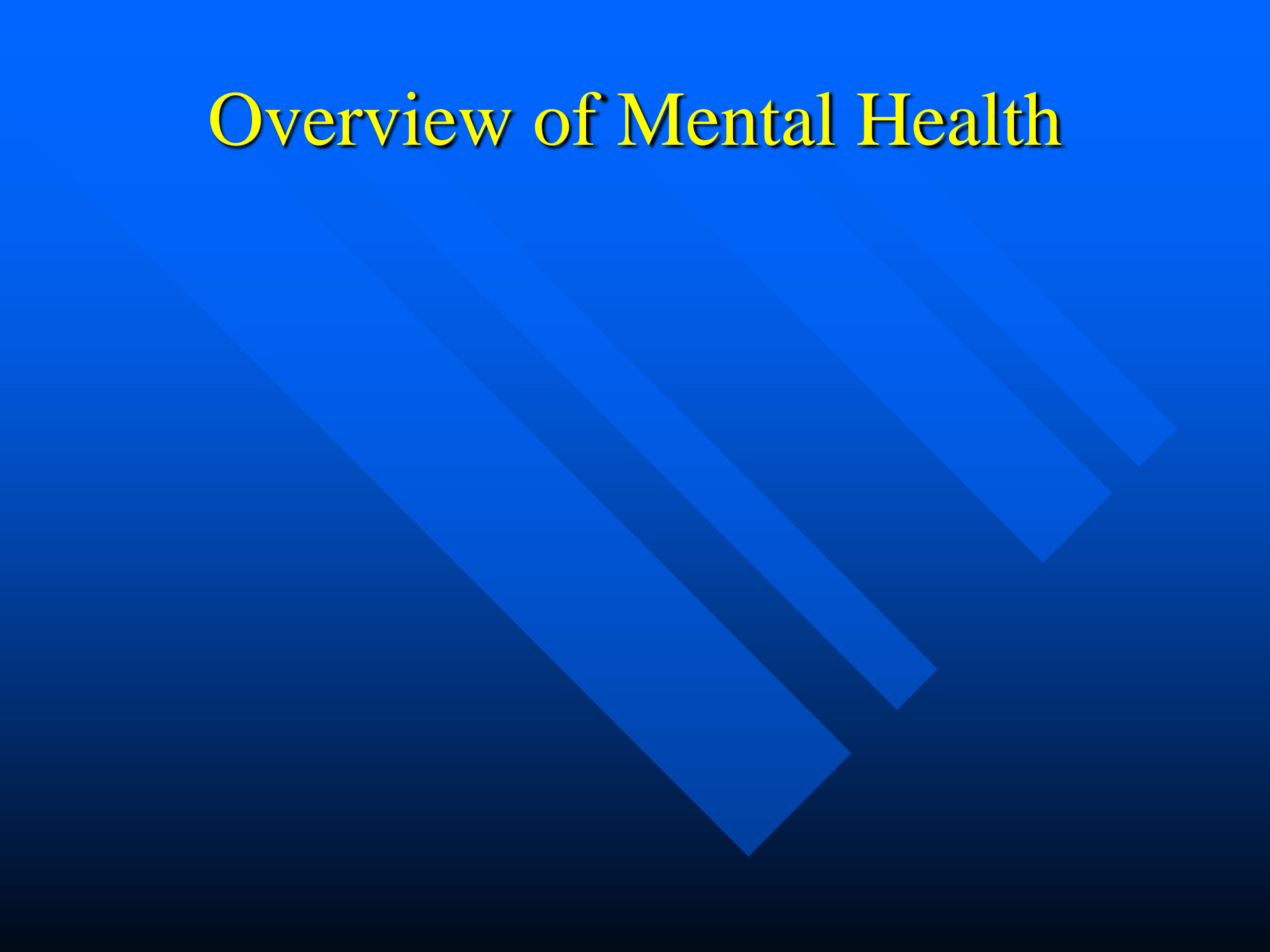


Overview of Mental Health



FACT

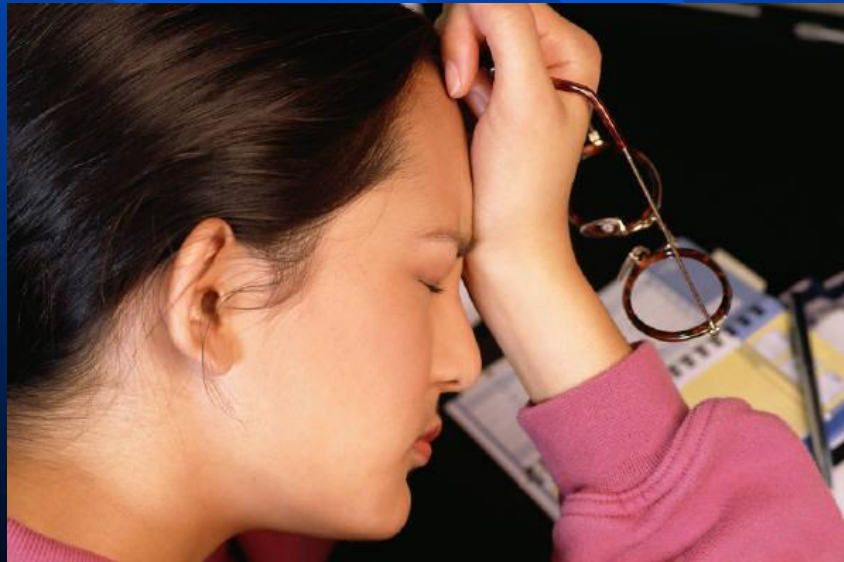
- There is an estimated 14.8 million adults age 18 or older with a serious mental illness.
- This represents 7.3 percent of all adults.

FACT

- Approximately 18 million persons abuse or are addicted to Alcohol.
- Approximately 19.5 million misuse drugs.

FACT

- Seven to 10 million individuals in the U.S. have at least one mental disorder as well as an alcohol or drug abuse disorder.

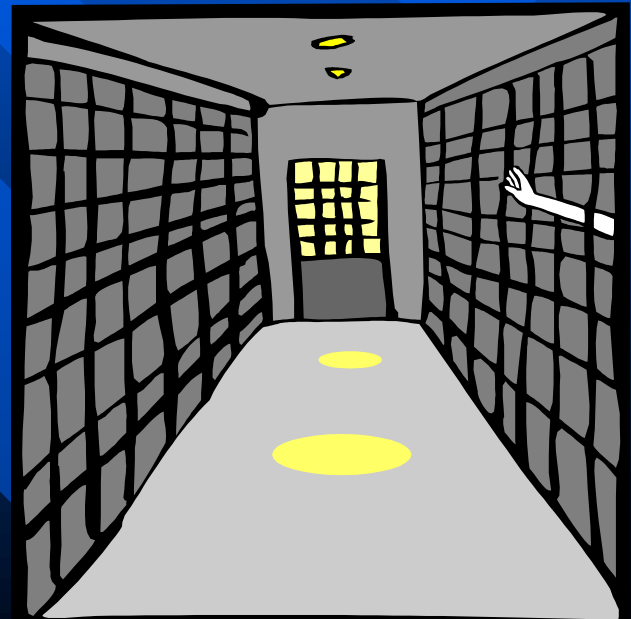


FACT

- 15 – 17% of people coming into jails have a serious mental illness

FACT

- An estimated 80% of the current prison population can be diagnosed with psychiatric as well as substance abuse disorders



FACT

- Prisons hold three times more people with a mental illness than do psychiatric hospitals.

Review of Facts: GUILTY of Mental Illness

- Causes:
 - Under funding of mental health/ substance abuse treatment services
 - Fragmented services
 - Increased prevalence of Dual Disorders
 - Clients with Records being excluded from care delivery systems

Mental illnesses are disorders
of the brain.

