of your parenting
 - ❖ how to identify when loved ones need support for mental health
 - ❖ how and where to get professional support
 - ❖ strategies for self-care for yourselves and loved ones
- and much more!



Other Mental Health Essentials Programs Offered by MHC

Educators Part 1:
(formerly Go-To Educator)
knowledge and tools for the
classroom

Educators Part 2:
student curriculum delivery
training*

**Beyond High
School :**
(formerly Transitions)
knowledge and tools for
high school juniors & seniors

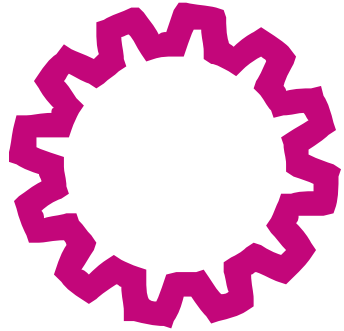
Coaches:
knowledge and tools for
athletic teams & other
student groups

Workplaces:
knowledge and tools for
employers and employees

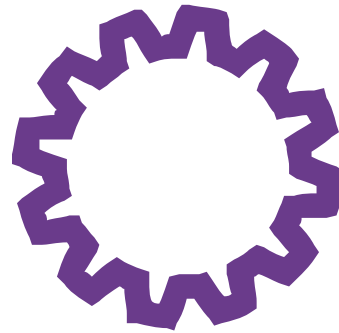
Mentors:
knowledge and tools for
mentors, volunteers, and
staff



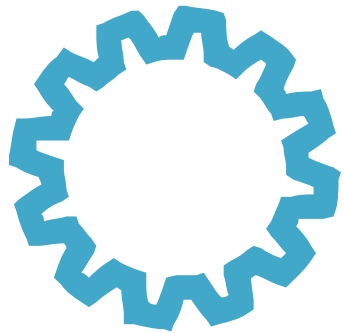
Mental Health Literacy: The Takeaways



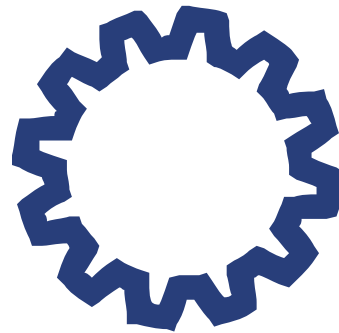
- **Mental illnesses are clinical illnesses.**
- **Language matters!**



- **Signs & symptoms vary greatly, but always interfere with life.**
- **ALWAYS seek help from a professional if concerned.**



- **Self-care is not an option.**
- **Going back to basics makes a big impact.**



- **Treatment works and help is available!**

Thank you!

This training was sponsored by Senate President Karen Spilka

Follow us on our website and on social media for further information and resources:

www.mentalhealthcollaborative.org



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Resources

Lifelines to Call and/or Text

- **National Suicide Prevention Lifeline:**
988 or 1-800-273-TALK (8255)
- **Mental Health Crisis Text Line:**
Text "Buddy" to 741-741 or call: 1-877-382-1609
- **The National Alliance on Mental Illness (NAMI)**
Treatment provider locator: 1-617-704-NAMI
Nami information helpline: 1-800-950-NAMI
Provides free referral information and support



Resources

Lifelines to Call and/or Text

- **Trans Mental Health Lifeline:** 1-877-565-8860
- **Gay & Lesbian Mental Health Lifeline:** 1-888-843-4564
- **Alcoholics Anonymous:** 1-888-GET-HOPE
- **Gamblers Anonymous :** 1-855-222-5542
- **Narcotics Anonymous :** 1-800-543-4670



Resources

Massachusetts Specific Resources

- **Massachusetts Substance Use Treatment & Recovery Services Helpline:** 1-800-327-5050
- **Call2Talk: (24 hour confidential support line):** 1-508-532-2255
- **Samaritans of Massachusetts:**
<https://samaritanshope.org/our-services/247-crisis-services/> 877.870.HOPE (4673)
- **Referral Helpline:** 833-773-2445



Resources

Meeting our basic needs has a significant impact on our mental health.
Here are some **resources to help** us with those needs.

