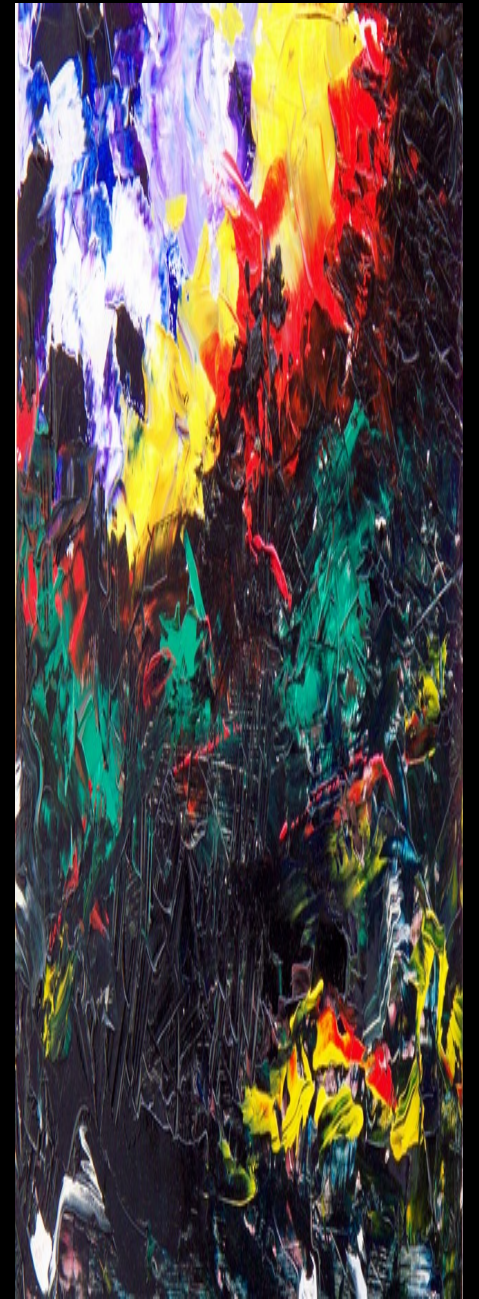


Mental Health

“Same world, different
view”



Characteristics of **good** mental health

- Feels good about themselves
- Feels comfortable with other people
- Able to meet the demands of life
- Expresses emotions in healthy ways
- Is optimistic (positive)
- Uses health skills
 - Stress management
 - Decision making
 - Conflict resolution
- Uses “I messages”
- Copes/adapts with change
- Assertive
- Active listener
- Can be part of a team/group

Characteristics of **poor** mental health

- Does NOT share feelings
- Emotions control behaviors
- Is pessimistic (negative)
- Ignores/denies problems
- Can not accept change
- Lets stress control life
- “You” messages (blame and escalate)
- Aggressive and passive
- Depressed
- Runs from conflict
- Close minded
- Needs to “run” the group

What is a **mental illness**?

Patterns of _____ or behavior, that cause a person significant _____ pain or prevents normal functioning.

- Answers: thinking & emotional

(Illness: a disease or period of sickness affecting the body or mind.)

