



JUDICIAL SUMMIT ON MENTAL HEALTH

Mental Health and IDD Literacy

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Goals

Define what is mental illness

Describe mental illnesses and IDD

Review Adverse Childhood Experiences (ACEs) and how they impact people

Address stigma and give examples of how to interact with people with mental illness





Frequent Diagnoses for Adults

Major Depressive Disorders

Bipolar Disorders

Schizophrenia/Schizoaffective Disorders

Substance Abuse Disorders

Intellectual and Development Disorders





Common Diagnoses that Co-Occur

Anxiety Disorders

Post Traumatic Stress Disorder

Sleep Difficulties





Common Diagnoses for Youth

Major Depressive Disorder

Attention Deficit Hyperactivity Disorder

Oppositional Defiant Disorder

Disruptive Mood Dysregulation Disorder

Separation Anxiety Disorder

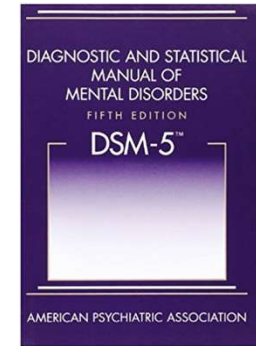




WHAT IS A MENTAL ILLNESS?



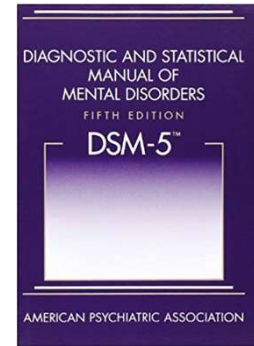
Diagnostic & Statistical Manual of Mental Disorders (DSM-5)



Definition of a Mental Disorder

- A mental disorder is a syndrome characterized by **clinically significant disturbance** in an individual's **cognition, emotion regulation, or behavior** that reflects a **dysfunction in the psychological, biological, or developmental processes** underlying mental functioning.

Diagnostic & Statistical Manual of Mental Disorders (DSM-5)



Definition of a Mental Disorder


- An expectable or culturally approved response to a common stressor or loss, such as death of a loved one, is not a mental disorder.
- Socially deviant behavior (e.g., political, religious, or sexual) and conflicts that are primarily between the individual and society are not mental disorders unless the deviance or conflict results from a dysfunction in the individual, as previously described.



Severe and Persistent Mental Illness

A mental, behavioral or emotional disorder resulting in serious functional impairment.

A mental disorder where emotional or behavioral functioning is so impaired that it interferes with an individual's ability to remain in the community without long-term supportive treatment.



Mental Health in My Community

to talk about mental health.

to help if you need it.

Help is available and effective.

If you know someone in need, help is available.

SAMHSA
Treatment Locator Hotline
1-877-SAMHSA7

SAMHSA
Treatment Locator
<http://www.samhsa.gov>

SAMHSA
National Suicide Prevention
1-800-273-TALK

1 in 5
of U.S. adults
live with
a mental
health
condition.¹

Stress levels
rise during
life events
that increase
the risk of
mental health
problems.²

1/2 of adult mental health problems begin before age 14.³

Supportive and meaningful relationships help build resilience and well-being.⁴

Almost 21.6 million persons over 12 years old in the U.S. needed treatment for a substance use problem.⁵

The cost of treatment for mental health issues is equivalent to the cost of cancer care.⁷

Mental health issues result in an estimated \$193 billion in lost earnings.⁸

3/4 of adult mental health problems begin before age 24.⁶

Nearly 1 out of 4 community hospital stays involved a mental or substance use disorder.⁹

\$247 billion annual estimated cost of mental and emotional problems among young people.¹⁰

Suicide is the 3rd leading cause of death for youth aged 10-34.