Food Security:

- <https://www.metrowestfoodcollaborative.org/>
- <https://www.nutrition.gov/topics/food-security-and-access/food-assistance-programs>
- <https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-security>
- <https://foodcommunitybenefit.noharm.org/resources/implementation-strategy/connecting-food-insecure-individuals-resources>

Housing Security:

- https://www.hud.gov/topics/rental_assistance
- <https://www.hudexchange.info/housing-and-homeless-assistance/>
- <https://www.usa.gov/finding-home>
- <https://nlihc.org/rental-assistance>

Employment Security:

- <https://www.dol.gov/general/topic/training/onestop>
- <https://www.usa.gov/unemployment>
- <https://www.benefits.gov/categories/Employment%20and%20Career%20Development>

Financial Literacy:

- <https://www.fdic.gov/resources/consumers/money-smart/teach-money-smart/money-smart-for-adults.html>
- <https://www.consumerfinance.gov/consumer-tools/educator-tools/adult-financial-education/tools-and-resources/>
- <https://www.incharge.org/financial-literacy/>

Healthcare:

- <https://www.healthcare.gov/get-coverage/>
- <https://www.hhs.gov/programs/health-insurance/index.html>



What if I can't afford or access treatment?

There are options available to you:

- **Sliding scale:** Many providers offer a "sliding scale," which allows those who can afford less to pay a discounted rate. Ask your provider if this is an option they offer.
- **Group therapy:** Group therapy has been shown to have the same level of effectiveness as individual therapy, and it is often significantly less expensive.
- **Pro-bono therapy:** Some providers will offer therapy pro-bono (free) if you demonstrate financial need. It is worth asking if pro-bono treatment is an option.
- **Open Path (<https://openpathcollective.org/>):** Open Path connects patients to low-cost mental health care.
- **The National Association of Free & Charitable Clinics (<https://nafcclinics.org/find-clinic/>):** This organization is a directory of free and low-cost clinics for many different kinds of healthcare, including mental health.
- **Clinical trials/university research centers:** Clinical trials and university research centers for mental health and behavioral health often provide their treatments or interventions free of cost. However, you must qualify to participate and there may be risks associated with participating. Any risks will be explained to you before you choose to enroll or not.



Communicating with your Health Care Provider

Questions an Educated Consumer May Want to Ask

Diagnosis

- What do you think my diagnosis is?
- Are there other possibilities as to what it might be?
- What does this mean for my day-to-day life and my future?
- What are some things I can do to get well?
- Where can I get more information about this condition?

Treatment Options

- What are my treatment options?
- What kinds of studies have been done on these treatments?
- What are the benefits and risks of each treatment?
- How likely is each treatment to help me?
- How will the treatment potentially affect me in my everyday life?



Communicating with your Health Care Provider

Questions an Educated Consumer May Want to Ask

Medication

- How does this medication work?
 - What other medications would be considered and why are you recommending this one?
 - What are the risks and benefits of this medication?
 - What kinds of studies have been done with this medication?
 - What is the likelihood that this medication will work?
- Are there any interactions with this medication?
 - What are the potential side effects and will they fade over time?
 - When will I start to notice the results?
 - How will I know if the medication is working?
 - How long will I be on this medication?
 - What will happen if this medication does not work?



Communicating with your Health Care Provider

Questions an Educated Consumer May Want to Ask

Psychological Treatment

- How will this therapy help me?
- What are the alternative therapies and why are you recommending this one?
- How likely is this therapy likely to help someone like me?
- What are the risks/benefits of this kind of therapy?
- When can I expect to see results?
- How will I know if the therapy is working?
- How long will this therapy last?
- When will I start to notice the results?



Some things you can do to fight stigma & discrimination

Be mental health literate

Have accurate information about mental health & mental illness

Be open-minded

Listen to people who have experienced mental illness—how they have been stigmatized, how it has affected their lives

Watch your language

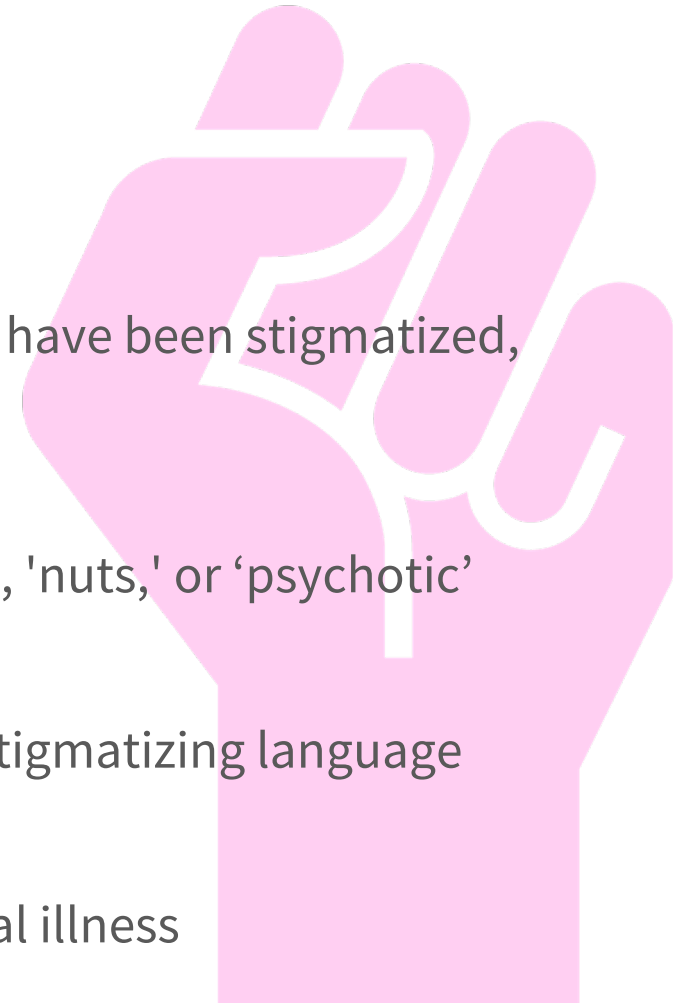
Avoid terms & expressions that perpetuate stigma, like 'lunatics', 'nuts,' or 'psychotic'

