

Mental Disorders & Resources for Help

7.MEH.3.1

Clarifying Objective

- ❖ 7.MEH.3.1 - Identify resources that would be appropriate for treating common mental disorders.

Jacob is part of the local all-star baseball team. He just finished a long practice and decided to go to the batting cages for a few more rounds of batting practice. Just as he started really hitting the ball well, he felt something snap in his right shoulder. His right arm and his hand went numb and when he tried to lift his arm he felt excruciating pain. It was impossible to continue practicing, it was hard to drive home, he could not eat or sleep because he was in so much pain.

Jacob



What are the signs and symptoms that Jacob has a problem?

- ❖ He felt something snap in his right shoulder
- ❖ His right arm and his hand went numb
- ❖ When he tried to lift his arm he felt excruciating pain.
- ❖ It was impossible to continue practicing, it was hard to drive home, he could not eat or sleep because he was in so much pain.

What Should Jacob Do?

- ❖ Will Jacob most likely be able to find medical treatment for his shoulder and arm pain?
- ❖ Do you think Jacob will feel ashamed to seek medical help for his shoulder and arm pain? Why or Why not?
- ❖ Do you think Jacob is less of a man or less of a person if he seeks help for his shoulder or arm pain?

Marcus

Marcus has noticed that his moods have been changing somewhat erratically lately. For a few days he feels like he is on top of the world and nothing can stop him. He is able to do twice the work he can normally do, run longer distances without effort, and has found that he needs very little sleep at night. He has also noticed days when he sleeps for 10 hours and still finds it hard to get out of bed in the morning. When he feels tired, he also feels sad, and hopeless for many days. He has missed several occasions to hang out with his friends, he does not want to go on dates anymore, and he has missed several days of school. He used to be an avid runner but now he just cannot find the energy to finish a short run.



What are the signs and symptoms that Marcus has a problem?

- ❖ For a few days he feels like he is on top of the world and nothing can stop him. He is able to do twice the work he can normally do, run longer distances without effort, and has found that he needs very little sleep at night.
- ❖ He has days when he sleeps for 10 hours and still finds it hard to get out of bed in the morning.
- ❖ When he feels tired, he also feels sad, and hopeless for many days.
- ❖ He has missed several occasions to hang out with his friends, he does not want to go on dates anymore, and he has missed several days of school.
- ❖ He used to be an avid runner but now he just cannot find the energy to finish a short run.

What Should Marcus Do?

- ❖ Will Marcus most likely be able to find medical treatment for mental disorders?
- ❖ Do you think Marcus will feel ashamed to seek medical help for his mental disorder? Why or Why not?
- ❖ Do you think Marcus is less of a man or less of a person if he seeks help for his mental health problems?
- ❖ Is there a stigma associated with seeking help for one's mental health? If so, why?



Personal Inventory

Answer the following questions while reflecting on your thoughts, feelings, and emotions during the last 6 months.

	Never	Sometimes	Always
1. I feel in control of my life and accept things I cannot change.			
2. I feel that I can balance school, extracurricular activities, home, and other responsibilities in my life.			
3. I am able to recognize the situations and factors that cause me stress and handle them appropriately.			
4. When I feel sad, it is usually for a short period of time.			
5. I don't feel the need to use alcohol, tobacco, or other drugs to feel good, relax, or escape from my problems.			
6. I set and accomplish goals in a regular basis.			
7. I can concentrate on a task for extended periods of time when needed.			
8. I can recognize my emotions and cope with them appropriately.			
9. If I feel anxious about something, it is usually only for a short period of time.			
10. I feel well rested and ready to start my day on most mornings.			

Mental Health



- ❖ Mental Health is how we think, feel, and act as we cope with life. It also determines how we handle stress, relate to others, and make choices.

Mental Disorders

- ❖ An estimated 1 in 4 adults over the age of 18 suffers from a diagnosable mental disorder.
- ❖ *Mental disorders* are the leading cause of disability in the United States.
- ❖ Many people suffer from more than one mental disorder at a given time.

Source – National Institute of Mental Health

Causes Associated With Mental Disorders

- ❖ There are many causes of mental disorders.
- ❖ Family history and genetics may play a role in the development of mental disorders.
- ❖ Life experiences (stress, abuse, trauma) may be related to the development of mental disorders.
- ❖ A brain injury or illness can lead to mental disorder development.

Treatment for Mental Disorders

- ❖ Treatment depends on the particular mental disorder, the level of severity, and an individual's life situation
- ❖ Many patients see improvements when working with a team of health care providers and support systems that can include:
 - ❖ Family doctor
 - ❖ Psychiatrist (medical doctor who diagnoses and treats mental disorders)
 - ❖ Psychotherapist (psychologist or licensed counselor)
 - ❖ Pharmacists
 - ❖ Social workers
 - ❖ Family members

Crisis Services

- ❖ Can include a 24-hour hotline for anyone experiencing a mental health crisis.
- ❖ Provide crisis counseling, suicide prevention, support, information and referrals.
- ❖ Provide access links to local support systems and health services if needed.
- ❖ Outreach visits from professional counselors or social workers for face-to-face assessment and evaluation.

Screening and Referral



Primary care centers, hospitals, emergency rooms, trauma centers, and other community settings may provide screenings and referrals to appropriate treatment centers for those who might be experiencing signs or symptoms of a mental disorder.

Medication

- ❖ Psychiatric medications do not “cure” a patient from a mental disorder but they can improve the symptoms.
- ❖ Psychiatric medications can help make other treatments more effective.



Psychotherapy



- ❖ General term used to refer to the process of treating mental disorders by talking about the condition and related issues.
- ❖ During psychotherapy, patients learn about the condition, their moods, thoughts, feelings, and behaviors and strategies for coping with stress and other contributing factors.

Psychotherapy



- ❖ Therapy can be completed within a few months, yet some cases require more long-term treatment.
- ❖ Therapy can take place one-on-one or in a group setting.

Inpatient Treatment Services

- ❖ Severe cases of mental disorders may require psychiatric hospitalization.
- ❖ Can be a 24-hour inpatient care, partial day hospitalization, or residential treatment offering temporary living arrangements.
- ❖ Can include substance abuse treatment (counseling, medications, support groups)

Independent Practice:

- ❖ Students may need access to the Internet and/or local phone books or community health resource guides in order to complete this assignment.
- ❖ Students will identify all of the mental health resources within a 60-mile zone of their local community.
- ❖ Once a resource has been identified, they will complete the Mental Health Resource Matrix (Appendix 4) by briefly describing the type of help provided and identifying what types of treatments/services are offered by each resource (headings are included in the matrix but may edited).
- ❖ Consider asking students to also identify national and regional resources as well.

Closure:

- ❖ *Mental health affects all aspects of our lives. When we experience mental health problems or disorders, it is critically important that we access appropriate available resources for treatment and care.*