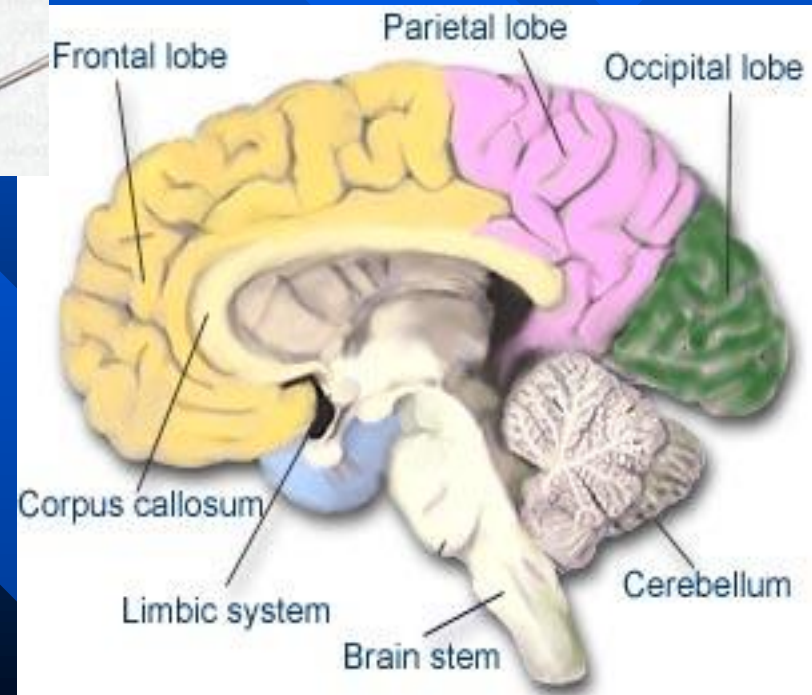
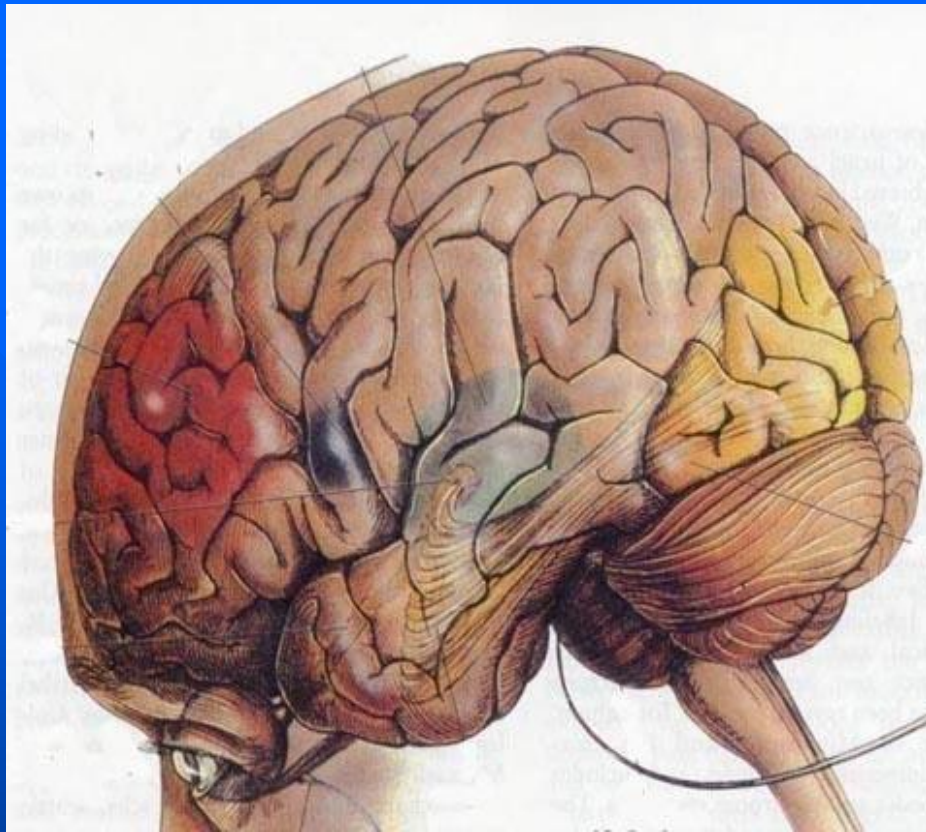
Brain Development

