

How common is mental illness?

- ▶ *Mental illness is common. Some estimates show that as many as **1 in 4 adults has a mental illness in any given year. About half of U.S. adults will develop a mental illness sometime in their lives** (mayoclinic.org).*
- ▶ **Almost everyone in this room will be personally affected by mental illness at some point in their lives** either through someone close to you having a mental illness or developing one yourself.



Teens and Mental Illness



- ▶ Mental illness can begin at any age, from childhood through later adult years.
- ▶ However, **symptoms of many disorders start to appear during the teen and young adult years.** In fact, **50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24** (NAMI –National Alliance on Mental Illness)

That's a lot of people!

- ▶ It is estimated that **20% of youth aged 13-18** live with a mental health condition (NAMI)
- ▶ Nearly **5 million children/teens** in the United States have some type of serious mental illness (webmd.org)



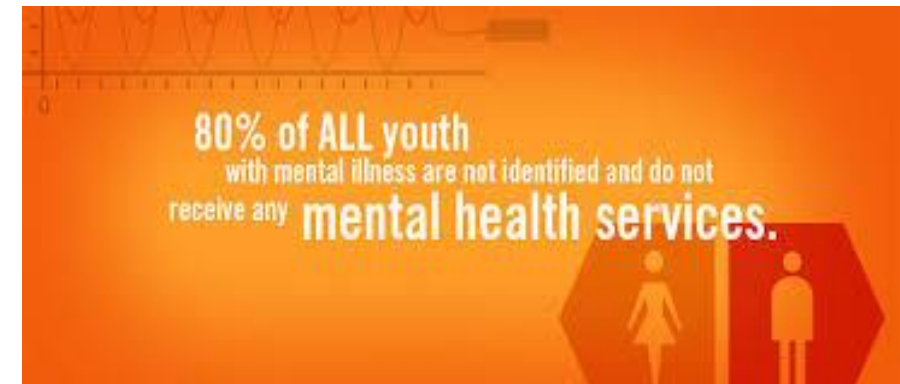
More Alarming Numbers

- ▶ Approx. 50% of students age 14 and over with a mental illness **drop out of school**.
- ▶ Approx. 70% of **youth in juvenile justice systems** have a mental illness.



Don't get the help they need

- ▶ **Suicide is the 3rd leading cause of death** in those age 10 -24, with 90% having an underlying mental illness (NAMI)
- ▶ The average *delay* between **onset of symptoms and receiving intervention/treatment is 8-10 years!**



What happens if mental illness is left untreated?

- ▶ Mental illness is a *leading cause of disability*. Untreated mental illness can cause severe emotional, behavioral and physical health problems. Mental illness can also **cause legal and financial problems**. *Complications sometimes linked to mental illness include:*
- ▶ Unhappiness and decreased enjoyment of life
- ▶ Weakened immune system, so your body has a hard time resisting infections
- ▶ Family conflicts
- ▶ Relationship difficulties
- ▶ Social isolation



Other Complications

- ▶ Problems with tobacco, alcohol and other drugs
- ▶ Missed work or school, or other problems related to work or school
- ▶ Poverty and homelessness
- ▶ Self-harm and harm to others, including suicide or homicide (though rare)
- ▶ Increased risk of motor vehicle accidents
- ▶ Heart disease and other medical conditions



Determining a Diagnosis

- ▶ ***Sometimes it's difficult*** to find out which mental illness may be **causing someone's symptoms**. Some disorders share similar symptoms. Taking the time and effort to *get an accurate diagnosis* will help determine the appropriate treatment.



Some are common, but some are rare

- ▶ We will be looking at several **different categories of disorders** this semester beginning with the *most common – mood and anxiety disorders*.
- ▶ We will also be looking at some *rare*, but potentially more severe disorders, like *schizophrenia* and *dissociative identity disorder* (more commonly known by its former name – multiple personality disorder)



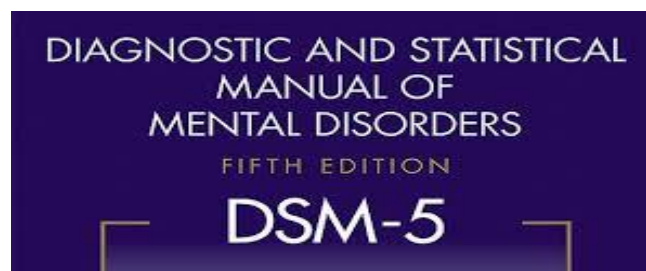
What is a psychological diagnosis?

