

# Mental Health Awareness

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## ***Mental Health***

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

It is important at every stage of our lives and impacts every aspect of our overall well being.



# Mental Health in the USA

Mental Health America 2023

- 21% of adults in the USA experience a mental illness (**~50,000,000 people**)
- 55% of adults with a mental illness do **NOT** receive treatment
- 15% of adults had a substance use disorder in the past year **94%** don't get treatment
- 4.8% of adults reported serious thoughts of suicide in 2023
- 16% of youth experience major depressive disorder and 30% anxiety
- 60% of youth who experience mental health disorders do **NOT** get treatment
- There is **1** mental health provider for every 350 persons with a mental health disorder

# Mental Health in the USA

Mental Health America 2023

- Alcohol related deaths in 2020-21 were up **59%**, the most in 20 years
- The incidence of anxiety and depression spiked to **over 40%** of adults at the height of the pandemic to a low of 31% currently
- Those living with chronic disease (DM, CAD, HIV, Parkinson's) have **twice** the risk of major depression, anxiety and PTSD
- Those affected the most are the elderly, LGBTQ, African Americans, Latinos and underserved population; they have a disproportionate lack of access to much needed mental health care
- 16 million adults have Bipolar disorder or PTSD and the numbers are climbing

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## My Story...

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Summer of 1983

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# Addressing Mental Health

It is hard to do...be brave

It must be done...they are counting on you

If you think about it...don't miss an opportunity

# Ways to Address Mental Health

1. **Just Ask!** (Open ended questions to address someone you see in need, opens so many doors)
2. **Reach Out!** (Seek someone who will listen: a colleague, supervisor, friend, family, your doctor. Someone you can confide in. Trust me, they want to hear from you!)
3. **Counseling** (A qualified objective person who can help you work through thought processes and behavioral changes is invaluable and very effective for all mental illnesses)
4. **Support Groups** (Others who can empathize and understand what you are going through can be a big help as you know you aren't going through it alone. Alcoholics Anonymous is a great example who has helped millions across the world)
5. **Medical Treatment** (A licensed professional can help in choosing medications that may help with the chemical changes that occur related to mental health disorders. Most primary care providers can manage these but if psychiatric care is needed, they can direct you to the proper personnel. They can even suggest supplements that may be beneficial)
6. **Emergency Care** (In some cases, serious or severe symptoms require crisis intervention and at times, inpatient care for safety reasons. Dire situations require emergency department care.)

# Screening for Mental Illness -Depression

## **PHQ-2**

In the past two weeks have you felt down, depressed or hopeless?  
Little interest or pleasure in doing things?

## **PHQ-9**

Sleeping? Energy? Appetite? Failure? Poor concentration?  
Moving slower or more fidgety? Thoughts on self harm or death?



# Screening for Mental Illness - Anxiety

**GAD 2**            In the past two weeks have you felt anxious, on edge or nervous?  
Are you not able to stop or control worrying?

**GAD 7**            Worrying about multiple things? Restless? Trouble relaxing?  
Easily annoyed? Afraid something awful may happen?

# Screening for Mental Illness – ETOH Abuse

1. How often do you have a drink containing alcohol?
2. How many drinks do you have when you are drinking alcohol?
3. How often do you have 6 or drinks at one sitting?

- (1)
- |                   |    |
|-------------------|----|
| Never             | 0  |
| Monthly or less   | +1 |
| 2-4 times a month | +2 |
| 2-3 times a week  | +3 |
| >4 times a week   | +4 |
- 

- (2)
- |        |    |
|--------|----|
| 1 or 2 | 0  |
| 3 or 4 | +1 |
| 5 or 6 | +2 |
| 7 to 9 | +3 |
| >10    | +4 |
- 

- (3)
- |                   |    |
|-------------------|----|
| Never             | 0  |
| Less than monthly | +1 |
| Monthly           | +2 |
| Weekly            | +3 |
| Daily             | +4 |

# Screening for Mental Illness – ETOH Abuse

**C** Have you ever felt like cutting down on your drinking? Y/N

**A** Have people annoyed you by criticizing your drinking? Y/N

**G** Have you ever felt guilty about your drinking? Y/N

**E** Have you ever had a drink in the morning (eye opener)? Y/N



- ✓ **Set reasonable expectations of yourself and your loved ones**
- ✓ **Healthy eating**
- ✓ **Regular exercise**
- ✓ **Good quality sleep**
- ✓ **Get some Vitamin D**
- ✓ **Multitasking is a myth**
- ✓ **Screen free time**
- ✓ **Slow down your pace**
- ✓ **Engage with others!**
- ✓ **Take a break before you think you need it**
- ✓ **Care for others around you**

# Mental Health Resources

- **Self Assessments** (PHQ-9- Depression, GAD-7- Anxiety, SADS- Bipolar and Schizophrenia)
- **Online Therapy – BetterHelp and Talkspace** (great resources for counseling)
- **Phone Apps – Moodkit (Thought Checker), MindDoc, CBT Thought Diary** (daily self assessments)
- **L/H Administration Newsletter from April 2022 - Chaos in a Busy World: What's the Solution? Hoschek**

## ▪ Audiobooks

Mindfulness: The Art of Living, Nhat Hanh

Trauma Focused Therapy: The Body Keeps the Score, Bessel Van Der Kolk

Cognitive Behavioral Therapy (CBT), Stratterfield

Acceptance Commitment Therapy, Magalhaes

Dialectical Behavior Therapy (DBT): Calming the Emotional Storm, Van Dijk

# Mental Health Resources

## ■ Books/Workbooks

Cognitive Behavioral Therapy (CBT): Mind Over Mood, Greenberger, Padesky

Mindfulness: Wherever You Go You Are, Kabat-Zinn

The Complex PTSD Workbook, Schwartz

Burnout: The Secret to Unlocking the Stress Cycle, Nagoski

Acceptance Commitment Therapy (ACT): Get Out of Your Mind & Into Your Life, Hayes

Eating Disorders: Life without Ed, Schaefer

Essentialism: The Disciplined Pursuit of Less, McKeown

The Ruthless Elimination of Hurry, Comer

## ■ Crisis Text Line

Free, confidential, 24/7 support for anyone. **Text 741741** from anywhere to text a trained crisis counselor.

Abuse, addiction, bullying, depression, eating disorders, isolation, grief, self-harm, suicide thoughts and teenage distress

# Thank You!!

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