- One of the last organs to begin development within the fetus.
- One of the last organs to complete development – final stage occurring in late adolescence/ early 20's
- Final stage of development involves “pruning”

Brain Functions

- Frontal cortex – the thinking part of the brain
- Limbic System – controls memory, attention and learning; also controls communication interconnecting all areas of the brain.

Brain

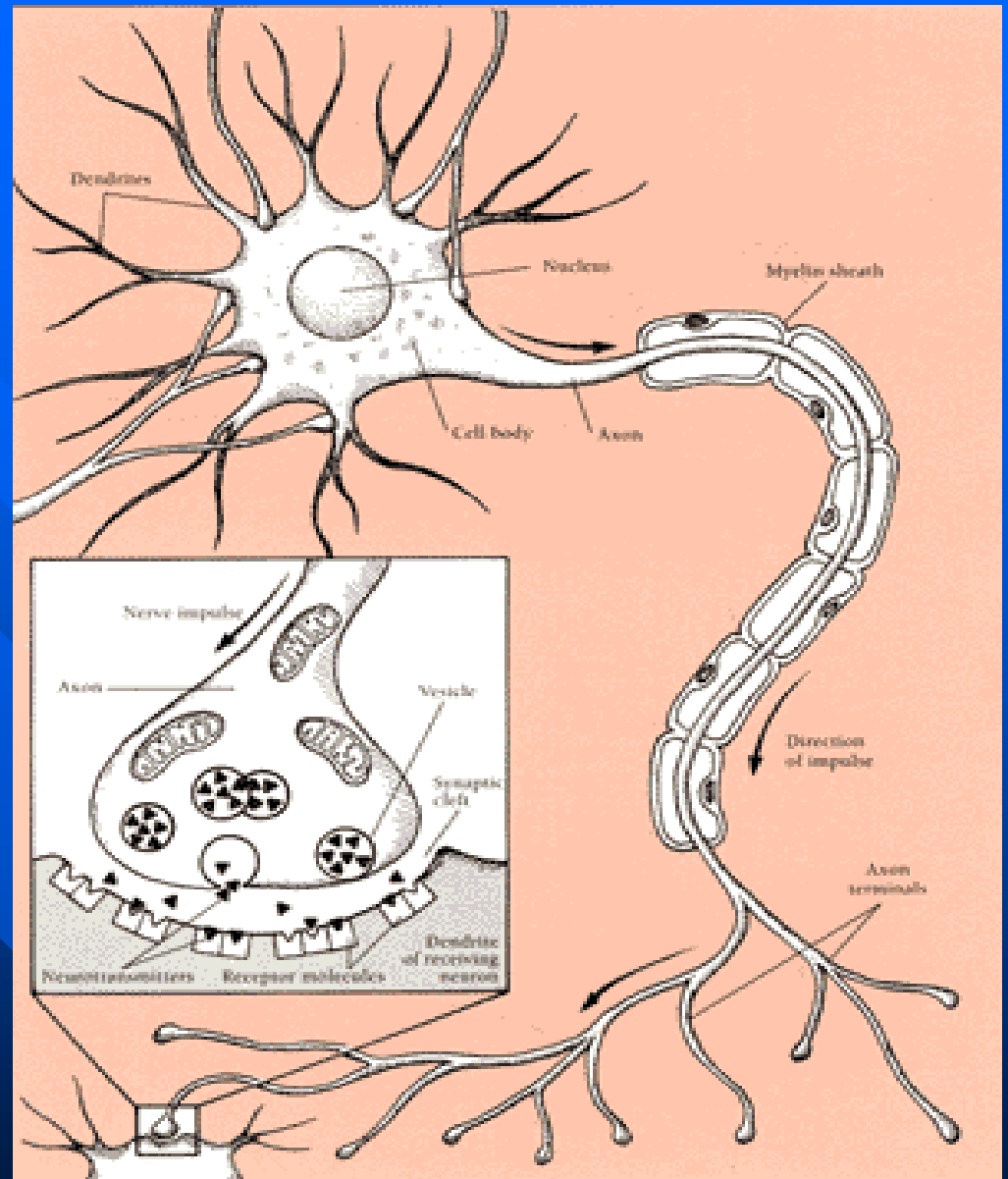


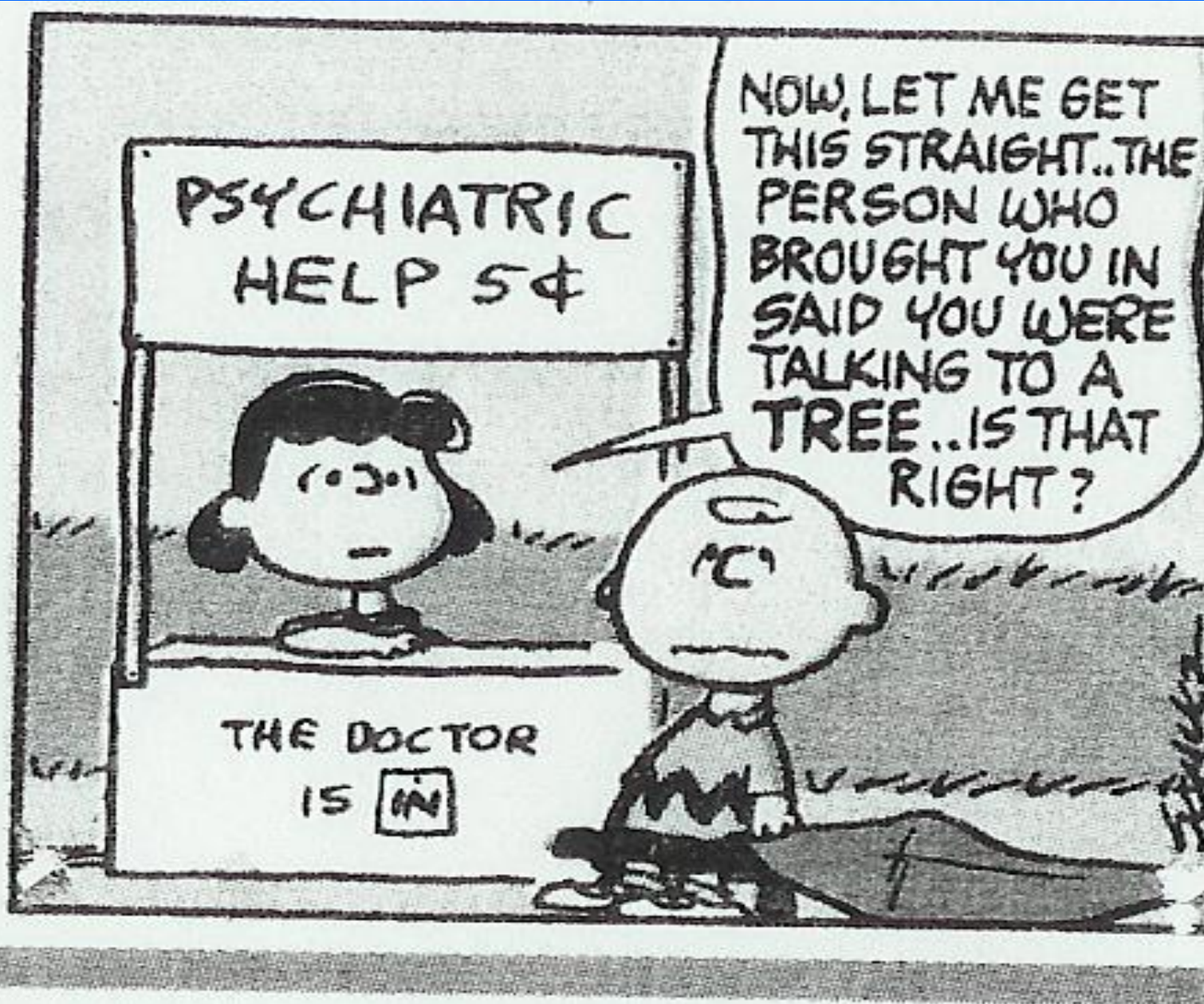
Mental Illnesses are disorders
of the limbic system, NOT
the frontal cortex

