

MODULE 2: CAREGIVING FOR INDIVIDUALS WITH MENTAL HEALTH DISORDER



LESSON 2: COMPASSIONATE AND TRAUMA INFORMED CARE



CULTURE AND ETHNICITY



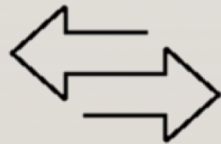
- All people have the right to be understood, have their culture valued and respected and be treated with dignity.
- Understanding the cultures of individuals with mental health disorders helps caregivers to give culturally appropriate care.
- Caregivers need to Avoid stereotypes.
- Stereotype is untrue belief that many people have about all people or things with a particular characteristic. It is Overs oversimplified opinion, or prejudiced attitude.
- To provider cultural appropriate care, you need to know the person as a whole.
- Culture influences mental health and the treatment of mental health disorders.

TRAUMA INFORMED CARE (TIC)



- understanding of trauma and awareness of the impact it can have across settings, services and populations is very important.
- Trauma: experiences that cause intense physical and psychological stress situation.
- Trauma produces a sense of fear, vulnerability , and helplessness.

Mental health
conditions increase
the risk of
experiencing traumas



Trauma increases the
risk of developing
psychological symptoms
and mental disorders

RESILIENCE



- **Resilience** is a mindset that views clients presenting difficulties, behaviors, and emotions as responses to surviving trauma.
- Resilience helps the caregivers to view traumatic stress reactions as normal reactions to abnormal situation.
- Promote resilience by encouraging individual strength.
 - Help individuals identify what has worked and has not worked. develop intervention and coping strategies that are more likely to fit their strength and resources.
- Recovery involves increasing a person's ability to make the changes they want in their life. Focusing on the person's strength and the choices they want for their lives- not just their symptoms.

LESSON3: SUPPORT FOR WELLNESS

- The goal is to provide the best possible holistic care. Caring the hole person, taking into account mental and social factors rather than just the physical symptom of the disease.
- Providing care for individual with various mental disorder can be challenging as well as rewarding.

BASELINE

- Baseline is the time when a person with mental disorder is managing his or her symptoms and functioning at his or her own higher level.
- Your goal is to help the individual get to their baseline and to stay there.
 - Encourage the person to continue treatment and to take medical
 - Encourage the person to take small steps towards the goal.
 - Support
 - Help to cope with obstacles as they rise
 - Help to identify what causes stress and help to find a way to reduce it.
- Each person baseline is different.



EIGHT DIMENSIONS OF WELLNESS



- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.
- Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on physical and mental health (eight dimensions of wellness include: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual).

PERSON CENTERED PLANNING



- Person centered planning is placing the person at the center and above all other aspects of the treatments process.
- It is important that people are seen first as people and not as their illness (schizophrenic, bipolar, or borderline).
- Identify people the title they feel most comfortable with. When in doubt, call someone by name and ask how you should address him or her in the future.
- Use holistic approach with an attitude of respect for the individual



CONVENTIONAL MEDICINE



- Conventional medications can be used in treating several mental disorders and conditions. These medications can not cure mental disorders.
- There are many side effects associated with taking conventional medicine.
- Your main job as a caregiver is to be aware of any side effects for each individual and take appropriate action.



ANTIDEPRESSANT MEDICATIONS



-
- Improve symptoms of depression and keep depression symptoms from coming back.
 - For Depression, anxiety, pain and insomnia
 - For example: Fluoxetine, Citalopram, Sertraline, Paroxetine, serotonin and norepinephrine reuptake inhibitors(venlafaxine, mirtazapine, duloxetine), bupropion.
 - Side effects: Nausea and vomiting, weight gain, Diarrhea, sleepiness, sexual problems, thoughts about suicide, new or worsening depression, feeling of restless, panic attack, trouble sleeping, unusual changes in behavior or mood.



