

CRISIS INTERVENTION TEAM TRAINING
BEXAR COUNTY SHERIFF'S OFFICE

Introduction to Mental Illness

INSTRUCTORS:

Objectives

- **Understanding Mental Illness**
- **Clues that a person may be Mentally Ill.**
- **Common Categories of Abnormal Persons.**
- **Common Treatment.**
- **The Continuum of Normal and Abnormal.**
- **ADHD /Attention Deficit Hyperactive Disorder.**

1.1. Define the term "Mental Illness."

Illness, disease, or condition that either substantially impacts a person's thought, perception of reality, emotional process, or judgment, or grossly impairs a person's behavior, as manifested by recent disturbance behavior.

The professional term "Mental Illness."

"Mental Illness is a biopsychosocial brain disorder characterized by dysfunctional thoughts, feelings, and/or behaviors that meet DSM-IV diagnostic criteria." (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, American Psychiatric Association, Updated, 1999)

Insanity (legal Term)

Insanity is considered a diminished capacity and inability to tell right from wrong. This is not a psychological term. The definition varies from state to state. It is generally used by the court with regard to an individual's competency to stand trial.

Clues That A Person may be Mentally Ill

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1. Decorations

2. Waste matter/ Trash

3. Childish Objects

Clues that a person may be Mentally Ill

1. Physical Appearance
2. Body Movements
3. Responding to voices that are not there.
4. Confusion about or lack of awareness of surroundings.
5. Lack of Emotional Response.
6. Causing Injury to self.

Clues That A Person may be Mentally Ill

7. Nonverbal expressions of sadness or grief.
8. Inappropriate emotional reactions
 - A. Over-reaction- fear or anger.
 - B. Reacting the opposite of what would be expected in the situation.

Common Categories of Abnormal Persons

- A. Psychosis
 - B. Mood Disorders
 - C. Affective Disorders
 - D. Personality Disorders
 - E. Adjustment Disorders
 - F. Developmental Disorders
 - G. Mental Disorders due to General Medical Conditions.
- Cognitive Disorders (Alzheimer's, Substance Abuse)

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Personality Disorders (Paranoid, anti-social)

Disorders first diagnosed in infancy, childhood or adolescence (Autism, Mental Retardation, Attention Deficit Hyperactivity Disorder)

Common Treatment

- A. Psychotropic Medications – Control symptoms, not a cure.
- B. Adverse side Affects
 - 1. Uncomfortable, Dehumanizing
 - 2. Cause Person to Quit Taking Them.

1.2. Three categories of mental illness most predominately identified with disease severity

Psychotic Disorder: All cases of schizophrenia

Mood Disorder: Severe cases of major depression and bipolar disorder

Anxiety Disorder: Severe cases of generalized anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder

The Continuum Of Normal and Abnormal

A. Abnormal Defined - A person is abnormal if their thinking, feeling or behavior happens with enough intensity, frequency or duration to interfere with the person's ability to feel comfortable with themselves, to live well with others and or to care for their basic needs.

- 1. Feelings thinking and behavior are common to all of us.
- 2. Mentally ill just have too much, or too long to fit the situation.

Children with ADHD

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- Blurt out inappropriate comments
- Don't wait their turn
- Show excessively intense emotions
- Hit others when upset

Hyperactive and impulsive adults feel restless

- Constantly "on the go".
- Try to do multiple tasks at once.
- Perceived as not thinking before they act or speak .

"In adults, it's a much more elaborate disorder than in children," says Russell Barkley, Ph.D., a Psychiatry professor at the Medical University of South Carolina. "It's more than paying attention and controlling impulses. The problem is developing self-regulation."

Three types of attention deficit hyperactivity disorders (ADHD)

- Hyperactive/Impulsive type: 80% of boys have this type and 80% of girls do not. As matures, hyperactivity tends to internalize and become feelings of restlessness, fidgeting, or constant movement. Impulsivity also is internalized with a constant inner battle to keep comments to ones self.
- Inattentive type: 20% of boys, but 80% in girls. As matures, inattention increases as individuals juggle more responsibilities and life gets more complicated
- Combined type: Combination of above symptoms.

1.8.4. Describe prevalent factors of Attention Deficit Hyperactivity Disorder (ADHD)

Attention-deficit hyperactivity disorder (ADHD)- is a medical condition characterized by difficulties with inattention or hyperactivity and impulsivity. Symptoms must be severe enough to disrupt daily functioning in two or more settings (EX: school, home, work).

Statistical Information

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- 5% of children in United States have ADHD
- Boys more frequently than girls (3:1)

ADHD

- ADHD is frequently co-morbid or occurring with a behavior disorder an example is:
 - Oppositional Defiant Disorder
 - Conduct Disorder
 - Substance Abuse
 - Impulse Control Disorder

ADHD Symptoms

Six or more of the following symptoms of inattention have been present for at least six months and are inappropriate and disruptive for the individual's developmental level:

Symptoms of possible ADHD

- Lack of close attention to details, or makes careless mistakes
- Has difficulty keeping on task
- Seemingly inattentive when spoken to
- Does not follow directions or complete tasks due to oppositional behavior or failure to understand instructions
- Trouble organizing activities

Symptoms of possible ADHD Cont.

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- Avoids or dislikes completing tasks that take much mental effort for a lengthy time
- Losses things needed to complete tasks or activities
- Easily distractible
- Often forgetful in daily activities

ADHD

Six or more of the following symptoms of hyperactivity-impulsivity have been present for six months to an extent that is disruptive and inappropriate for developmental level:

ADHD Symptoms

Hyperactivity

- Fidgets with hands or feet or squirms in seat
- Gets out of seat when expected to remain seated
- Runs about or climbs when and where inappropriate (children), Feelings of restlessness (adults)
- Has trouble enjoying leisure activities quietly
- "On the go" or acts like they are being "Driven by a motor"
- Talks excessively

ADHD Symptoms

Impulsivity

- Blurts out answers before questioning has been completed
- Trouble waiting turn
- Interrupts or intrudes on others