

Mental Illnesses Are Epidemic: Helping Clients Cope



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CHWTraining Learning Subscriptions

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 www.chwtraining.org

Key courses:

- Depression and Anxiety: Help Others Cope
- Behavioral Healthcare
- Substance Use



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Author of:

- *Harness the Power of Resilience*
- *Mental Wellness Made Easy*
- *Burnout Prevention and Recovery, Resilience and Retention*
- *Prevent Suicide the Smart Way*
- *Rescue Our Children from the War Zone*



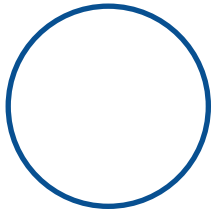


Outcomes for today

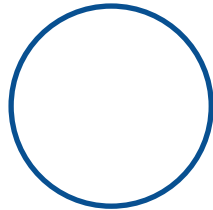
- Increased confidence when broaching the topic of a mental health referral with a client
- Understanding of how stigma can prevent treatment that could improve the quality of life
- Strategies to combat general stigma
- Using science to combat cultural stigma against mental health services
- Cultural competency in addressing the needs of community members with diverse backgrounds
- New skills that help CHWs help their clients



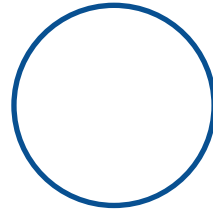
Why are you here?



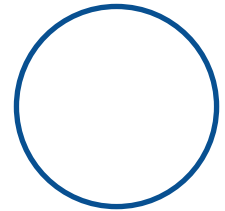
CHW?



Supervisor?



Administrator?



Someone else?

43.8 million

People have a mental illness



Who has mental illness?



One in five US adults =
California + Oregon



Reasons to address mental illness

90% of completed suicides had an underlying mental illness. Suicide is the 2nd leading cause of death from ages 10 - 54



Mental illness causes 4 out of 10 disability cases

Signs of Depression

- Feeling **down, depressed, irritable, anger, or hopeless**
- Have **little interest in doing things; social withdrawal**
- **Not feeling pleasure** from things that are usually enjoyable
- **Sleep disturbances:** going or staying asleep; sleeping too much
- **Diet:** Poor appetite, weight loss, or overeating
- Fatigue: feeling **tired, or having little energy**
- Disappointment: **Feeling bad about themselves** or that they let themselves or their family down
- **Difficulty concentrating**
- **Moving or speaking slowly; lack of attention to personal hygiene**
- Feeling **fidgety or restless**
- **Suicidal thoughts or thoughts of self-harm.**

Observation

Lack of Interest

Lack of Interest

Sleepiness

Observation/Listen

Lackluster


Listen for Signs

Inattentive

Observation

Observation

Listen for Signs



National Suicide
Prevention Hotline
(800-273-TALK)

Spanish (888-628-
9454)

Trevor, LGBTQ-
specific, call or chat
(866-488-7386)

Signs of Anxiety

- Racing heart; flushed
- Struggling to breathe, breathing too fast
- Racing mind full of thoughts; blank mind
- Feeling on edge, restless
- Shaking, muscle tension, dizziness, chills
- Tight feeling in the chest or chest pains
- Snowballing worries that get bigger and bigger
- A constant need to double-check things are right or clean
- Persistent worrying ideas that seem 'silly or crazy'
- Sleep Disturbances