ANTIPSYCHOTIC MEDICATION



-
- Primary manages psychosis but also used to stabilize mood in bipolar disorder.
 - Psychosis: disruptions to a persons thoughts and perceptions that make it difficult for them to recognize what is real and what is not.
 - For Psychois, bipolar
 - Relapse: symptoms come back or worsen (when medication is stopped)
 - Examples: chlorpromazine(Thorazine), Haloperidol(Haldol), Perphenazine, Fluphenazine (prolixin), Risperidone (Risperdal), Olanzapine (Zyprexa), Quetiapine (Seroquel), Ziprasidone (Geodon)
 - Side effects: drowsiness, Dizziness, restlessness, weight gain, dry mouth, constipation, nausea and vomiting, blurred vision, seizures, low BP, muscle rigidity, muscle spasms tremors,

EXTRA-PYRAMIDAL SYMPTOMS (EPS)

- Symptoms like muscle rigidity, muscle spasms, tremors, restlessness
- Anti-Eps medications are Benztropine (Cogentin), Amantadine (Symmetrel), Trihexyphenidyl (Atrane). Side effects: Dry mouth, blurry vision, constipation
- Long term use of typical antipsychotic medications may lead to a condition called tardive dyskinesia. These causes muscle movements, commonly around the mouth. Range from mild to severe



MOOD STABILIZERS



- It stabilizes by decreasing abnormal activity in the brain.
- For Depression, bipolar
- For example: Lithium, Carbamazepine (Tegretol), Valproic acid (Depakote), Lamotrigine (Lamictal), Oxcarbazepine (Trileptal).
- Side effects: itching, rash, excessive thirst, frequent urination, hand tremor(Shaking), weight gain, Hair loss, Nausea and vomiting, slurred speech, fast/slow/irregular/pounding heartbeat, blackout, changes in vision, seizures, hallucinations, loss of coordination, swelling of the eyes, face lips, tongue, throat, hands, feet, ankles, or lower legs.



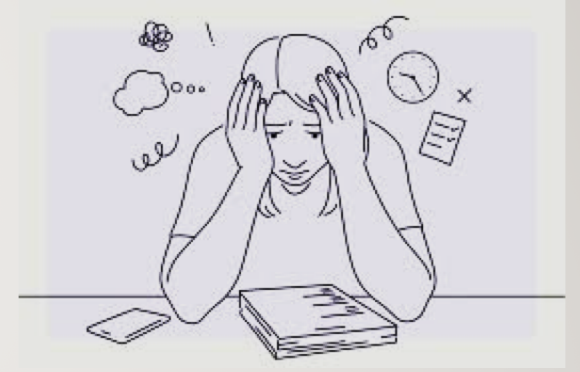
ANTI-ANXIETY MEDICATION



- Help reduce the symptoms of anxiety
- For example: benzodiazepines (clonazepam(Klonopin), Alprazolam (Xanax), Lorazepam (Ativan)), SSRI (Sertraline, citalopram)
- Side effects: nausea, blurred vision, headache, confusion tiredness, nightmares, falls, drowsiness, dizziness, unsteadiness, problem with coordination, difficulty thinking or remembering, increased saliva, muscle or joint pain, frequent urination, blurred vision, changes in sex drive or ability.



STIMULANTS



- Increase alertness, attention, and energy (increase BP, HR and R)
- For example: Methylphenidate (Ritalin), Amphetamine, Dextroamphetamine (Dexedrine), Lisdexamfetamine Dimesylate
- For ADHD
- Side effects: difficulty falling asleep or staying asleep, loss of appetite
- Stomach pain, headache, motor tics or verbal tics (repetitive movements or sounds), personality changes, personality changes (appearing “flat”)



CHEMICAL RESTRAINS



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- Chemical restraints are the administration of any drug to manage a vulnerable adult or others to get a temporary effect or restricting the vulnerable adult's freedom or movement.
 - The use of chemical restraints constitutes abuse in Washington state.
 - Individuals have the right to refuse medications. Report the medication refusal to the provider.

NON-DRUG THERAPIES



- Psychotherapies (talk therapy):
 - identify person identify, change in troubling emotions, thoughts and behavior. Can be one to one or group setting. -
 - Ways to cope with stress
 - Examine personal interaction with others
 - Relaxation and mindful techniques
 - Track emotions and activities



- Brain Stimulation Therapy: involves activating or inhibiting the brain directly with electricity.
- Alternative therapies: limited or no scientific studies for the effectiveness of treatment.
 - Acupressure: applying pressure to certain points around the body in order to stimulate the body's own healing processes and bring health benefits. may Boost immune system, relive stress, relive headache, alleviate other aches and pains and increase circulation



- Acupuncture : stimulating certain healing points (Acupoints) to stimulate the body's own healing mechanism. The insertion of very small needles into the top layers of the skin and muscle.
- Aromatherapy: use of scents and aromas of natural oils to alleviate a range of emotional and physical concerns, from stress and anxiety, to blocked sinuses, pain and cognitive functions.
 - Scents from natural oils smelled or applied to skin.
- Exercise: reduce stress, boosting endorphins, improve self confidence, prevent cognitive decline, alleviate anxiety, boost brain power, sharpen memory, help control addiction, improve relation.