Speak up

Correct anyone exhibiting stigmatizing behaviors and/or using stigmatizing language

Create safety

Provide a supportive space for anyone who is living with a mental illness





How to Be a Mental Health Ally

If You Are Concerned About Someone You Know

1

Engage and open a conversation: ask them how they are doing.

2

Listen carefully to what they say and give them your time.

3

Validate how they are feeling and what they are experiencing.

4

Gently express care and concern in a non-judgmental and empathic way: let them know you are there for them.



How to Be a Mental Health Ally

If You Are Concerned About Someone You Know

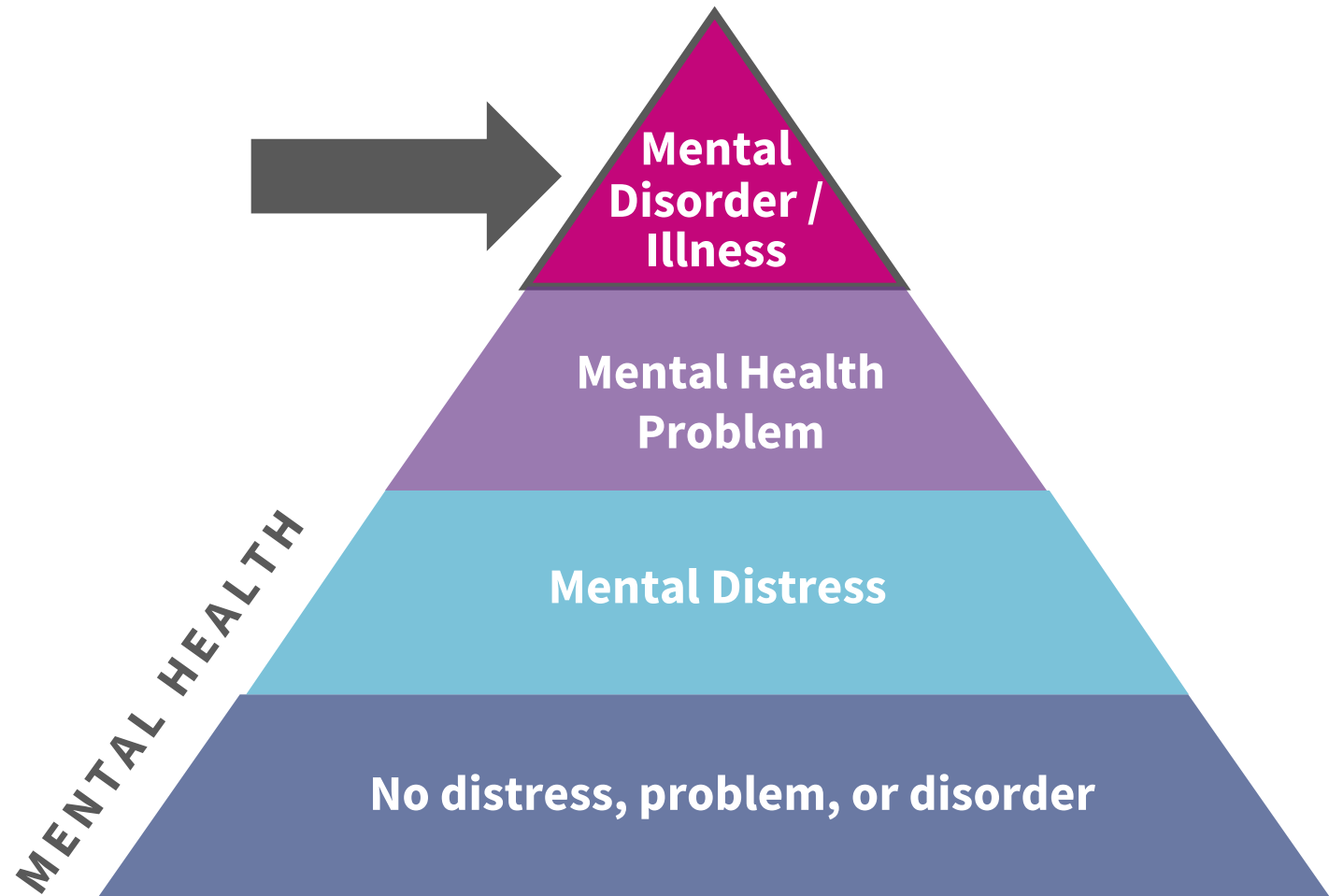
- 5 Offer emotional support (What can I do to be there for you?)
- 6 Offer practical help (What can I take off your plate? What can I do to help and/or make life easier?)
- 7 Assess if this is urgent or not (ask about suicidal thoughts if indicated)
- 8 If this is urgent or a crisis, explain that you need to tell someone and get help.