- ▶ **A label used to identify and describe a mental disorder**
- ▶ These diagnoses are all listed and described in the mental health catalog that lists nearly 200 mental disorders, known as the **Diagnostic and Statistical Manual of Mental Disorders (or DSM)**
- ▶ The DSM is sometimes referred to as **the “encyclopedia” of disorders**



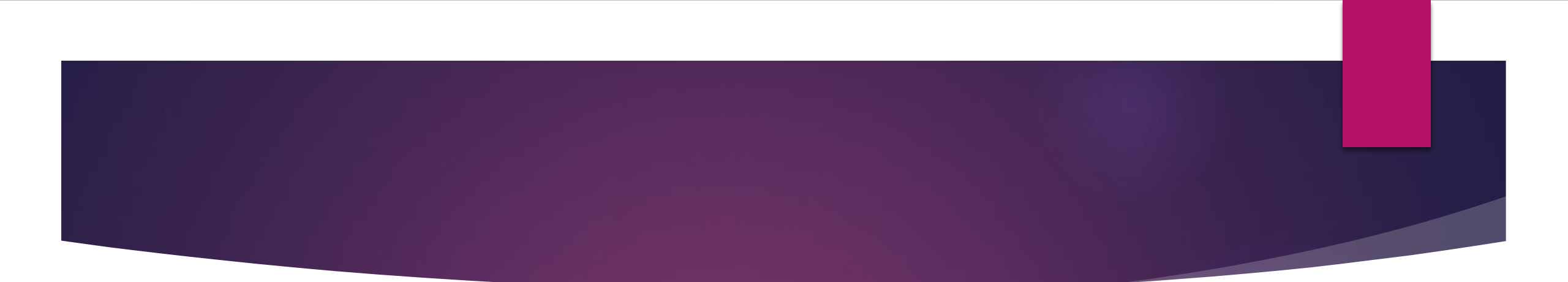
The DSM-5

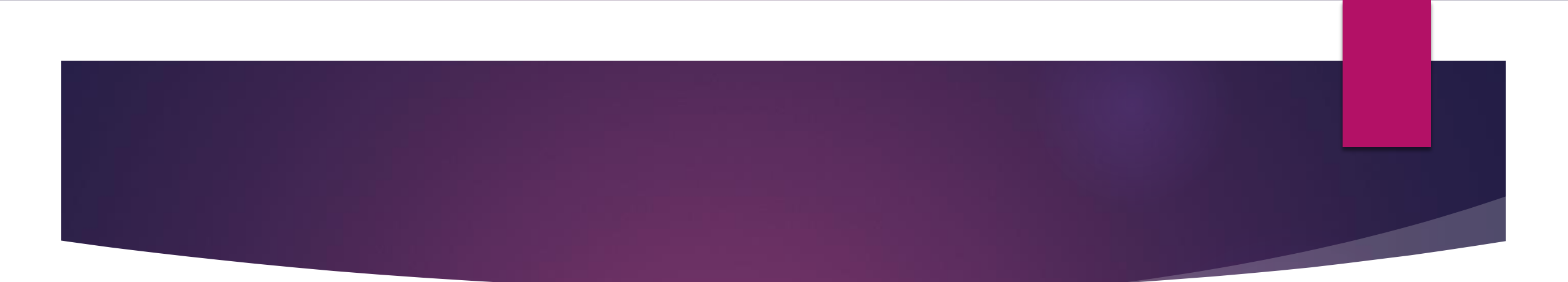
- ▶ First published in 1952, the *Diagnostic and Statistical Manual of Mental Disorders* (or *DSM*) **has been updated five times**, with the most recent edition, the *DSM-5*, just coming out in **2013**.
- ▶ The *defining symptoms* for each mental illness are detailed in the *DSM-5*, published by the *American Psychiatric Association*. This manual is **used** by mental health providers **to diagnose mental conditions** and by *insurance companies* to reimburse for treatment.

