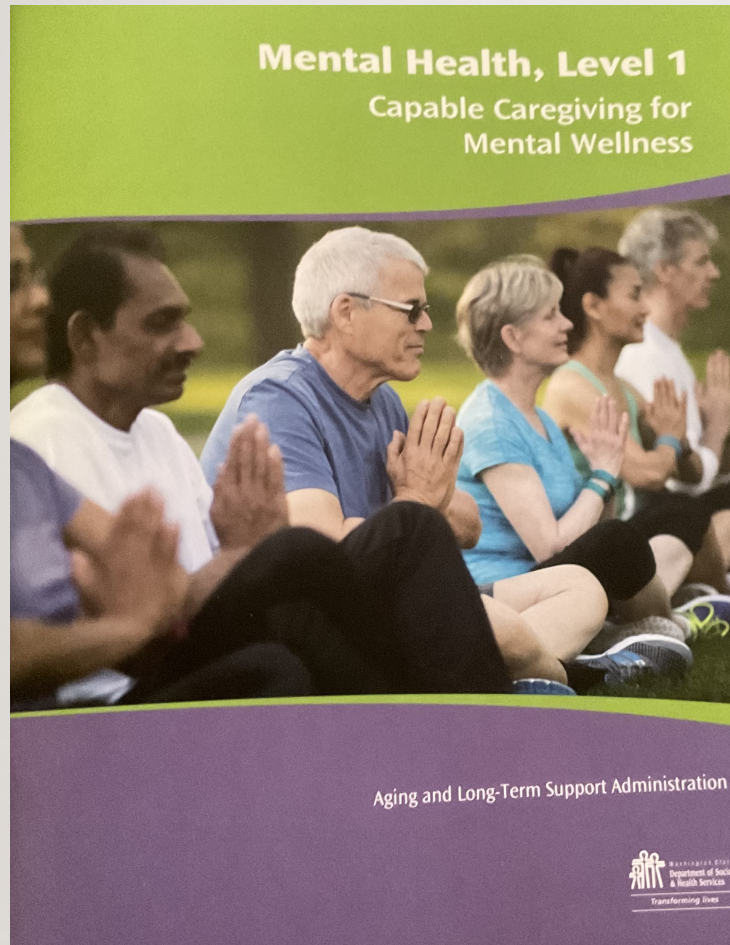


MENTAL HEALTH

MODULE I



Mental Health,
level I
Capable
Caregiving for
Mental Health
wellness



**WE ARE USING MENTAL HEALTH, LEVEL 1 BOOK
READING MATERIAL ATTACHED IN YOUR EMAIL**

**Order student and instructor
print materials on-line at the
[Fulfillment Center](#) or by phone
at (360) 664-4343.**

MODULE I: MENTAL DISORDERS

FACTS

- Mental health disorders are brain disorders that interfere with a person's thinking, feelings , mood , ability to relate to others, and capacity to cope with the demands of life.
- Most people who have Mental disorders tend to get depression, anxiety, emotional distress, substance use disorders and more.
- People with Mental Health disorders need medical and social support to stabilize or recover from these disorders. The symptoms may improve or worse based on care and treatment.
- To diagnose a mental disorder, the person has to discuss his or her symptoms with a licensed clinician.

STIGMA AND MYTHS

- Stigma affects how others treat a person with a mental disorder
- Stigma is defined as a sign of shame or disgrace. There is a long history of stigma, misunderstanding, and false beliefs surrounding mental disorders. It affects how others treat a person with a mental disorder . Ex using offensive or insulting language to refer to the person as lunatic, nuts, crazy,
- It is important not to allow stigmas to impact your caregiving activities.

-
- Stigma makes caregivers
 - not be comfortable assisting a person with mental health disorder
 - to treat the person with mental health disorder differently from people with other conditions.
 - to Fear of the person stop the caregiver from finding new ways to understand and relate to the person.
 - But, instead caregivers need to:
 - Learn facts about various mental disorders
 - Be supportive of people diagnosed with a mental disorder

TRUE OR FALSE

- Bad parenting causes mental disorder? False
 - Mental disorder are biologically based on brain disorders. They are not the result of personal weakness, lack of character or poor upbringing.
- Only uneducated and poor people develop mental disorders? False
 - Mental disorders are not related to person's character, intelligence or socioeconomic status. Mental disorder can affect people of any age, race and religion or income.
- Medication can cure Mental disorders? False
 - Mental disorder are treatable but may not be curable.