Mental Illness affects
understanding, NOT
intelligence

- Brain cells communicate via chemical messengers and intricate feedback loops;
- The brain uses relatively few chemicals throughout the entire nervous system.
- Anything that interferes with chemical transmissions will lead to impairment of functioning in many areas:

Nerve Cell





PSYCHIATRIC
HELP 5¢

THE DOCTOR
IS IN

NOW, LET ME GET
THIS STRAIGHT..THE
PERSON WHO
BROUGHT YOU IN
SAID YOU WERE
TALKING TO A
TREE..IS THAT
RIGHT?

Symptoms of Major Mental Illnesses:

- Positive
 - Negative
 - Cognitive
 - Mood
-
- The severity and type of symptoms will determine a client's diagnosis.

Positive (+)

- Delusions
- Hallucinations
- Illusions/ misperceptions
- Disordered thinking
 - Illogical
 - Tangential
 - Blocking
- Unusual behavior

Delusions

- False Beliefs that are not based in reality.
- They can cause a person to view the world from a unique or peculiar perspective. The individual will often focus on persecution (believes he or she is God, very wealthy, a famous person, or possesses a special talent or beauty).

Hallucinations

- It is not unusual for some people with mental illnesses to hear voices, or to see, smell, taste, or feel imaginary things.
- The person experiences events that have no objective source, but they are nonetheless real to him or her.

Most Common Hallucinations

- Involve seeing or hearing things, but can involve any of the senses. A person may:
 - *Feel* bugs crawling on his body;
 - *Smell* gas that is being used to kill him;
 - *Taste* the poison in his food;
 - *Hear* voices telling him to do something,
 - *See* visions of God, the dead, horrible things

Illusions / Misconceptions

- Misinterpreting real objects or events, often with sinister, paranoid overtones

Disordered Thinking

- Illogical
- Blocking
- Tangential
- Incoherent

Unusual Behaviors

- Slowed response – process information much more slowly because of all the interference.

Negative (-)

- Can't show feelings
- Can't start or maintain conversations
- Minimal flow of thought
- Lack of motivation
- Unable to feel pleasure
- Minimal self care and grooming