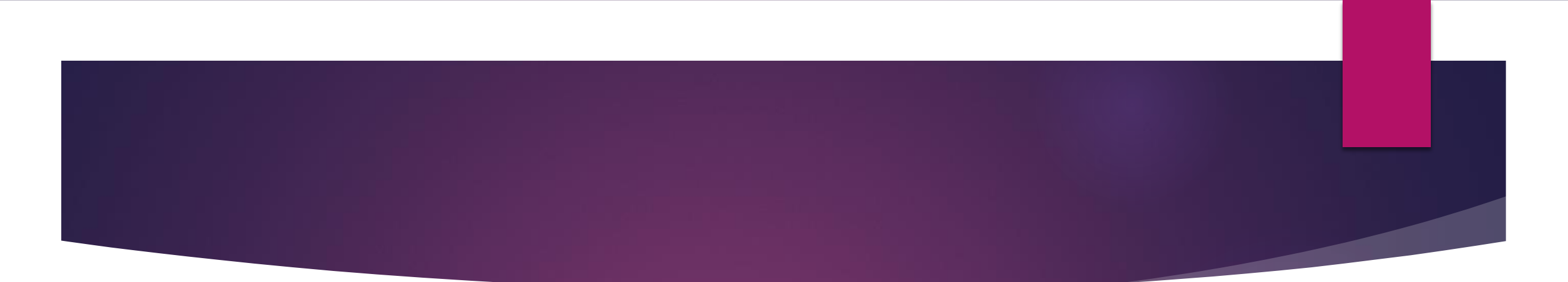


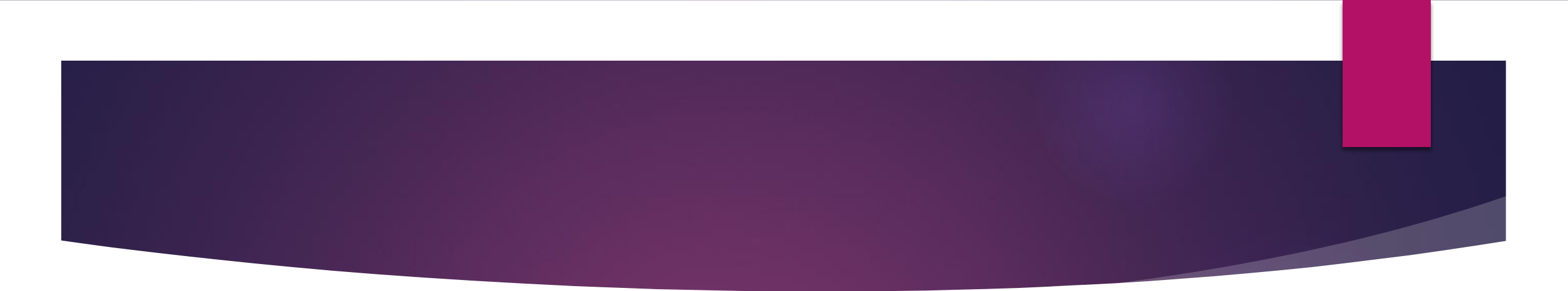
Categories of Mental Illnesses

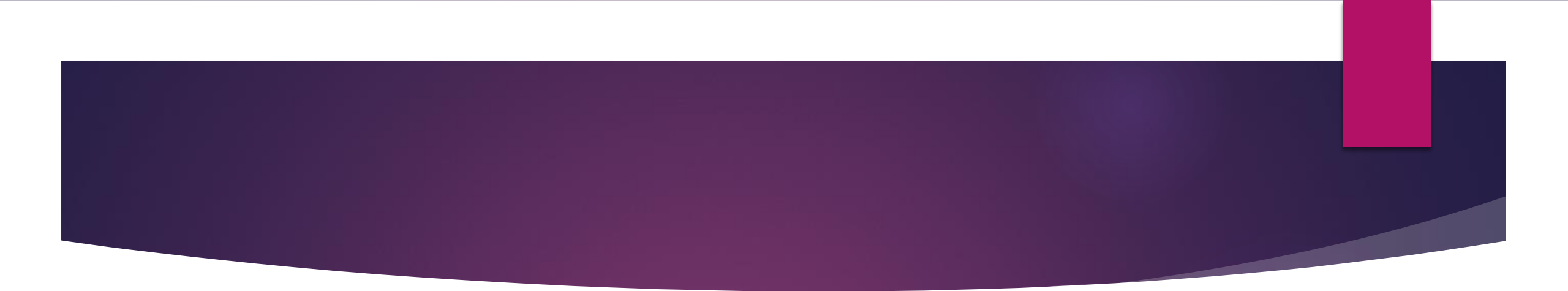
- ▶ The DSM-5 classifies disorders into about 20 categories. Some of the categories include:
- ▶ **Neurodevelopmental disorders.** This class covers a wide range of problems that usually begin in infancy, childhood or the teenage years. Examples include autism spectrum disorder, attention-deficit/hyperactivity disorder (ADHD) and learning disorders.
- ▶ **Depressive disorders.** These include disorders that affect how you feel emotionally, such as the level of sadness and happiness. Examples include major depressive disorder and seasonal affective disorder.