MENTAL HEALTH CONDITIONS

THERE ARE MANY MENTAL HEALTH CONDITIONS

Anxiety

Obsessive compulsive

Depression

Autism spectrum

Schizoaffective disorder

Bipolar

Eating disorder

Treatment:
Medication,
Psychotherapy(talk
therapy)
Both
Support groups

Dissociate disorder

schizophrenia

Posttraumatic stress disorder (PTSD)

Attention Deficit Hyperactivity Disorder (ADHD)

Borderline personality disorder



ANXIETY

- anxiety disorder is feeling of worry and fear of a real or perceived threat that does not go away and can get worse over time unless it is treated.
- Symptoms
 - Emotional symptoms: Feeling of worry, feeling tense and jumpy, restlessness or irritability, being watchful for signs of danger
 - Physical symptoms: pounding or racing, shortness of breath or difficulty breathing, upset stomach, sweating, fatigue and insomnia, upset stomach, frequent urination or diarrhea

TYPES

- Generalized anxiety disorder : excessive or exaggerated worry about several aspects of life
- Panic : anxiety and fear arising frequently and without known reason. Lasts from few seconds to several minutes
- Phobia; extreme or irrational fear to a situation, living creature, place or thing.
- Social anxiety disorder: an intense, persistent fear of being watched and judged by others in social or performance situations. More than being shy, no social or romantic relationships

TREATMENT

- Psychotherapy also called talk therapy
- Cognitive behavioral therapy- teaches a person different ways of thinking, behaving and reacting to anxiety procuring and fearful situations
- Stress management techniques and meditation
- Self help or support groups
- Medications

DEPRESSION



-
- Depression is serious, but treatable mood disorder that involves the body, mood, and thoughts. It affects the way the person eats, sleeps, feels about self, and the way the person thinks about things.
 - Last for several weeks
 - Symptoms
 - Social withdrawal, persistent sadness, irritability, or despair, feelings of hopelessness, worthlessness, guilt or helplessness, decreased interest or pleasure in activities once enjoyed, difficulty concentrating, or making decisions, changes in appetite, weight gain or loss, changes in sleep patterns loss of energy or suicidal thinking.
 - Cause: imbalance brain chemicals that regulate mood
 - Treatment: medication, therapy and lifestyle changes



BIPOLAR DISORDER

- Bipolar disorder is a chronic and generally life-long condition with recurring episodes of mania and depression that can last from days to months. Unusual shift in mood, energy and ability to function.
- Mania and depression
 - Mania: excessive and persistent elevated or irritable mood.
 - E.g increased energy, activity, restlessness, pacing and fidgeting, elevated happy mood, irritable angry unpleasant mood/ decreased sleep/ denial that anything is wrong/ racing thoughts, jumping from one idea to another/increased sexual and risky activities/ poor judgment and impaired impulse control / unrealistic beliefs in his or her abilities or power, poor concentration

Either you are
good or you bad.

BORDERLINE PERSONALITY DISORDER



- Borderline personality disorder is a problems regulating emotions and thoughts, moods, impulsive and reckless behaviors and unstable relationship
- Symptoms: fear of being abandoned by family and friends, unstable personal relationships, distorted self image, impulsive behaviors, suicidal or self harming behavior, chronic feeling of boredom or emptiness, inappropriate, intense or uncontrollable anger followed by shame and guilt, disconnecting thoughts or identity, stress related paranoid thoughts, periods of intense depressed mood, irritability or anxiety lasting a few hours to a few days



OBSESSIVE-COMPULSIVE DISORDER

- Obsessive-compulsive disorder (OCD) is characterized by repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions).
Eg. Hand washing due to a fear of germs.
 - Obsessions: uncontrollable and recurring thoughts.
 - Symptoms: thoughts about harming or having harmed someone, doubts about having done something correctly, unpleasant sexual images, fears of saying inappropriate thing in public
 - Compulsion: engages in repetitive behavior:
 - symptoms: hand washing due to a fear of germs, checking and rechecking to see if a door is locked or the stove is off



Obsessions

Unwanted distressing thoughts, urges,
mental images.
May include "what if..." and doubts.



Anxiety

May be distress, fear, worry, or disgust.
It's a false alarm.
Feel the need to do something.



Compulsions

Any behavior performed to help make the
anxiety go away, including checking.



Relief

It only temporary.
Obsessions come back sooner.