Cognitive

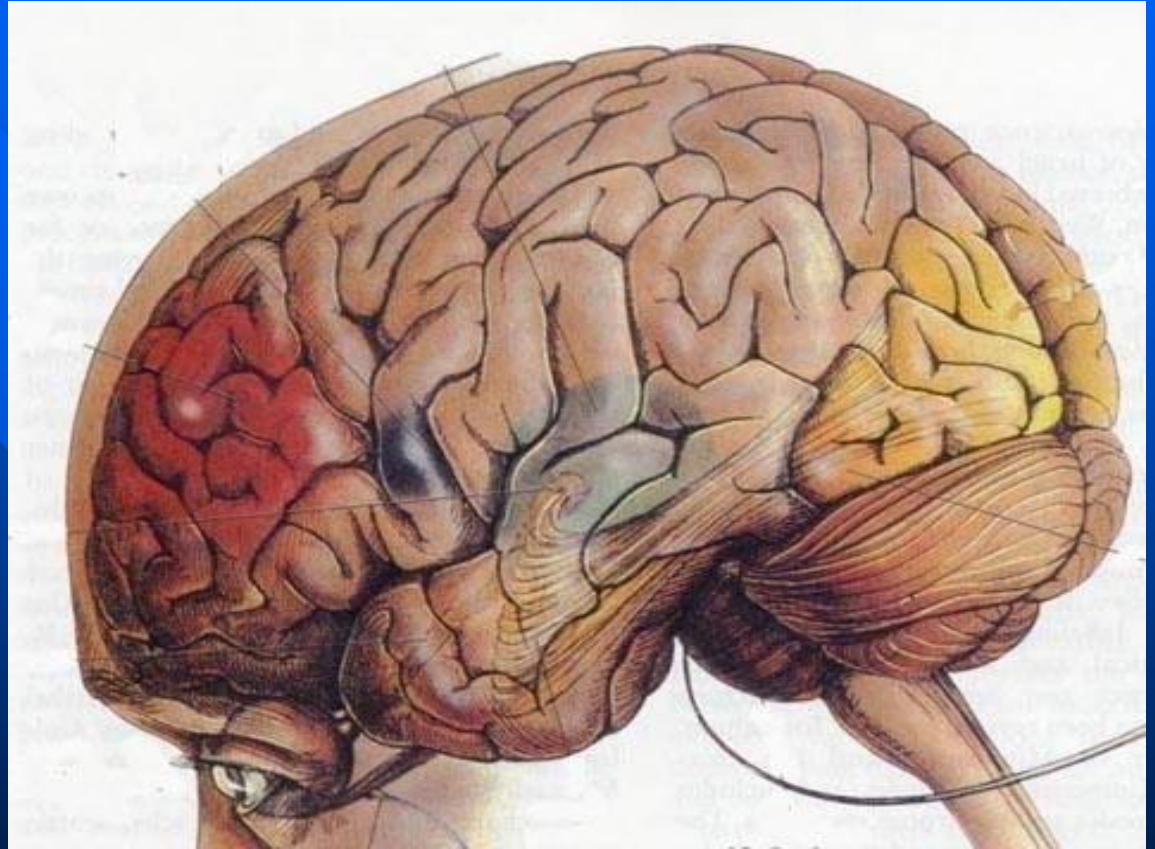
Losing the ability to USE your intellect.

- Short attention span
- Poor concentration/ distractible
- Concrete thinking
- Memory problems
 - Short term
 - Long term
 - Retrieval
- Impaired sequential thinking

Mood

- Depression
- Mania
- Mood Swings
- Anxiety
- Irritability
- Empty

Types of Mental Illness



Organic Disorders

- Mental Retardation
- Dementias

Dementias

- This group of brain disorders includes diseases such as Alzheimer's which lead to loss of mental functions, including memory loss and a decline of intellectual and physical skills.

Loss of Memory/ Disorientation

- Temporary or permanent memory losses may be symptoms of a disturbance. This is not the common forgetting of everyday things, but rather the failure to remember the day, year, where one is, or other obvious personal information.
- Usually occurs mid-forties or later.