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- ▶ **Bipolar and related disorders.** This class includes disorders with alternating episodes of mania — periods of excessive activity, energy and excitement — and depression.
 - ▶ **Schizophrenia spectrum and other psychotic disorders.** Psychotic disorders cause detachment from reality (delusions, paranoia and hallucinations). The most notable example is schizophrenia, although other classes of disorders can be associated with detachment from reality at times.
 - ▶ **Anxiety disorders.** Anxiety is an emotion characterized by the anticipation of future danger or misfortune, accompanied by feeling ill at ease. This class includes generalized anxiety disorder, panic disorder and phobias.

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- ▶ **Obsessive-compulsive and related disorders.** These disorders involve preoccupations or obsessions and repetitive thoughts and actions. Examples include obsessive-compulsive disorder, hoarding and hair-pulling disorder (trichotillomania).
 - ▶ **Trauma- and stressor-related disorders.** These are adjustment disorders in which a person has trouble coping during or after a stressful life event. Examples include post-traumatic stress disorder (PTSD) and acute stress disorder.
 - ▶ **Dissociative disorders.** These are in which your sense of self is disrupted, such as with dissociative identity disorder and dissociative amnesia.

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- ▶ **Somatic symptom and related disorders.** A person with one of these disorders may have physical symptoms with no clear medical cause, but the disorders are associated with significant distress and impairment. The disorders include somatic symptom disorder (previously known as hypochondriasis) and factitious disorder.
 - ▶ **Feeding and eating disorders.** These disorders include disturbances related to eating, such as anorexia nervosa and binge-eating disorder.
 - ▶ **Sleep-wake disorders.** These are disorders of sleep severe enough to require clinical attention, such as insomnia, sleep apnea and restless legs syndrome.

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- ▶ **Disruptive, impulse-control and conduct disorders.** These disorders include problems with emotional and behavioral self-control, such as kleptomania or intermittent explosive disorder.
 - ▶ **Substance-related and addictive disorders.** These include problems associated with the use of alcohol, caffeine, tobacco and drugs. This class also includes gambling disorder.
 - ▶ **Neurocognitive disorders.** Neurocognitive disorders affect your ability to think and reason. This class includes delirium, as well as neurocognitive disorders due to conditions or diseases such as traumatic brain injury or Alzheimer's disease.

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- ▶ **Personality disorders.** A personality disorder involves a lasting pattern of emotional instability and unhealthy behavior that causes problems in your life and relationships. Examples include borderline personality disorder and antisocial personality disorder.
 - ▶ While we will not have time to study all of these disorders in depth this semester, we will be looking at many of them and by the end of the course you should have a pretty good understanding of the different types of disorders and what they each entail.

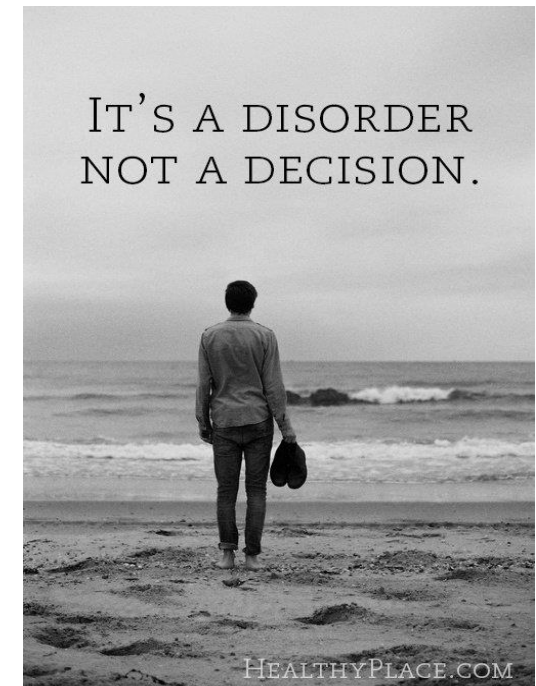
When is abnormal normal?