Listen/Observe

Observe/Listen

Changing Subject

Listen/Observe

Listen/Observe

Listen

Listen

Observe/Listen

Listen/Observe

Sleepiness

Other Signs of Mental Illness

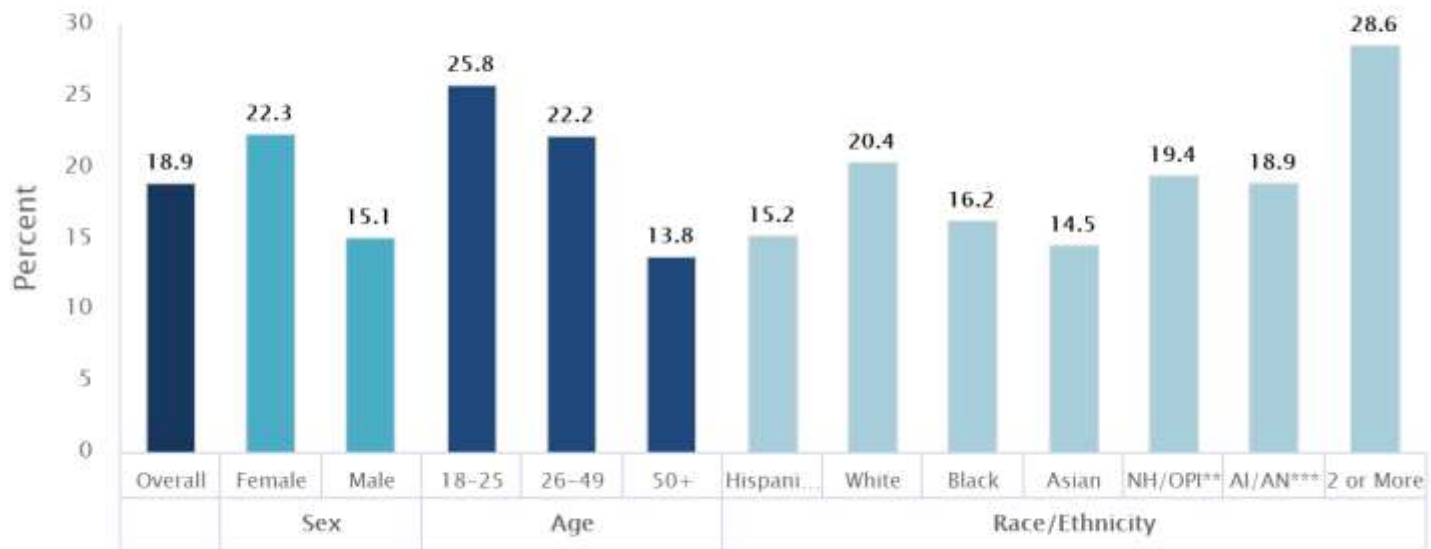




Types of behavioral health issues

Past Year Prevalence of Any Mental Illness Among U.S. Adults (2017)

Data Courtesy of SAMHSA



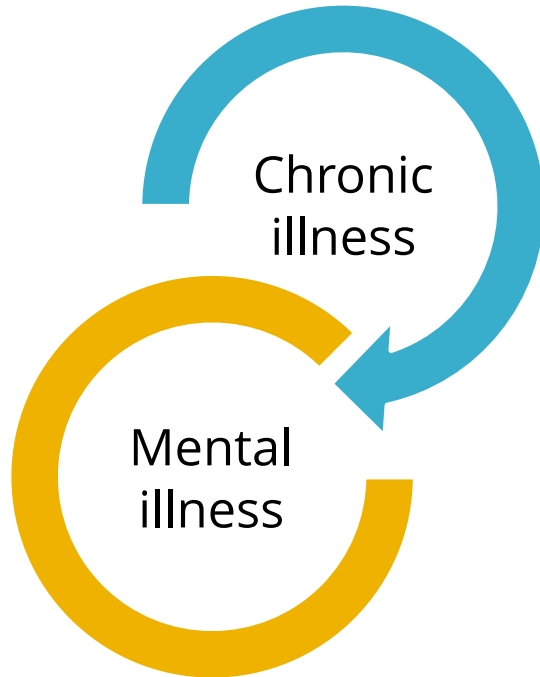


Risk factors

- Traumatic experiences
- Adverse life events
 - Loss of a loved one
 - Disability (loss of function)
 - Divorce
 - Physical Trauma (including accidents and childbirth)