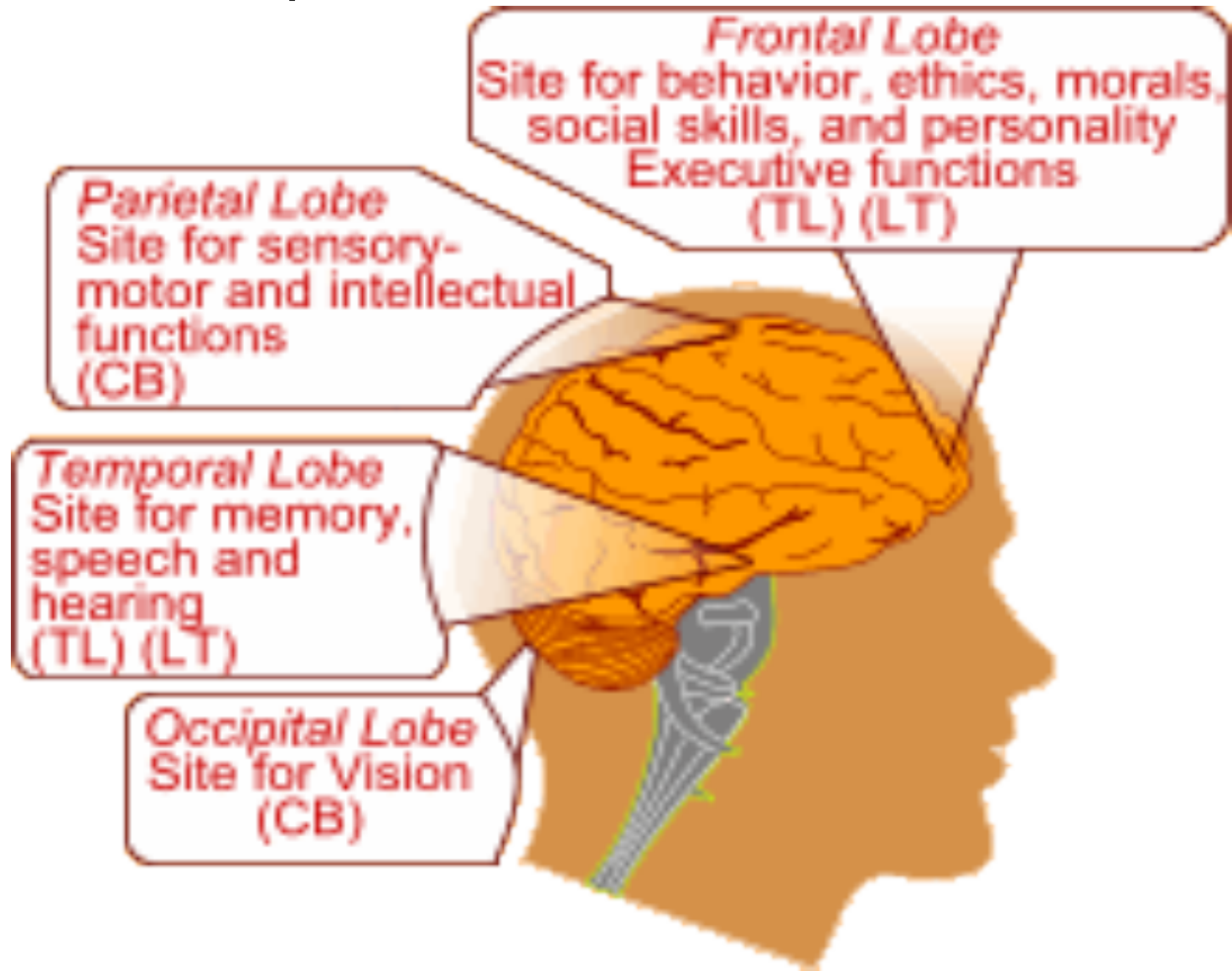
Some myths about Mental Illness

- People with a mental illness are dangerous and violent
- The mentally ill cannot be trusted around children
- Mental illness is caused by a personal weakness
- People with a mental illness are poor and/or less intelligent

General Causes of Mental Illnesses

- Inherited traits
- Negative life experiences (traumatic)
- Environmental exposures before birth
 - Viruses, toxins, alcohol or drugs
- Brain chemistry
 - Hormonal imbalances

There is a ***chemical imbalance in the brain*** of a person with a mental illness.



#1: Obsessive/Compulsive Disorder (OCD)

- An uncontrollable need to perform repetitive acts; compulsions are urgent, repeated rituals
- The person may not lead a normal life because compulsions become so repetitive.

#2: Schizophrenia

- A condition of losing touch with reality accompanied by reduced ability to function. AKA: Split Mind
 - loses ability to distinguish fantasy from reality
 - signs of tissue shrinkage in brain
 - Some individuals inherit a potential of developing schizophrenia
 - Early psychological trauma : Violence, sexual abuse, death, divorce, separation, or other stressors of childhood

#3: Multiple Personality Disorder (Dissociative Identity Disorder)

- Two or more separate identities or personality traits
 - Ability to control individual's behavior and thinking
 - Create alters to distance themselves from pain and trauma

#4: Anxiety

- Someone experiencing anxiety suffers from severe panic attacks and fear in high stress events.