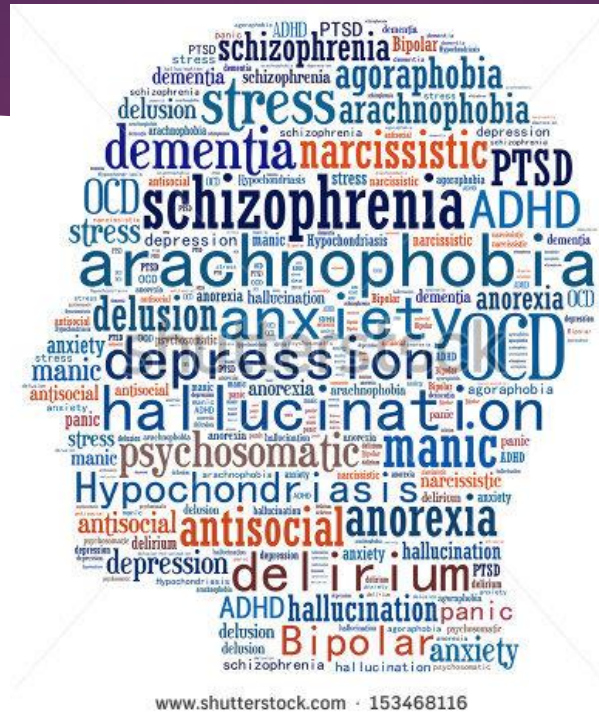
- ▶ So does that mean if I dress or act differently from most of my peers that I am “abnormal” or might have a disorder?
- ▶ Absolutely not!
- ▶ Acting differently from others, particularly during the teen years, when people are trying to find their own identity, is normal and in fact, expected.

So when does abnormal behavior become a problem?

- ▶ In this class we will be using the term *abnormal behavior* to mean *disordered* behavior – or in other words, behavior that could be present in someone with a *psychological disorder*.



What is a psychological disorder?



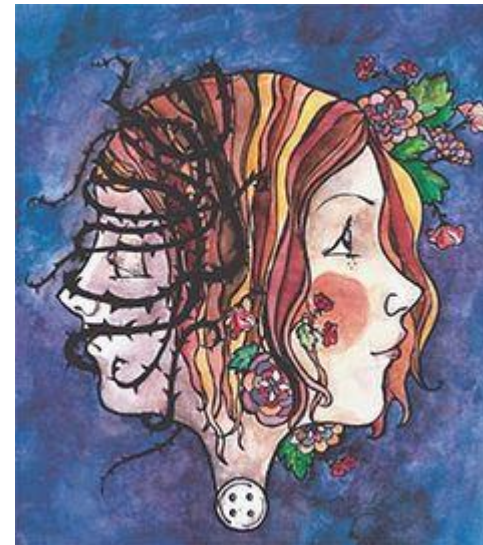
A psychological disorder can be defined as a harmful dysfunction in which behaviors are maladaptive, unpredictable, unconventional, distressing, and irrational.



- ▶ While each disorder has its own specific symptoms, these **5 criteria** help determine when thoughts and behavior are no longer just strange, out of the ordinary, or “weird” and instead have crossed into the realm of being a diagnosable condition
- ▶ Additionally, in order to receive a psychological diagnosis the behavior has to
- ▶ **1. be bad enough to disrupt daily activities**
- ▶ **2. must be present for a long period of time** (as little as two weeks for clinical depression or two years for a personality disorder)

What's the difference?

- ▶ While this class is called abnormal psychology, we will be using the following terms in describing abnormal behavior:
- ▶ Mental Illness
- ▶ Psychological Disorder
- ▶ Psychological Diagnosis



When does abnormal behavior become a diagnosable disorder?

- ▶ 5 criteria must be met - MUUDI
- ▶ M – Maladaptive
- ▶ U – Unpredictable
- ▶ U – Unconventional
- ▶ D – Distressing
- ▶ I – Irrational



Maladaptive

- ▶ Behavior is **destructive to oneself or others**
- ▶ Person *fails to adapt* to the demands of everyday life



Unpredictable

- ▶ Person loses control or **acts erratically**
- ▶ *Don't know how they might act* from one minute to the next



Unconventional

- ▶ *Rare, **undesirable**, behavior that violates social norms*
(not just *different*)



What are Norms?

- ▶ **“rules” for behavior** that are appropriate and acceptable in everyday life
- ▶ i.e. Covering your mouth when you sneeze, saying thank you when someone gives you something, shaking hands when meeting someone, dressing in a certain way for certain occasions



Why is it so difficult to define abnormal behavior?