Find more information at
<http://www.MentalHealth.gov>
Click Here for Citations

SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA7



DEPRESSION



Symptoms of Depression

Feeling sad, empty or numb

Lost of interest in things that you used to enjoy

Irritability

Anxiety/worry

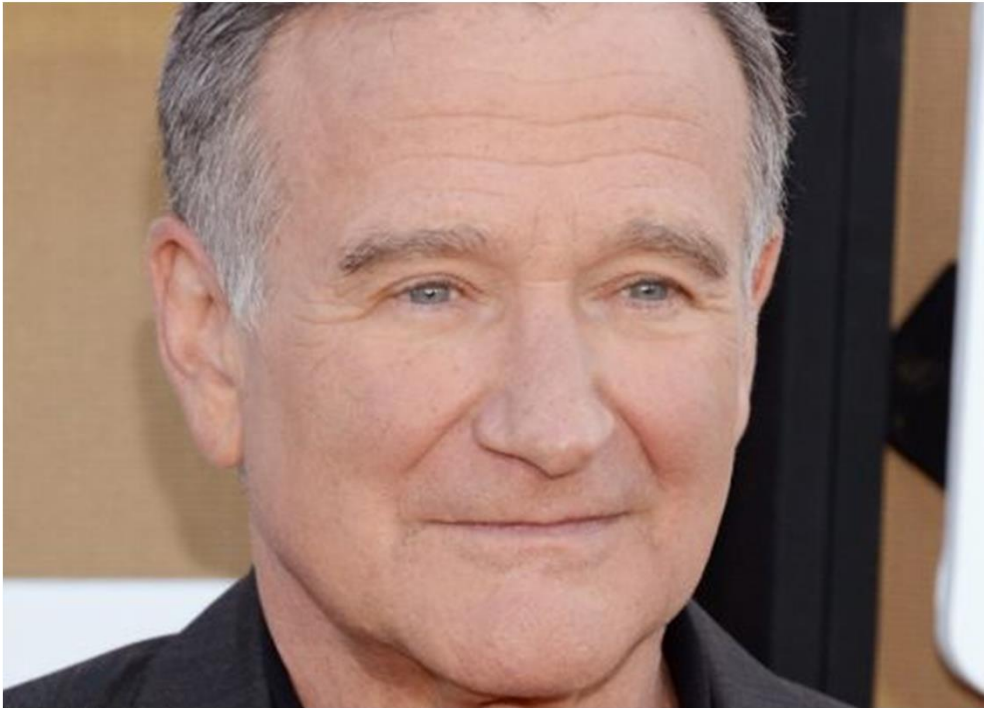
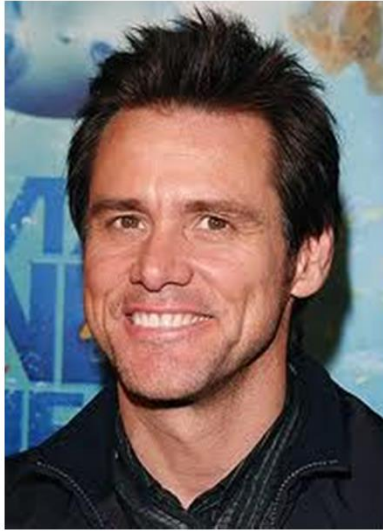
Difficulty making decisions and concentrating