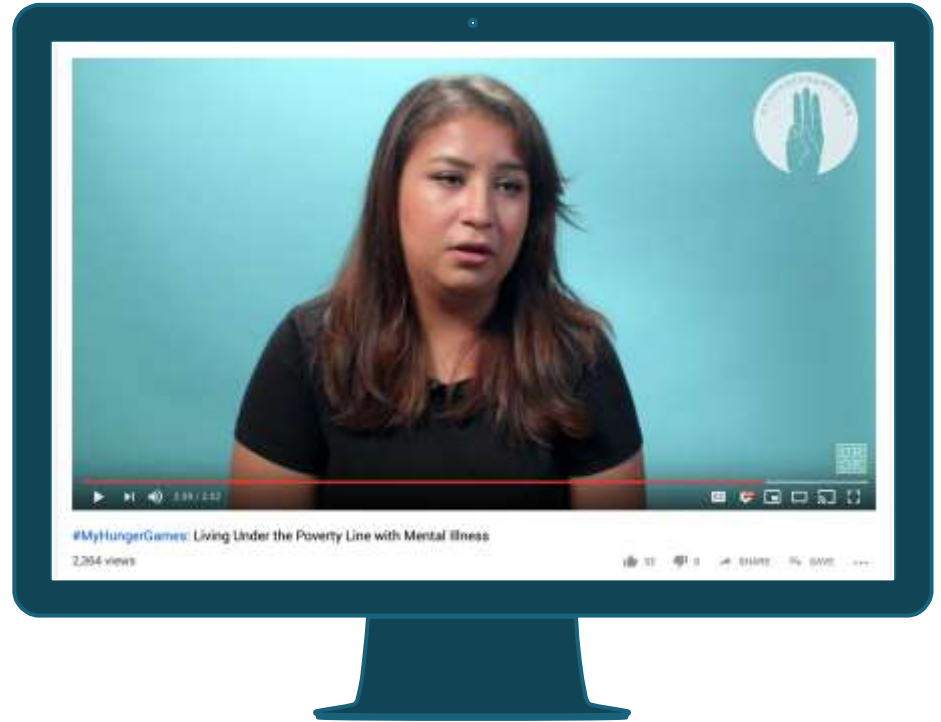


Common Situations for CHWs



Video: Poverty and Mental Illness

Living Under the
Poverty Line with
Mental Illness





Barriers



Social Stigma



Geographic



Distrust



Financial



Cultural
Attitudes

Stigma



- Stigma is the monster in the closet
- It is often the result of old views about mental illness that science has overturned
- Stigma elicits fears that are not founded in today's reality
- Don't have to rehash the past to move forward
- Privacy is required by law
- Some types of counseling are low-cost or free

Self-disclosure can help if truthful.



Another option for the religious

- Many religious institutions are stepping up to try to help with the prevalence of mental illnesses and have expanded their pastoral counseling services as a result.
- Do not encourage religious counseling if they will demean, disparage, or consider the person a sinner relating to the issue at hand. Some LGBTQ individuals have committed suicide after being shammed by religious "*helpers*."



Another reason to seek help

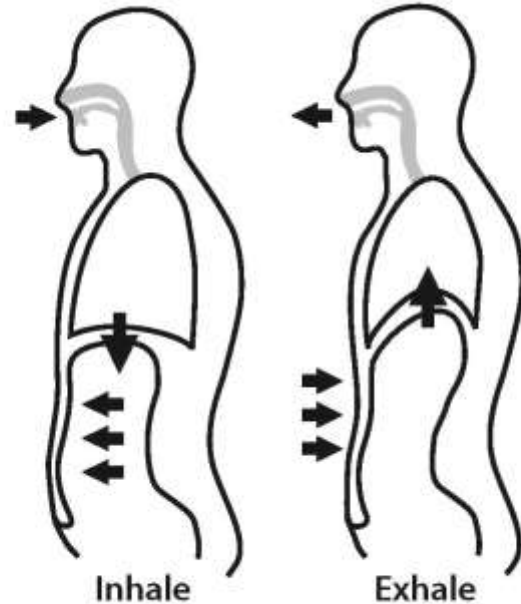
- The sooner someone seeks help, the better their outcome tends to be
- Better mental and behavioral health improves pro-health behaviors, relationships (which also benefits physical health), reduces the risk of accidents, psychosomatic illnesses, and leads to a better quality of life.