- ▶ What's normal in one society/culture or even in one situation is not necessarily abnormal in another



Distressing

- ▶ The person's behavior is **disturbing to others**.
- ▶ Parents, friends, etc. are concerned about your behavior



Irrational

- ▶ Behavior is *incomprehensible to others*
- ▶ **Doesn't make any sense to most**



What does it mean to plead Insanity?

- ▶ To be deemed insane means:
 - ▶ You were ***unable to tell right from wrong*** and were unable to control your behavior
 - ▶ As a result of this, you are ***not legally responsible for your behavior***

INSANITY™

Snapshots

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"Mr. Evans, it's a speeding ticket.
You can't plea insanity."

Not Guilty by Reason of Insanity (NGRI)

INSANITY

- **NOT GUILTY BY REASON OF INSANITY (NGRI)**: A defense where a person charged with a crime admits the criminal act, but claims they were so mentally disturbed at the time of the crime that they lacked the capacity to have intended to commit a crime.
- Such a plea requires that the court set a trial on the issue of insanity alone either by a judge without a jury or by a jury.

Special Verdict

- ▶ When a defendant successfully proves insanity the jury must return a verdict of not guilty by reason of insanity (NGRI)
- ▶ The judge can now impose
 - ▶ A hospital order (be sent to a psychiatric hospital)
 - ▶ A supervision order
 - ▶ An absolute discharge

Myth vs Reality



- ▶ While many people think that pleading NGRI is a copout and an attempt to let a guilty person off easy, the reality is that *the NGRI plea rarely works.*
- ▶ Many people also falsely believe that a person sent to a psychiatric hospital rather than prison will end up serving an easier or shorter term, in reality they *often end up spending more time in a hospital than they would have otherwise.*

Psych Hospital vs Prison



- ▶ Unlike prison that has a set sentence, release from a psychiatric hospital is *dependent upon a psychological evaluation* to determine if, and when, you are mentally competent and no longer a danger to society. This is often more difficult and complicated than receiving parole in prison (i.e. John Hinckley Jr. – 35 years)

How a label can be good

- ▶ Being able to put a label on one's disorder can be beneficial because **now you can understand and hopefully treat your condition**

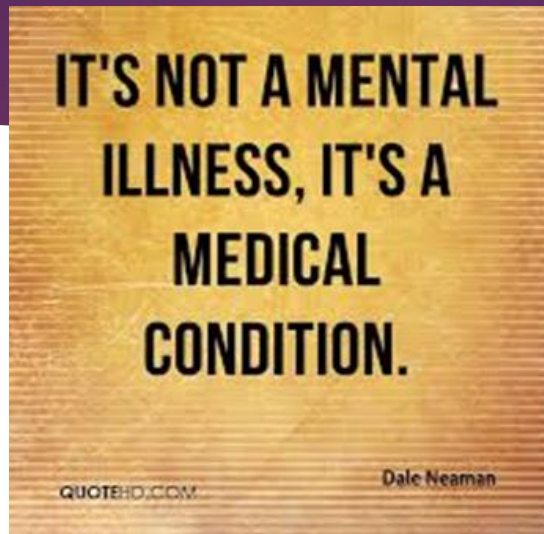


Why Labeling can be Bad

- ▶ However, it can also be dangerous because:
- ▶ 1.) sometimes the **label is all that people see**
- a label shouldn't define you
- ▶ 2.) **you might start to believe that all you are is the label**



How mental illness is “like cancer”



- ▶ Just as cancer is a disease of the body, mental illness is a *disease* of the mind
- ▶ Obviously, these diseases are different in many ways
- ▶ However, just as cancer attacks the cells of the body, mental illness attacks the cells of the brain (called neurons)

Why are they *viewed* differently?