Feeling guilty, hopeless, worthless

Low self esteem

Thoughts about death and/or suicide







BIPOLAR DISORDER



Symptoms of Bipolar Disorder-Manic

Feeling unusually “high” OR
extremely irritable

Unrealistic, grandiose beliefs about
one’s abilities or powers

Sleeping very little, but feeling
extremely energetic

Talking so rapidly that others can’t
keep up

Racing thoughts; jumping from 1
idea to the next

Acting recklessly



Symptoms of Bipolar-Depressed

Feeling sad, empty, or numb

Lost of interest in things that you used to enjoy

Irritability

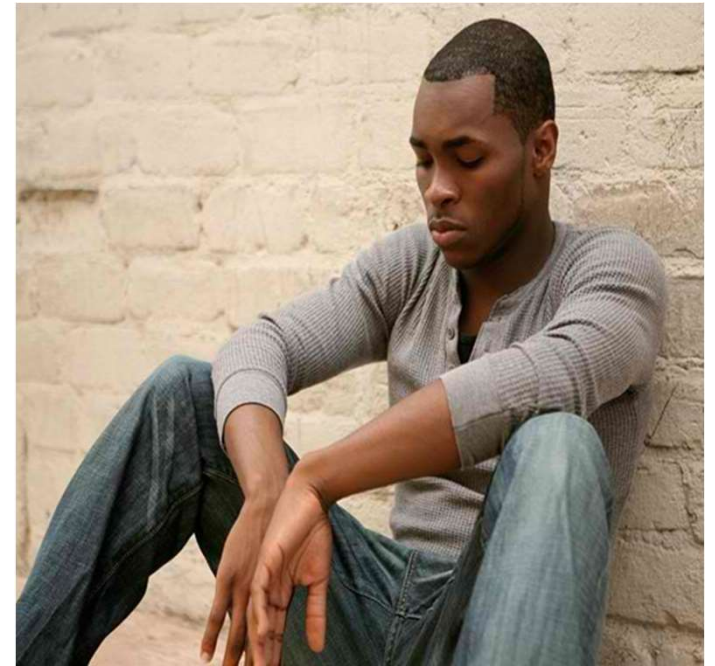
Anxiety/Worry

Difficulty making decisions and concentrating

Feeling guilty or worthless

Low self esteem

Thoughts about death and/or suicide







SCHIZOPHRENIA





Symptoms of Schizophrenia

Social withdrawal

Hostility or suspiciousness

Deterioration of personal hygiene

Flat, expressionless gaze

Auditory or visual hallucinations

Oversleeping or insomnia

Odd or irrational statements

Difficulty concentrating

Strange use of words or way of speaking





Features of Schizophrenia: Hallucinations

Hearing voices

- Command voices
- Non-command voices

Seeing people or objects that are not there

Hearing sounds that others do not

Feeling, smelling or tasting something that is inconsistent with the experience



Features of Schizophrenia: Delusions

Delusions of persecution: “They are trying to poison me” “They are following me.”

Delusions of reference: “The message on the TV was for me.”

Delusions of grandeur: “I am Jesus Christ.” “I have the ability to read minds and fly.”

Delusions of control: “Someone planted a chip in my head.”
“The CIA is robbing me of my thoughts.”





Facts

Most people with mental illness are NOT violent.

Most violent crimes are NOT committed by people with mental illness.

Mental illness is treatable!






What is Behavioral Health?

This is the preferred term for Mental Health nowadays.

It includes treating all of the diagnoses treated in Mental Health Clinics, along with Substance Use Disorders (SUDs) and Intellectual and Developmental Disorders.





Substance Use Disorders



Substance Use Disorders

Marijuana (and synthetic Marijuana)

Heroin (and other opioids)

Sedatives and tranquilizers

Cocaine

“Bath Salts”

Inhalants

Tobacco

Alcohol

Amphetamines/Methamphetamines

Ecstasy and other hallucinogens





Substance Use Disorder Warning Signs

Increased use over time

Increased tolerance for the substance

Difficulty controlling use

Symptoms of withdrawal

Preoccupation with the substance

Giving up important activities (work, social, family, etc.)

Continued use even after recognizing problem with substance use





Intellectual Disabilities (ID)

Formerly diagnosed as Mental Retardation.

Have lower IQs and limitations to adaptive behavior.

IDD also includes Developmental Disorders.

The symptoms must be present before age 18.





Intellectual and Developmental Disabilities

People with IDD are not always recognized as having a disability.

They are often undiagnosed or misdiagnosed.






Facts

Mental Illness and Intellectual and Developmental Disorders (IDD) can co-occur.

This occurs in about 1/3 of people the with IDD.

Sometimes this is called having a dual diagnosis – when you have more than one disorder at a time.





More Facts

People with IDD are often victimized at higher rates.

They are 2x more likely to suffer from violent crimes.

They are 4x – 10x more likely to be abused and be a victim of other crimes.





Concerning Facts

People with IDD often are denied redress.

They often are denied due process.


Discrimination does occur in sentencing, confinement, and release.





Numbers to Know

Less than 4% of the population has IDD yet:

- Up to 10% of the jail and prison populations have disabilities.
 - People with IDD are more likely to be arrested, convicted, incarcerated and often serve longer sentences.
- 



Adverse Childhood Events

Research was conducted by Kaiser Permanente and the Centers for Disease Control.

The research showed that early life trauma correlated with poorer health status.

10 questions.



The 10 ACEs Questions

Before age 18


Did a parent or other adult in your household OFTEN: Swear at you, insult you, put you down or humiliate you? Or act in way that made you afraid that you might be physically hurt?

Did a parent or other adult in your household OFTEN: Push, grab, slap or throw something at you? EVER hit you so hard that you had marks or were injured?