#5: Phobia

- An extreme, irrational fear of an object or situation.

Ommetaphobia - fear of eyes
Chaetophobia - fear of hair
Scolionophobia - fear of school
Autophobia - fear of self, being alone
Zoophobia - fear of animals 
Thalassophobia - fear of the ocean
Samhainophobia - fear of Halloween
Methyphobia - fear of alcohol
Anthrophobia - fear of flowers 
Apiphobia - fear of bees 
Opiophobia - fear of medicine 
Pedophobia - fear of children 
phobias ...a very real fear

#6: Attention-Deficit Hyperactivity Disorder (ADHD)

Combination of problems, such as difficulty sustaining attention, hyperactivity and impulsive behavior

- Often diagnosed before the age of 7
 - As early as 2 or 3 years old
- Chronic interference in more than 1 setting
 - Home life, school work, sports/activities

Signs & Symptoms

Inattentive

- Fails to pay close attention to details
- Make careless mistakes
- Trouble keeping attention
- Difficulty following through on instructions
- Problems organizing tasks or activities

Hyperactive/Impulsive

- Fidgets or squirms frequently
- Often leaves seat
- Always seems on the go
- Talks excessively or blurts out answers
- Difficulty waiting turn
- Interrupts conversations

#7: Addiction

A physical or psychological craving need for higher and higher doses of a substance that leads to bodily harm, social maladjustment, or economic hardship; dependence on a substance, habit, or behavior.

Facts & Statistics

From: Methodist Hospital Eating Disorder Institute

- 90% of women in America are unhappy with their bodies & think they need to lose weight.
- 75% of men are unhappy with their body & feel they need to trim fat & increase muscle.
- Average women in U.S.: 5'4" & 144 lbs.
- Average women in media: 5'11" & a whopping 110 lbs.
- Between 98-99% of reducing diets fail to produce permanent weight loss.
- 7 million women and 1 million men and children suffer with an eating disorder. Up to 22% will die!

#8: Anorexia Nervosa

A disorder in which the irrational fear of becoming obese results in severe weight loss from self-imposed starvation.

Anorexia Nervosa

Characteristics:

- Extremely limited calorie intake
- 15-30% below ideal weight
- Refusal to maintain minimum weight
- Distortion of body image
- Intense fear of weight gain
- Amenorrhea for 3+ months due to low weight
- Obsessive exercise
- Preoccupation with food

Consequences:

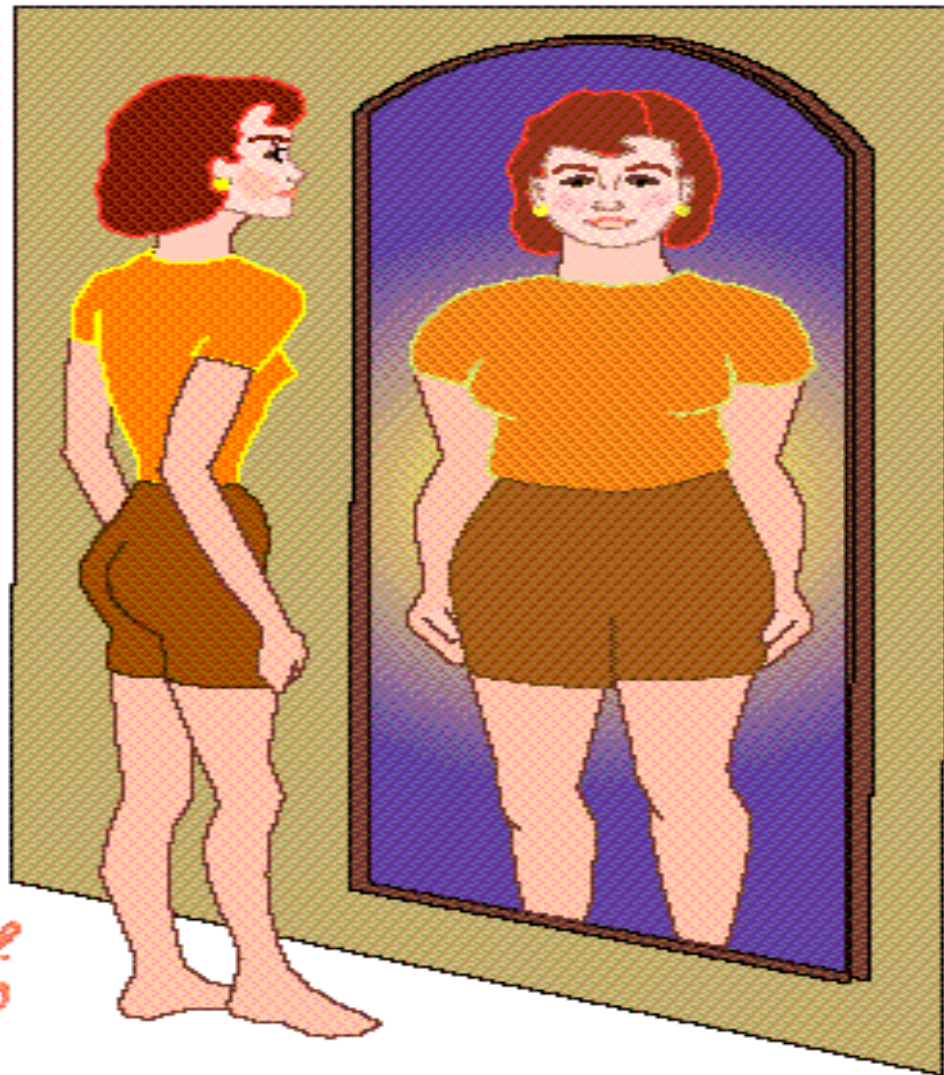
- Emaciation
- Drying and yellowing of skin
- Lanugo appears
- Irregular heart beat due to electrolyte imbalance
- Bone loss (osteoporosis)
- Cognitive problems

Warning Signs

- Dramatic weight loss
- Anxiety about gaining weight
- Denial of hunger
- Food rituals
- Excessive exercise
- Isolation
- Frequent comments about being “fat”
- Avoids food situations

Health Risks

- Muscle loss and weakness
 - Reduction in bone density
- Fainting, fatigue, overall weakness
- Dry skin and hair, hair loss
 - Growth of lanugo
- Slow heart rate/blood pressure
- Amenorrhea
- Cold intolerance
- Heart failure (**death**)