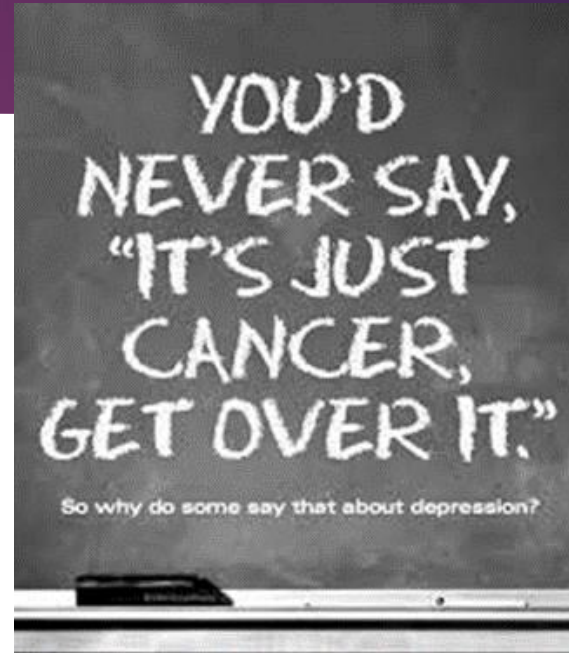
Mental Illness
is not
Contagious



You Can't Catch it
by Being Kind

- ▶ We would never think of ridiculing someone who had cancer or heart disease and we wouldn't *blame them for it*. However, that is often what happens to people with mental illness.
- ▶ It is no more the *fault* of someone who develops mental illness than someone who develops cancer

Why people often hide it



- ▶ It is also NOT a sign of personal weakness. A person doesn't choose mental illness and can't just "suck it up" or "snap out of it"

What is Stigma?

- ▶ Stigma is when someone **views you in a negative way** because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (**a negative stereotype**).



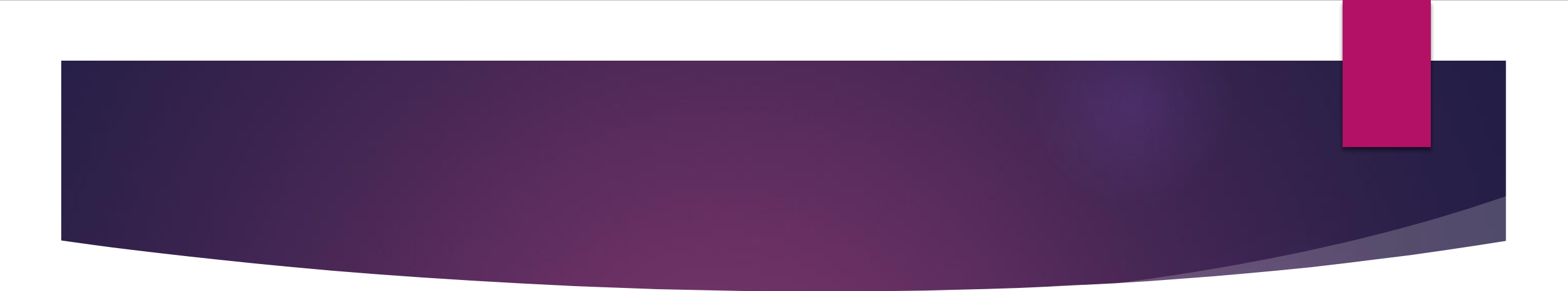
- ▶ Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common.



How does this lead to Discrimination?

- ▶ **Stigma can lead to discrimination.** Discrimination may be obvious and direct, such as someone making a negative remark about your mental illness or your treatment.



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- ▶ **Or it may be unintentional or subtle**, such as someone avoiding you because the person assumes you could be unstable, violent or dangerous due to your mental health condition (*psych hospital/prison rental study)



Can lead to self-hatred


- ▶ You may even *judge yourself*.

MENTAL ILLNESS IS
NOTHING TO BE
ASHAMED OF, BUT
STIGMA AND BIAS
SHAME US ALL.

What are the harmful effects of stigma?

- ▶ **Reluctance to seek help** or treatment
- ▶ **Lack of understanding** by family, friends, co-workers or others you know
- ▶ **Fewer opportunities** for work, school or social activities or trouble finding housing



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- ▶ **Bullying, physical violence** or harassment
 - ▶ **Health insurance** that doesn't adequately cover your mental illness treatment
 - ▶ **The belief that you'll never be able to succeed** at certain challenges or that you can't improve your situation

IT'S OK TO TALK
ABOUT MENTAL
ILLNESS. NO ONE
SHOULD BE
EMBARRASSED
ABOUT IT.

Negative Stereotypes of the mentally ill

- ▶ That they are **violent toward others**
- ▶ Frequently portrayed this way **in the media** and in movies
- ▶ If a danger to anyone, more likely to be **a threat to themselves**



How can you deal with the stigma?

- ▶ **Get treatment.** You may be reluctant to admit you need treatment. **Don't let the fear of being labeled with a mental illness prevent you from seeking help.** Treatment can provide relief by identifying what's wrong and reducing symptoms that interfere with your work and personal life.