Psychotic Disorders

- Schizophrenia
- Schizoaffective

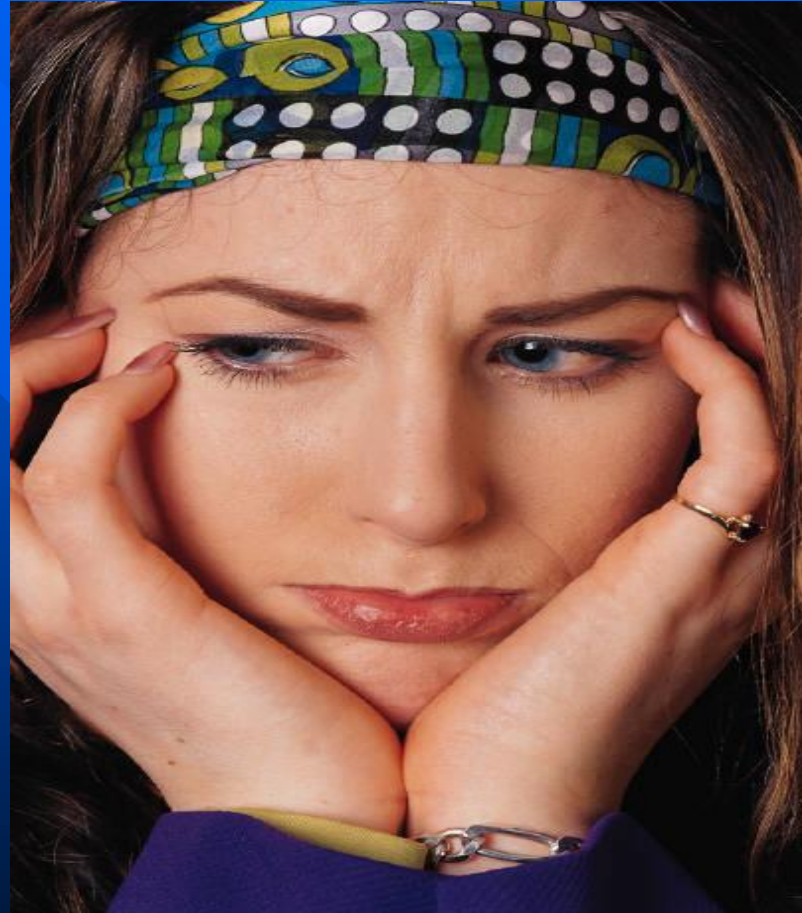
Schizophrenia (dementia praecox)

- A serious brain disorder that affects how a person thinks, feels, and acts.
- Believed to be caused by chemical imbalances in the brain that cause a variety of symptoms including hallucinations, delusions, withdrawal, incoherent speech and impaired reasoning.

Schizoaffective Disorder

- Variant of schizophrenia
- Show more mood Symptoms
- Usually less long term impairment if they receive treatment.

Mood Disorders



Mood Disorders

- Bipolar Disorder
- Major Depression
- Anxiety Disorders
 - Phobias
 - Panic
 - Obsessive compulsive

Bipolar Disorder and Major Depression

- Symptoms include mood swings such as extreme sadness or elation
- Sleep and eating disturbances
- Changes in activity and energy levels
- Suicide is a high risk with these disorders

Manic Behavior

- Involves accelerated thinking and speaking
- Hyperactivity
- No apparent need for sleep
- Sometimes accompanied by delusions of grandeur
- Flight of ideas/ racing thoughts
- Extreme risk taking

Depression

- Deep feelings of sadness, hopelessness, uselessness, excessive guilt
- Poor concentration
- Sleep and appetite disturbance
- Variable energy level

Anxiety Disorders

- Most common mental illness
 - Four main types

Generalized anxiety

Phobia

Panic

Obsessive Compulsive Disorder

Anxiety

- Feelings of anxiety are intense and seemingly unfounded
- State of panic or fright
- May have trembling hands, dry mouth or sweaty palms
- May be “frozen” with fear
- Complains of chest pain, inability to breathe

Phobias

- Extreme fear or dread from a particular object or situation

Panic Disorders

- Sudden, intense feeling of terror for no apparent reason and are often accompanied by heart attack like symptoms.

Obsessive-Compulsive Disorders

- Anxious impulses to repeat words or phrases or engage in repetitive, ritualistic behavior, such as constant hand washing.

Personality Disorders

Personality Disorders

- Pervasive coping strategies that are dysfunctional and destructive
- External focus – all the problems are caused by others
- Unstable mood, occasional brief psychosis
- Frequently unstable relationships
- They create their own chaos

“Odd” Personalities

- Paranoid
- Schizoid
- Schizotypal

“Anxious” Personalities

- Avoidant
- Dependent
- Obsessive Compulsive

“Manipulative” Personalities

- Antisocial
- Borderline
- Histrionic
- Narcissistic