*A. Bonnell
& Mayo*

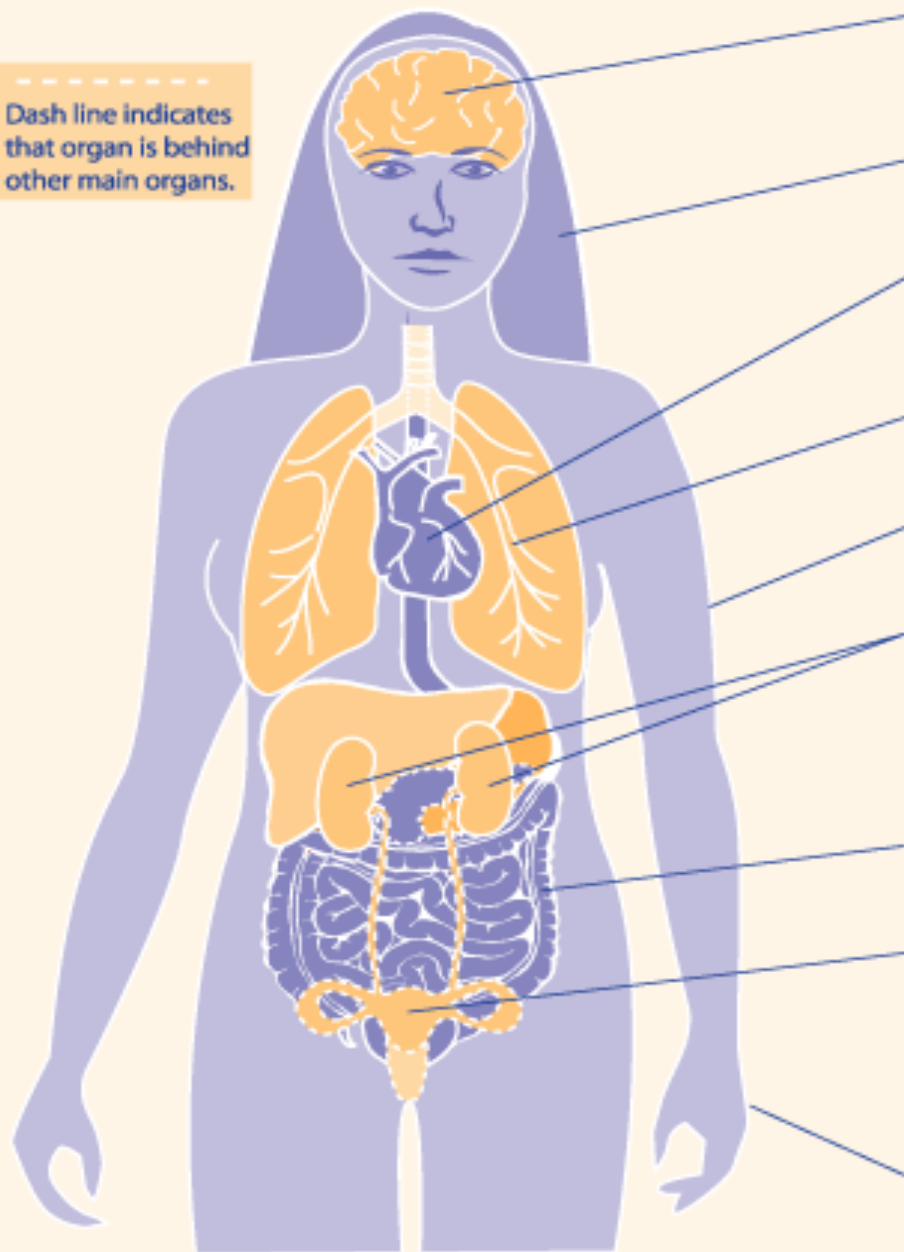
ANOREXIA NERVOSA

Common Signs:

- Alopecia: Hair loss
- Cold Intolerance
- Compulsive Exercise
- Osteoporosis
(lack of calcium)

Anorexia affects your whole body

Dash line indicates that organ is behind other main organs.



Brain and Nerves

can't think right, fear of gaining weight, sad, moody, irritable, bad memory, fainting, changes in brain chemistry

Hair

hair thins and gets brittle

Heart

low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

Blood

anemia and other blood problems

Muscles and Joints

weak muscles, swollen joints, fractures, osteoporosis

Kidneys

kidney stones, kidney failure

Body Fluids

low potassium, magnesium, and sodium

Intestines

constipation, bloating

Hormones

periods stop, bone loss, problems growing, trouble getting pregnant. If pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and post partum depression.

Skin

bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle

#9: Bulimia Nervosa

Binging and purging, or consuming a large amount of food in a short amount of time followed by an attempt to rid oneself of the food consumed (purging), typically by vomiting, taking a laxative, , diuretic, or stimulant, and/or excessive exercise, because of an extensive concern for body weight.

Bulimia Nervosa

Binge-Purge

- Characteristics:** Usually affects younger women
Slightly underweight
Induction of vomiting, use of diuretics or laxatives
Excessive exercise
- Consequences:** Severe dental decay
Chronic diarrhea and dehydration
Irregular periods
Stomach bleeding and esophageal tears

Binge only

- Characteristics:** At least 2 per week for >6 months
5000 calories per binge common
- Consequences:** Leads to obesity
Both types: depression, anxiety

Warning Signs

- Buys large amounts of food
- Eats secretly, missing food, and skips meals
- Weight fluctuation
- Excessive use of laxative, diet pills and exercise
- Uncontrolled binging
- Low impulse to control

Health Risks

- Stomach Rupture
- Tooth decay/erosion
- Loss of fluids
- Risks of seizures
- Esophageal inflammation
- Irregular bowel movements
- Chronic sore throats

#10: Post Traumatic Stress Disorder (PTSD)

*This is not #’d on your w.sht. Write it off to the side.

- Mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

#11: Self-Harm

The act of attempting to alter a mood state by inflicting physical harm that is serious enough to cause tissue damage to one's body

Common Behaviors

- Cutting
- Burning
- Head-banging
- Carving
- Scratching
- Bruising or hitting
- Biting
- Picking of skin
- Pulling of hair
- Bone-breaking

- Escape from emptiness and depression
- Provides relief
- Relieves anger
- Escapes numbness
- Reality

#12: Depression

- Emotional disorders primarily involving sadness, dependency and depression
 - Dejection, hopelessness, inability to feel pleasure or to take interest
 - Needs medical attention

Snapping out of depression is as likely as talking yourself out of a heart attack.

- Depression is a serious illness that needs medical attention.
- If someone is experiencing mild depression for 2 weeks, they should seek help.
- Left untreated, depression can lead to suicide. Fortunately, depression can be treated and lives saved when symptoms are recognized.

Depression Symptoms

- Withdrawal from family and friends
- Drop in grades
- Change in eating & sleeping patterns
- Large weight gain or loss
- Unresolved grief over a loss
- Substance use
- Difficulty concentrating, remembering or making decision irritability or angry outburst

12(a): Seasonal Affective Disorder (SAD)

- Depression that only occurs during the fall and winter months
 - Oversleeping/difficulty staying awake
 - Fatigue
 - Social withdrawal
 - Inability to cope

#12(b): Bipolar Disorder

aka: Manic Depression

Depressive Symptoms:

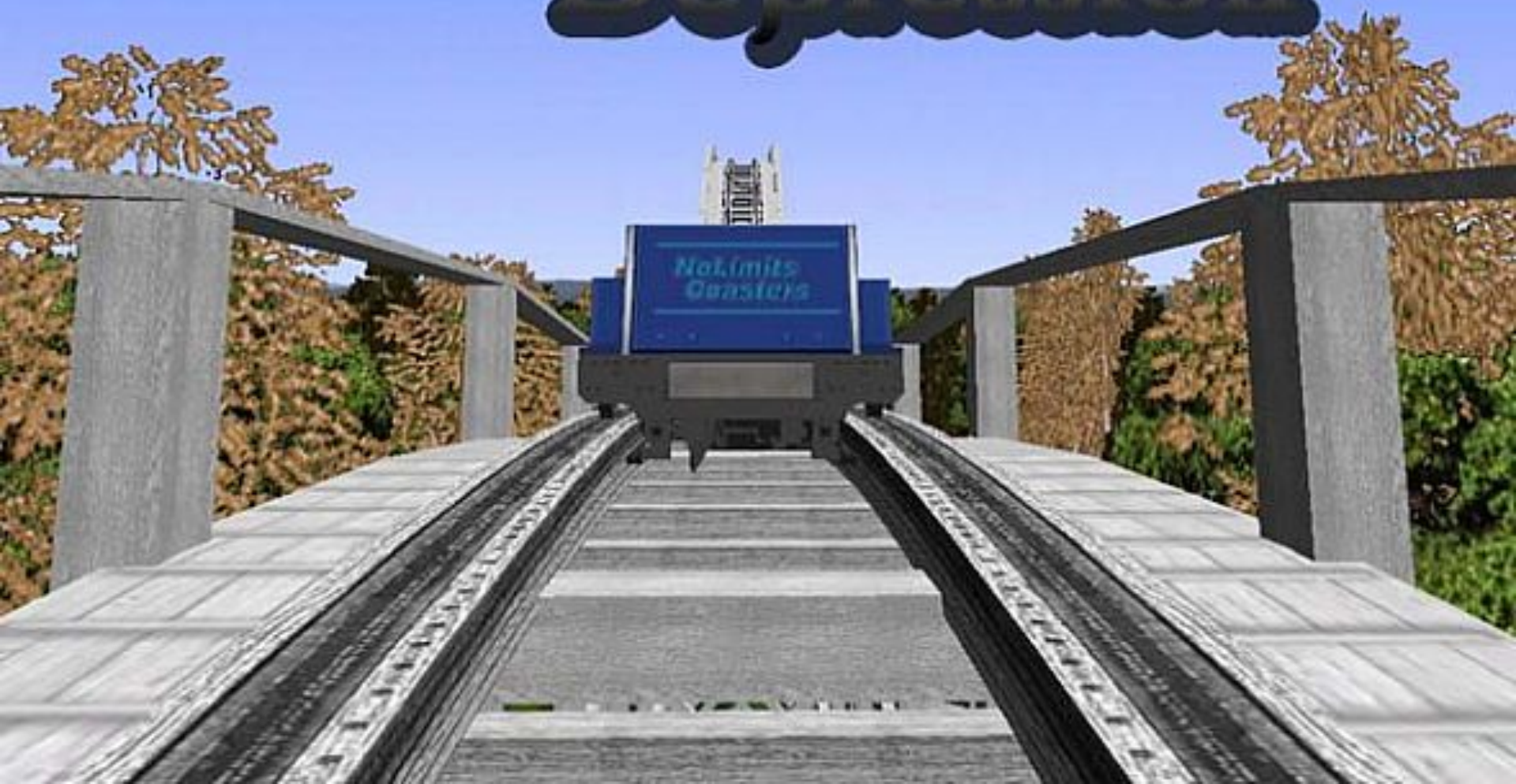
- Loss of energy
- Feelings of worthlessness
- Difficulty concentrating
- Insomnia
- Loss of interest
- Recurrent thoughts of death or suicide

