MENTAL HEALTH AND MENTAL ILLNESS: OUR JOURNEY ACROSS THE CONTINUUM

LLI PROGRAM

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VIRGINIA F. RIGGS MS, MSN, RN
OBJECTIVES:

• Focus on a continuum from mental health to mental illness
• Examine our own mental health status and goals
• Engage and normalize conversation about mental health
• Define mental health and mental illness
• Distinguish (or not) mental illness from other types of illness
• Understand resources available for assistance
THE RIGGS THEORY OF MENTAL HEALTH

• People are mentally healthy-ish if they are
  • not of special interest to the police
  • able to participate economically in society in a way that supports an acceptable standard of living
  • in emotionally intimate relationships with two or more people
  • able to describe life as reasonably satisfying
  • capable of having insight into their own behavior, relationships, and experiences to allow self-assessment for mental health in their cultural context
What are your own experiences with mental illness?
What are your beliefs about the causes? About the cures?
What is the cultural stigma of the mentally ill?

CHECK YOUR ASSUMPTIONS FIRST

National Alliance on Mental Illness
MENTAL HEALTH COMPARED AND CONTRASTED TO OTHER TYPES OF HEALTH

• Mental
  • Brain-based
  • Acute or chronic
  • Symptoms are behavioral or relational
  • Disease culturally attributed to moral inferiority, bad decisions or spiritual forces

• Physiologic
  • Other organ based
  • Acute or chronic
  • Symptoms are physical
  • Symptoms culturally attributed to forces outside of the patient's control
HOW IS MENTAL ILLNESS PROFESSIONALLY DIAGNOSED?

**DSM–5**, THE STANDARD CLASSIFICATION OF MENTAL DISORDERS USED BY MENTAL HEALTH PROFESSIONALS IN THE U.S.

For Example:

• Criteria for Generalized Anxiety Disorder include:
  • “Excessive anxiety or worry that has predominated for a period of 6 months.”
  • “Anxiety or worry or physical symptoms cause significant impairment in social, occupational, or other areas of important function.”
  • “…Restlessness, easily fatigues, difficulty concentrating, irritability, muscle tension, sleep disturbance.”
BEHAVIORS ASSOCIATED WITH MENTAL ILLNESS

• Restlessness/fidgeting
• Pacing
• Crying
• Agitation/anger
• Depression and anxiety
• Irritability
• Impulsivity

• Verbal threats
• Negative attitudes
• Sensitivity to perceived provocation
• Easily angered when requests denied
• Unwilling/unable to follow directions
RELATIONSHIP CHARACTERISTICS ASSOCIATED WITH MENTAL ILLNESS

- Abusive
- Manipulative
- Dramatic
- Self and Other Destructive
- Emotionally Restrictive
- Based on Deception
TYPES OF MENTAL HEALTH DISORDERS

- Addiction and Substance Abuse
  - Substance Withdrawal
  - Opiate abuse
- Obsessive-Compulsive Disorder
- Schizophrenia

- Trauma and Stress-Related Disorders
  - PTSD
  - Acute and Chronic Trauma
  - Impact of Adverse Childhood Events “ACE” and Trauma Informed Care
MORE TYPES OF MENTAL HEALTH DISORDERS

- Personality
- Eating Disorders
- Somatic Conversion
- Neurodevelopmental Disorders
- Organic Disease
- Mood Disorders and Suicide
  - Anxiety
  - Depression
  - Bipolar Disorder
## Commonly Abused Drugs and Withdrawal Symptoms

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Marijuana</strong></td>
<td>Irritability, Trouble sleeping, Decreased appetite, Anxiety</td>
</tr>
<tr>
<td><strong>Prescription Opioids</strong></td>
<td>Restlessness, Muscle and bone pain, Insomnia, Diarrhea, Vomiting, Cold fashes with goose bumps, Leg movements</td>
</tr>
<tr>
<td><strong>Prescription Sedatives &amp; Tranquilizers</strong></td>
<td>Seizures, Shakiness, Anxiety, Agitation, Insomnia, Overactive reflexes, Increased heart rate, blood pressure, and temperature with sweating, Hallucinations, Severe cravings</td>
</tr>
<tr>
<td><strong>Prescription Stimulants</strong></td>
<td>Depression, Tiredness, Sleep Problems</td>
</tr>
<tr>
<td><strong>Steroids</strong></td>
<td>Mood swings, Tiredness, Restlessness, Loss of appetite, Insomnia, Lowered sex drive, Depression</td>
</tr>
<tr>
<td><strong>Tobacco</strong></td>
<td>Irritability, Attention problems, Sleep problems, Increased appetite</td>
</tr>
</tbody>
</table>

Withdrawal symptoms can be severe. Patients experiencing withdrawal from these substances, especially prescription and illicit opioids, should seek immediate medical attention.
MENTAL HEALTH RESOURCES

- Aging and Disabilities Resource Center
- Family Services: Crisis Intervention
- Primary Care Providers
- Behavioral Health Providers
- Inpatient Facilities:
  - Brown County Mental Health
  - Bellin Psychiatric Center
  - Willow Creek Psychiatric Center
ADDITIONAL MENTAL HEALTH RESOURCES

- Day Treatment of Family Services
- NAMI Brown County
- Brown County Human Services Department
- Community Support Program
- Brown County WI Veterans Services Office
- Oneida. Behavioral Health
MENTAL HEALTH AND MENTAL ILLNESS: OUR JOURNEY ACROSS THE CONTINUUM: HOW DID WE DO?

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