ACEs Questions


Did an adult or person at least 5 years older than you EVER – touch or fondle you or have you touch their body in a sexual way? Or try to actually have oral, anal or vaginal sex with you





ACEs Questions

Did you OFTEN feel that no one in your family loved you or that you were not important or special? Or your family didn't look out for each other, feel close to each other, or support each other?





ACEs Questions

Did you OFTEN feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?


Were your parents EVER separated or divorced?





ACEs Questions

Was your mother or stepmother **OFTEN** pushed, grabbed, slapped, or had something thrown at her? Or **SOMETIMES** or **OFTEN** kicked, bitten, hit with a fist, or hit with something hard? Or **EVER** repeatedly hit over at least a few minutes or threatened with a gun or knife?





ACEs Questions

Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Was a household member depressed or mentally ill or did a household member attempt suicide?

0. Did a household member go to prison?





People with High ACE Scores Have Increased Likelihood of:

Smoking

Drinking heavily

Hallucinations

Suicide attempts

Depression

Teen sexual behavior





People with high ACE Scores have increased
likelihood of:

Heart disease

Strokes

Cancers

Diabetes

Emphysema

Hepatitis

Obesity, etc.





Trauma can:

Make people feel trapped.

Make people feel hopeless or helpless.

Often be triggered by sights, sounds or feelings that bring out symptoms of Post-Traumatic Stress Disorder.





Trauma-Informed Care

Involves understanding, recognizing, and responding to the effects of all types of trauma.

Emphasizes physical, psychological and emotional safety for both consumers and providers.

Helps survivors rebuild a sense of control and empowerment.





What can we do?

Make sure we know what trauma looks like in those we serve

Do not ask what is wrong with you?

Ask about what happened to you?

Be empathic and kind.





A Trauma-Informed Site

“Realizes the widespread impact of trauma and understands potential paths for recovery;

Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;

Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and

Seeks to actively resist re-traumatization.”





Trauma-Informed Care Involves

Safety

Connection

Empowerment





Stigma Causes

Reluctance to seek help or treatment

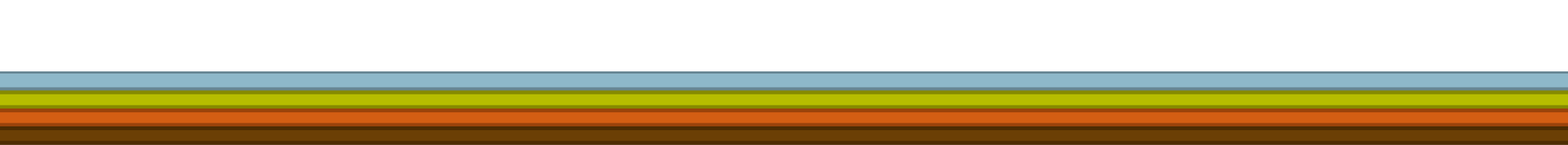
Lack of understanding by the people who surround you

Fewer opportunities for work, school or social activities or housing

Bullying, harassment or physical violence

The belief that things will never get better





Things To Remember When Interacting with a Person with a Mental Illness


Practice patience.

Do not speak to individuals condescendingly.

Be aware of your facial expressions.

When someone raises their voice to you, do not raise your voice. It will escalate the situation.

Be respectful to the person. When someone feels respected and heard, they are more likely to return respect and consider what you have to say.






Things To Remember When Interacting with a Person with a Mental Illness

If a person is experiencing events like hallucinations, be aware that the hallucinations or the delusions they experience are their reality.

Do not assume that they are not smart and will believe anything you tell them.



Things To Remember When Interacting with a Person with a Mental Illness

Mental illness has nothing to do with the person's intelligence level. Do not lie to them, as it will usually break any rapport you might want to establish.

Listen to the person and try to understand what he/she is communicating.

If needed, set limits with the person as you would others. For example, "I only have five minutes to talk to you" or "If you scream I will not be able to talk to you."

Realize that individuals may be sensitive to loud noises or enclosed places or crowds.




Things To Remember When Interacting with a Person with a Mental Illness

You are the front lines.

It is important that our interactions are therapeutic and helpful. We do not want to make things worse.

Keep in mind that this work is hard and we need to take care ourselves also.





Things To Remember When Interacting with a Person with a Mental Illness

Be patient and respectful.

You are the true champions working to help people with mental illness.

I believe our true value lies in what we do to change lives for the better.



Where to get help





Resources

211 Texas

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>



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