Manic Symptoms:

- Severe changes in mood
- Increased energy
- Decreased need for sleep
- Increased talking (too fast or too much)
- Disregard of risk
- Overly-inflated self-esteem

Manic

Depression



Suicide

- #1 cause is: Untreated depression
- **3rd** leading cause of death (15-24 yr. olds)
- Most suicidal teens **DO NOT WANT TO DIE**, rather they feel it is the only way to end their pain.
- 9 out of 10 adolescents who commit suicide give clues to others before the suicide attempt! (only 10% show no warning signs).

Suicide: Warning Signs

- Giving away prized possessions
- Feelings of despair, hopelessness
- Threats to hurt oneself
- Preoccupation with death

You are part of the **PROBLEM** if YOU:

1. Attempt to punish, threaten, bribe, or preach
2. Cover up or make excuses for their behavior
3. Take responsibility for the person
4. Keep the problem to yourself and chose not to tell someone

You are part of the **SOLUTION** if you:

1. Remain calm, unemotional and factually honest in speaking to the person about your concerns
2. Attend support groups
3. Encourage your friend to seek help
4. Do not cover up or avoid the situation and confront the person with your concerns

STEPS to help someone with a mental illness:

1. Share Concern Skill

- I care/love...
- I see...
- I feel...
- Listen - I want/would like, I will...

2. Ask the tough questions

- *“Are you depressed? Are you starving yourself?”*

3. Tell a trusted adult

Can you recover?

- Mental disorders are **treatable**
- Multidisciplinary approach is required:
 - Physicians
 - Therapists/Counselors
 - Dieticians
 - Medications

Prevention Strategies

- Share your feelings and emotions with someone you trust
- Use positive self talk
- Manage stress with *stress management skills*
- Use healthy *decision making skills*
- Use effective *communication skills*
 - “I Messages”
- **KNOW** the signs and symptoms

Five Stages of Grief (Kubler-Ross Model)

- This model describes the process by which people deal with grief and tragedy
- They apply to any form of catastrophic loss (job, income, divorce, freedom, death, etc.)
- These steps do not necessarily come in order, although a person will experience at least two

D.A.B.D.A

1. Denial

- Initial reaction to a loss

2. Anger

- Victim can no longer deny feelings.

3. Bargaining

- May involve praying, alternative treatments, or promising better behavior.

4. Depression

- Period of grieving for the loss

5. Acceptance

- Coming to terms with situation