- Music therapy: the use of music to help treat and alleviate range of emotional , cognitive and physical concerns.
- Naturopathic Medicine: avoiding chemical or medical interventions when they are not wanted or needed. Include nutritional/dietary, natural, holistic, herbal and ancient medical treatment, medication, aromatherapy and more.
- Nutritional healing: consuming a certain diet of natural foods and supplements, herbs to treat certain ailments and disorders
- Nutritional supplements: any type of supplements that is ingested for nutritional benefits.

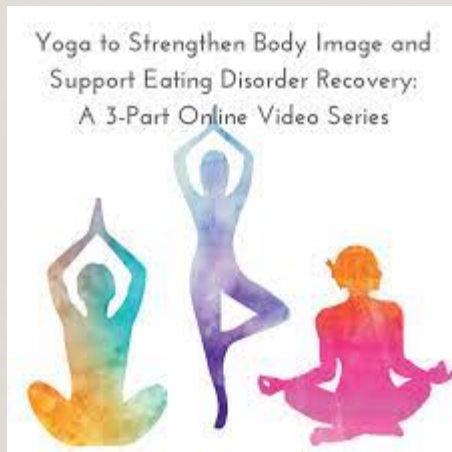


- Massage: rubbing and kneading of muscles and joints in the body with the hands to relieve tension or pain. Improved mood, reduced stress and anxiety and even increase feeling of caring comfort and connection.
- Reiki: a traditional Japanese therapy centered on the use and transfer of energy from the healer body to that of the subject in order to stimulate the body own natural healing process, relieve stress, and generate overall feelings of relaxation and wellbeing.



- Spiritual mind treatment: Affirmative Prayer. Individual focus on thoughts and prayers to make changes and heal the body and mind. The prayer goes to one spiritual being (guides the universe). Calm the mind and alleviates stress.
- Support groups: a group of people who come together to discuss and share stories of their common experiences. Reduce stress, anxiety, and provide social support network.
- Visualization: guide image therapy. Individual image a certain outcomes to a situation an object or an action. Guided by an audio track or the voice or a trained therapist or without any guide. Treats addiction, easing stress and anxiety stop bad habits.

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- Yoga: spiritual and physical practice involves various postures, stretches visualizations and breathing exercises performed in a sequences. Increases flexibility, strengthened muscles, calm and centered mind, alleviated stress and anxiety and improved sleep.



CANNABIS /MARIJUANA



- Illicit substance in the united states.
- Marijuana is a psychoactive substance (it affects how the brain works)
- It blocks the messages going to the brain. It causes changes in mood, awareness, thoughts, feelings, and behaviors.
- It alters the perceptions and emotions, vision, hearing, and coordination.
- Cannabis may help reduce symptoms of certain medical conditions. And it also increase the risk of heart, lung and mental health problems.

The use of cannabis is still illegal under the federal regulation. Medicaid can not be used.



LESSON 4: GETTING HELP AND SELF-CARE



CAREGIVER MENTAL WELLNESS

- Caregivers need
 - Takes breaks for meals or just to step away.
 - Avoid working overtime on a routine basis
 - Devote time off the job to activities that nurture you.
 - Need to spend time with family and friends, reading, watching movie, exercising.
 - Allow time to rest. Take steps to manage stress.



SECONDARY TRAUMA

- Secondary trauma or compassion fatigue: trauma-related stress reactions and symptoms resulting from exposure to another individuals traumatic experiences.
- Symptoms: chronic fatigue, sadness, anger, poor concentration, detachment, emotional exhaustion, fearfulness, shame, physical illness, absenteeism
- Prevention:
 - practicing personal wellness techniques
 - Establish a diverse social support network



STRATEGIES TO COPE WITH CAREGIVERS BURNOUT

- Caregivers may feel overwhelmed, exhausted, frustrated
- No matter how overwhelmed you feel, it is important that you make and take time for yourself.
- Tips
 - put your physical needs first
 - Connect with friends
 - Ask for help
 - Take time
 - Deal with your feelings
 - Talk about your feelings

Just say no
Stay positive
Be proactive
set your own goal
Find time to relax



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