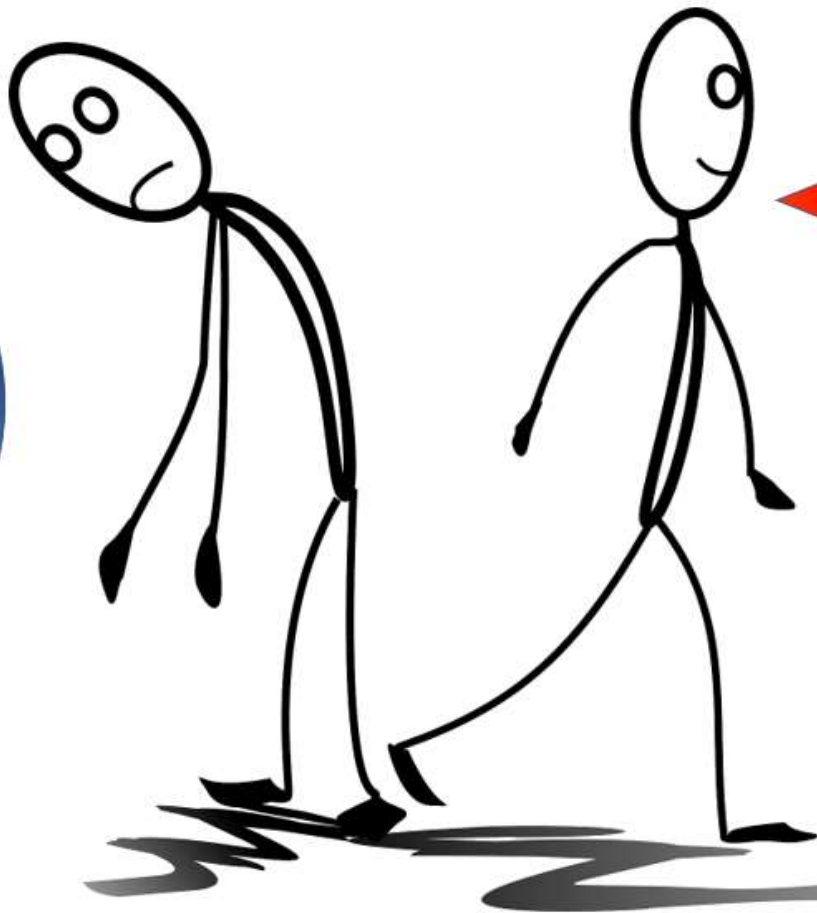
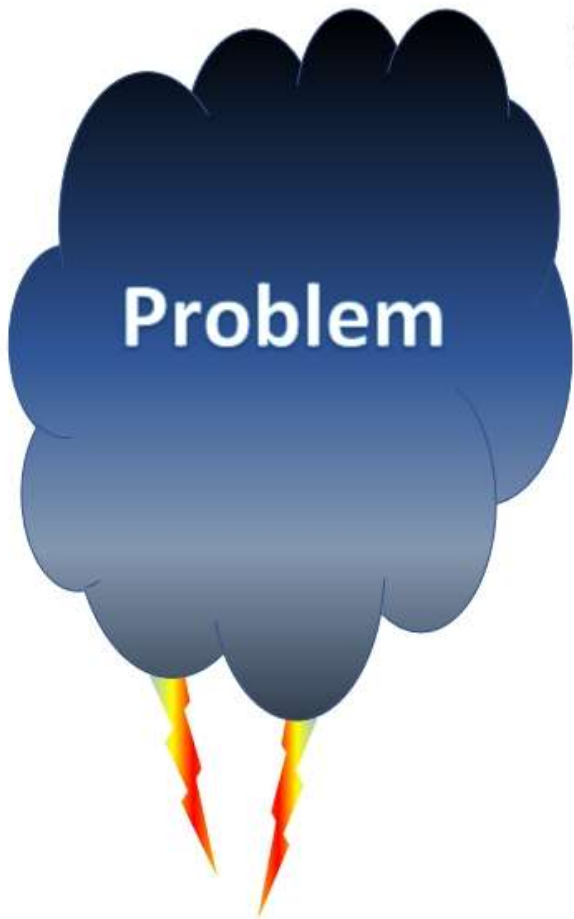
Waiting is like finding out you have toxic mold in your walls and hoping it will go away when the sun comes out.



Self-care strategies

- Play
- Picnics
- Take a break/belly breathing
- Find a friend to talk to
- Limit involvement with clients
- Build a referral network





Get adequate rest



Get Enough Rest

Lack of sleep can make your whole world feel gloomy. It can make you irritable. It will make you focus on the worse in others.





When to Refer

- Suspect a **mental illness** or **substance abuse** problem
- Client's **ability to function is impaired**
 - Self-care (grooming, working, leisure)
 - Professional and personal
 - Stuck (not improving)



How to refer: step 1

- Meet with client **privately in a relaxed setting**
- Bring up the subject in a supportive way
- Have a **list of reliable therapists and cost estimates**
- Alternatives (group, trusted friend, etc.)





How to refer: step 2

- Begin by **calmly expressing concern and caring**
- Explain why (not in an accusatory way)
- Use **active listening skills**
- Talk about **potential benefits of therapy**





How to refer: step 3

- Request feedback; keep conversation open ended
- Offer to assist with making the appointment
- Present help-seeking as a sign of strength





Build a Referral Network



- ✓ Positive Psychology
- ✓ Strengths-based
- ✓ Focus on wellness

- ✗ Focus on illness
- ✗ Cynical
- ✗ Sees client as a hopeless case

Resources

- Veterans
 - <https://americaserves.org/>
 - County VA
 - College VA Offices



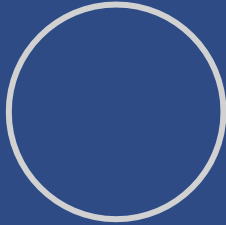
Before you go!

Reminder: Self-Care Gift Basket at 5 p.m.

2:30 p.m. - Supervisor Support Skills

**4:00 p.m. - Burnout Prevention and Recovery
for CHWs**

Questions



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- Students who took CHWTraining highly rate the access to resources and case studies.
- "Great Course!!! Fantastic list of resources!!!" Cindi Clutterbuck, Participant, Substance Use

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Target	✓	✓	✓	✓	✓	

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COURSES INCLUDE

- **Core Skills**
10 courses focused on foundational "survival skills" for CHWs.

- **Chronic Illness**
6 courses to learn about such topics as cancer, hypertension, and diabetes, including prevention and self-management.
- **Healthy Living**
7 lifestyle-related courses that promote physical activity, eating well, and mental wellness.

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