NEVER AGREE TO KEEP A SECRET IF YOU ARE WORRIED ABOUT SOMEONE'S SAFETY!



Fast Facts on Different Mental Illnesses

*These facts are for general educational purposes only and are not meant to substitute for professional medical help.





Anxiety Disorders

Fast Facts

Generalized Anxiety Disorder

- Characterized by excessive worry about many different things, worry happens on most days for at least 6 months
- The person is so anxious that their worries interfere with their ability to function
- The anxiety of worry is associated with 3 or more of the following: restlessness (feeling “on edge” or keyed up), difficulty concentrating or mind going blank, irritability, muscle tension, sleep disturbance

Panic Disorder

- Characterized by:
 - frequent, recurring panic attacks that often happen without any specific cause or trigger
 - fear of future panic attacks (anticipatory anxiety)
 - avoidance of situations that are difficult to escape from, like large crowds or public places (agoraphobia)

Social Anxiety Disorder

- Characterized by significant and persistent fear of being judged, criticized, or humiliated in social situations
- Fear is intense, out of proportion to the actual threat, persistent
- Panic attacks can occur, but often only in social situations
- Fear or anxiety interferes with a person's ability to live normally (socialize, attend school/work, take care of themselves)

All anxiety disorders are best treated with psychotherapies (usually cognitive behavioral therapy [CBT]) and sometimes medication if needed. All anxiety disorders (and other mental illnesses) can lead to substance abuse/misuse if untreated. Treatment can take up to 10 weeks to start working, but the vast majority of people who receive treatment get better!

Attention Deficit Hyperactivity Disorder (ADHD)

Fast Facts

- ADHD is a brain disorder where people have difficulty in **one, two, or all** of the following areas:
 - difficulty controlling activity level (ex. hyperactivity, inability to sit still)
 - difficulty focusing and sustaining attention on one task
 - acting impulsively
- People with ADHD:
 - often inherit the disorder through genetics
 - have normal or above average intelligence
 - are not trying to be disruptive
 - sometimes outgrow the disorder as the brain fully develops
- Treatment for ADHD involves therapy and oftentimes medication. The vast majority of people who receive treatment manage their condition well!





Bipolar Disorder

Fast Facts

- Bipolar Disorder is a disorder of the brain characterized by extreme ups (mania) and extreme downs (depression) in mood.
- Bipolar Mood Disorder is the medical name for what was sometimes called Manic Depressive Illness.
- Signs and symptoms of a depressive episode are the same as Depression itself
- Signs and symptoms of a manic* episode include:
 - feelings of euphoria, overly high self-esteem, excessive energy, irritability
 - racing thoughts and very fast speech
 - spending sprees and excessive gambling
 - drug/alcohol abuse and risky sexual behaviors
 - psychosis (hallucinations & delusions)
- Treatment for Bipolar Disorder involves therapy and medication. The vast majority of people who receive treatment live full, successful, healthy lives!





Depression

Fast Facts

- Depression is a disorder of the brain which is different than normal sadness or unhappiness normal ups and downs of life.
- Signs and symptoms can involve
 - severe low mood (feelings of hopelessness and despair)
 - physical issues in the body (headache, nausea, fatigue, etc.)
 - changes in eating or sleeping habits
 - inability to concentrate
- Symptoms interfere with functioning. They may affect our ability to socialize, take care of ourselves, work, etc.
- Treatment for Depression involves therapy and oftentimes medication. Treatment can take up to 10 weeks to see improvement, but the vast majority of people who receive treatment get better!