POST-TRAUMATIC STRESS DISORDER (PTSD)

- Post –traumatic stress disorder (PTSD) is a disorder that develop in some people who experience a shocking, scary, or dangerous event. Nearly everyone will experience a range of reactions after trauma and most people recover from the initial symptoms naturally over time. Those who continue to experience problems diagnosed with PTSD.
- Symptoms: intrusive memories including flashbacks of real moment of trauma, bad dreams or scary thoughts, startled very easily, feeling tense, trouble sleeping or outburst of anger.
 - avoidance –staying away from certain places or objects that are reminders of the traumatic event.



SCHIZOPHRENIA

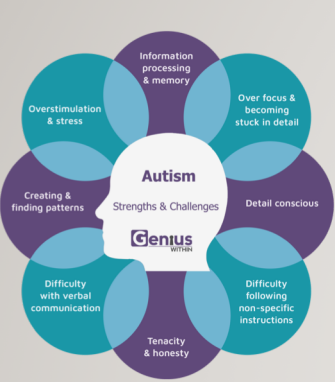
- Schizophrenia usually involves delusions (false beliefs), hallucinations (seeing or hearing things that don't exist), unusual physical behavior, and disorganized thinking and speech.
- Symptoms: isolation and withdrawal from others sleep problems and irritability, hallucinations, delusions, negative symptoms – emotionally flat or speaking in a dull, disconnected way, unable to start or follow thought with activities, show little interest in life or sustain relationships, cognitive issues/disorganized thinking

ADHD (ATTENTION DEFICIT HYPERACTIVE DISORDER)

- Attention
 - Extremely active and acting on impulse., distracted easily, bored with tasks quickly, difficulty focusing attention or completing a single task, Not listening or paying attention when spoke to, day dreaming or wandering with lack or motivation, difficulty processing information quickly
- Hyperactivity
 - Fidgeting and squirming, trouble sitting still, non stop talking, touching or playing with everything, difficulty doing quiet tasks or activities.
- Impulsivity
 - Impatience, acting without regard for consequence, blurting things out, difficulty taking turn, waiting or sharing , interrupting others.



-
- Mostly diagnosed in young people but affects all ages
 - Cause:
 - Genetic, environmental factors (cigarette smoking or alcohol use during pregnancy or exposure to lead as a child)
 - Treatment
 - Behavioral therapy, medication, nutritional supplements, neurofeedback, elimination diets



AUTISM

- Difficulties in social interaction, verbal and non verbal communication and repetitive behaviors.
- People with autism experience behavioral disturbances like emotional outburst, restless behavior and visible distress when they encounter stress.
- Symptoms;
- Delay in language development, repetitive an routine behaviors, difficulty making eye contact, sensory problems, difficulty interpreting facial expressions, problem with expressing emotions, fixation on parts of objects, difficulty interacting with peers, self harm behavior, sleep problems



Autism

Strengths & Challenges

Genius
WITHIN

Information
processing
& memory

Over focus &
becoming
stuck in detail

Detail conscious

Difficulty
following
non-specific
instructions

Tenacity
& honesty

Overstimulation
& stress

Creating &
finding patterns

Difficulty
with verbal
communication

DISSOCIATIVE DISORDER(DID)

MULTIPLE PERSONALITY DISORDER



- An involuntary escape from reality and a disconnection between thoughts, identity, consciousness, and memory
- Symptoms: significant memory loss of specific times, people, events, experiences, depression, anxiety and thought of suicide, a sense of detachment from your emotions or emotional numbness, lack of sense of self-identity

EATING DISORDER



- Serious emotional and physical problems related to extreme issue with food and weight
- Symptoms: starvation, obsessing about weight, eating large amounts of food then forcing vomiting or abusing laxatives

SCHIZOAFFECTIVE DISORDER

- Primary have symptom of schizophrenia such as hallucinations or delusions and symptoms of a mood disorder such as mania and depression



SOME TERMS TO LEARN

- Anosognosia is when someone is unaware of their own mental health conditions or they can not recognize their condition accurately.
- Dual Diagnosis: a term for when someone experiences a mental illness and substance abuse problem simultaneously.
- Psychosis: disruptions to a persons thoughts and perceptions that make it difficult for them to recognize what is real and what is not. These disruptions are often experienced as seeing, hearing and believing things that are not real or having strange, persistent thoughts behaviors and emotions.

-
- Self harm: hurting yourself on purpose. It is a sign of emotional distress. It is not a mental illness, but a behavior that indicates a lack of coping skills. . It is different from attempting suicide.
 - Insomnia is an inability to get the amount of sleep need to function efficiently during the daytime.

CAN YOU PUT THE SPOON IN THE JAR?

- When you are working with people with mental health disorder, remain compassionate and realize that people diagnosed with a mental health condition may behave or communicate differently or in ways that may seem confusing.



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