- ▶ **Don't let stigma create self-doubt and shame.** Stigma doesn't just come from others. *You may **mistakenly believe that your condition is a sign of personal weakness*** or that you should be able to control it without help. Seeking psychological counseling, educating yourself about your condition and connecting with others with mental illness can help you gain self-esteem and overcome destructive self-judgment.



- ▶ **Don't isolate yourself.** If you have a mental illness, you may be reluctant to tell anyone about it. Your family, friends, clergy or members of your community **can offer you support if they know about your mental illness.** Reach out to people you trust for the compassion, support and understanding you need.

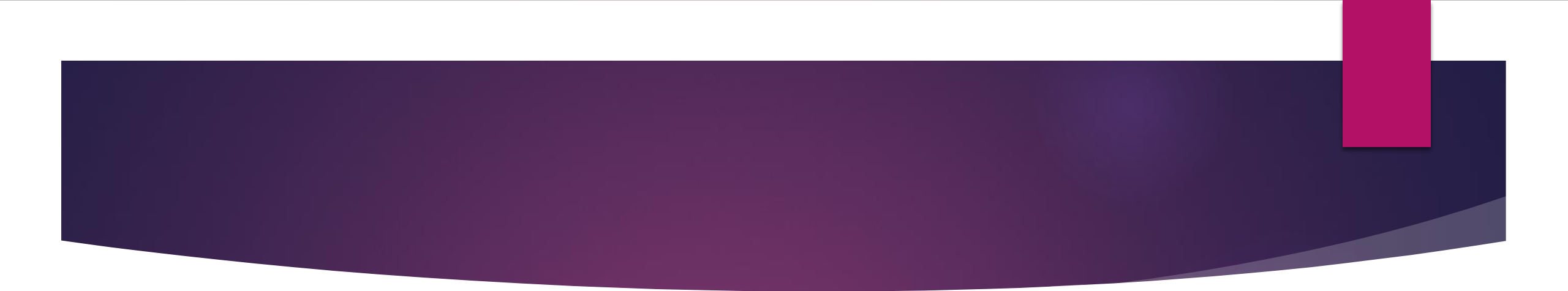
Don't equate yourself with your illness. *You are not an illness.* So instead of saying "I'm bipolar," say "I have bipolar disorder." Instead of calling yourself "a schizophrenic," say "I have schizophrenia."



- ▶ **Join a support group.** Some local and national groups, such as the National Alliance on Mental Illness (NAMI), offer local programs and Internet resources that help reduce stigma by educating people with mental illness, their families and the general public.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

- 
- ▶ **Get help at school.** If you have a mental illness that affects learning, ***find out what plans and programs might help.*** Discrimination against students because of a mental health condition is against the law, and educators at primary, secondary and college levels are required to accommodate students as best they can. ***Talk to your school adjustment counselor*** or administrators about the best approach and resources.
 - ▶ If a teacher doesn't know about a student's disability, it can lead to discrimination, barriers to learning and poor grades.

- ▶ **Speak out against stigma.** Consider expressing your opinions at events, in letters to the editor or just in daily conversation with friends.
- ▶ Avoid **using slang like “crazy” or “schizo”**
- ▶ It can help instill courage in others facing similar challenges and educate the public about mental illness.



Educate Others

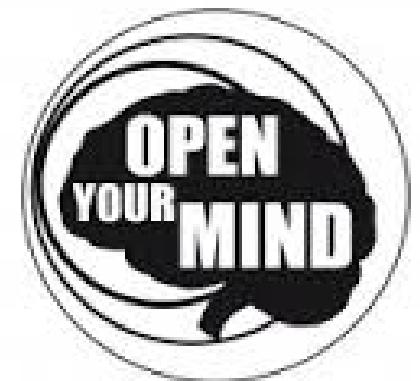
- ▶ Others' judgments almost always stem from **a lack of understanding** rather than information based on the facts.
- ▶ As you become more educated on the issues, **educate others who don't really understand mental illness**

It's pronounced...
[MEN-tl IL-nis]
not
[KREY-zee]

Fight Stigma

How to Help

- ▶ Take charge of your own mental health
- ▶ Don't be afraid to talk to someone if you are concerned about their mental health
- ▶ Learning to accept your condition and recognize what you need to do to treat it, seeking support, and helping educate others can make a big difference.



Sources

- ▶ MayoClinic.Org
- ▶ National Alliance of Mental Illness
- ▶ WebMd.org
- ▶ Thinking About Psychology, 2nd edit.