Eating Disorders

Fast Facts

- Many people have changes in their eating habits, but actual eating disorders are not very common. When eating disorders occur, they are very serious.
- They involve a preoccupation over body weight, eating, and food.
- There are different types of eating disorders. Two of the most common are:
 - **Anorexia Nervosa:** where people are at a dangerously low body weight but see themselves as heavy
 - **Bulimia Nervosa:** where people feel out of control with food and overeat (binging) and feel the need to purge the food in some way (over exercise, inducing vomiting, or laxative abuse)
- Eating Disorders are dangerous and require multi-approach treatment including therapy (individual, family, and group), nutritional counseling, and sometimes medication





Obsessive Compulsive Disorder (OCD)

Fast Facts

- OCD is a disorder in the brain's functioning that leads to is a brain disorder that leads to two particular symptoms:
 - **Obsessions:** persistent, recurring thoughts that the person wants to get rid of, but can't stop thinking about (ex. *Did I turn the oven off before I left for work? What if I burn the house down?*)
 - **Compulsions:** persistent, repetitive rituals that the person does to try to stop the obsession (ex. *Getting out of the car, going back inside, checking to make sure the oven is off, often repeated multiple times*)
- People with OCD are aware that their behavior is not rational, and it causes them distress.
- Treatment for OCD involves therapy and oftentimes medication. The vast majority of people who receive treatment live full, successful, and healthy lives.





Post-Traumatic Stress Disorder (PTSD)

Fast Facts

- PTSD is a brain disorder when the normal stress response to a severe, often (but not always) life-threatening event doesn't go away.
 - The stress response persists well beyond the expected time (usually 6 weeks) and causes difficulty functioning in our normal lives.
- PTSD can cause nightmares, severe anxiety, and flashbacks to the event that triggered it.
- PTSD can happen to anyone who has experienced or witnessed a traumatic event.
 - It can also happen to those who had a loved one experience a traumatic event (ex. losing a family member to homicide, even if you weren't there when it happened).
- Treatment for PTSD involves therapy and oftentimes medication. The vast majority of people who receive treatment get better.





Schizophrenia

Fast Facts

- Schizophrenia is a rare brain disorder when people often experience **psychosis**, which is a break from reality
 - **Psychosis** is characterized by
 - **Hallucinations:** disturbances in perception (hearing voices, seeing things that aren't there, etc.)
 - **Delusions:** false beliefs that the person is 100% convinced are true (which often cause them to feel paranoid that people are against them)
- People with Schizophrenia are not violent people, despite how the media portrays them. However, when someone is in an extreme psychotic episode, there is a danger to themselves or others. During an episode of psychosis, people require immediate care and usually brief hospitalization. Call 911 immediately to get help if someone is experiencing a psychotic episode. Do NOT try to argue with them.
- Treatment for Schizophrenia always involves medication, therapy, and ongoing monitoring. The vast majority of people who receive treatment manage their condition well.





Substance Use Disorder

Fast Facts

- There are many types of substances which can be abused. If you notice any of the following, substance use may be a concern:
 - taking more/for longer than intended
 - wanting to cut down/quit, but can't
 - significant time spent (obtaining, using, recovering)
 - craving
 - repeatedly unable to carry out major obligations
 - using despite problems (social, interpersonal, physical, psychological)
 - stopping/reducing important social, occupational, recreational activities
 - using in physically hazardous situations
 - tolerance
 - withdrawal
- Treatment for Substance Use Disorder involves rehab, therapy, support groups, and sometimes medications. The vast majority of people who receive treatment manage their condition well.





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Resources

Psychology Today

www.psychologytoday.com/us

Offers a national directory of therapists, psychiatrists, therapy groups and treatment facility options

SAMHSA

Substance Abuse and Mental Health
Services Administration

www.findtreatment.samhsa.gov

Provides referrals to low cost/sliding scale mental health care



Mental Health
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Resources



<https://screening.mhanational.org/>

Free screening tools & more resources



Mental Health
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Reliable Websites



National Institute
of Mental Health

<https://www.nimh.nih.gov/health/index.shtml>



<https://www.psychiatry.org/patients-families>



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

<https://adaa.org/>



<https://www.thetrevorproject.org/>



National Alliance on Mental Illness

<https://nami.org/About-Mental-Illness>



<https://psychhub.com/>



<https://mentalhealthliteracy.org/>