

# Mental Health Overview



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# Mental Wellness at a Glance

Mental wellness is not a fixed point for anyone

It can move between mental wellness and mental illness at any time

You can shift positions within mental wellness as internal and external circumstances improve or deteriorate

# Mental Health vs Mental Illness

The human mind is on a continuous linear spectrum.



## Healthy Functioning

- ▶ Emotionally balanced
- ▶ Goal-oriented
- ▶ Generally satisfied and happy in life

## Difficulty Functioning

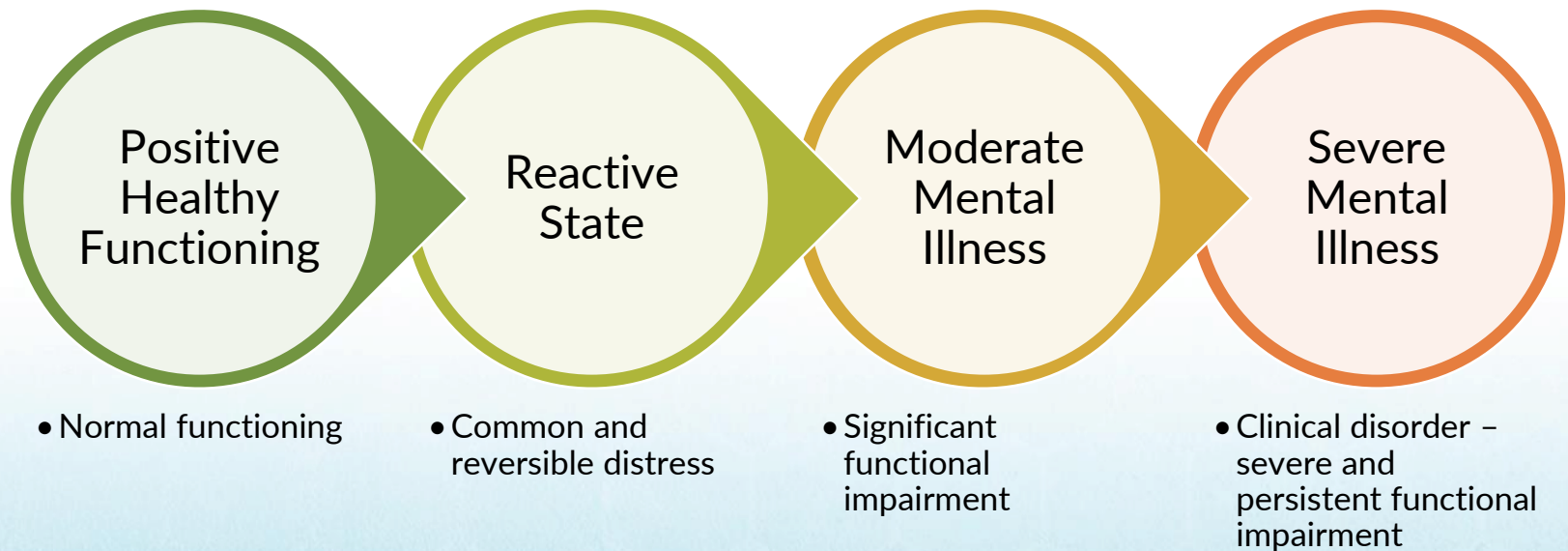
- ▶ Some inability to cope with stress
- ▶ Still able to function appropriately in daily life

## Disorder Present

- ▶ Unable to cope with present stressors
- ▶ Significant change in thoughts, behaviors and actions

Where your mental wellness is on this scope can and does change often. We are all capable of moving from one end to the other and back again.

# Stages of the Mental Wellness Scope



[Mental Health Continuum Model | National Defence | Canadian Armed Forces \(dnd.ca\)](#)

# Positive Healthy Functioning

## Characteristics

- ▶ Stable mood, minimal fluctuations
- ▶ Consistent performance, self-motivated
- ▶ Normal sleep patterns
- ▶ Physically and socially active, energetic
- ▶ Usual self-confidence and contentment with life

## Ways to Improve

- ▶ Prioritize tasks by breaking problems into smaller chunks and addressing one at a time
- ▶ Maintain a healthy lifestyle by eating healthy, exercising and being mindful of your needs

# Reactive State

## Characteristics

- ▶ Irritable/impatient, vulnerable to stress, overwhelmed
- ▶ Nervousness, sadness, worry
- ▶ Procrastination, forgetfulness, intrusive thoughts
- ▶ Trouble sleeping, lowered energy, difficulty relaxing
- ▶ Decreased social activity

## Ways to Improve

- ▶ Recognize abilities and limitations and plan accordingly
- ▶ Follow a healthy diet and fitness plan
- ▶ Purposefully engage in more social activities
- ▶ Plan for proper sleep hygiene

# Moderate Mental Illness

## Characteristics

- ▶ Anger, restlessness, irritability
- ▶ Persistent anxiety, worry, stress
- ▶ Persistent sadness, tearfulness, hopelessness, helplessness
- ▶ Decreased performance, lack of motivation
- ▶ Significantly disturbed sleep, unexplained fatigue, apathy
- ▶ Avoidance of social situations, withdrawal, deteriorating relationships

## Ways to Improve

- ▶ Work to understand the root cause of the problem, self-awareness
- ▶ Seek emotional support from friends, family, therapist, etc.

# Severe Mental Illness

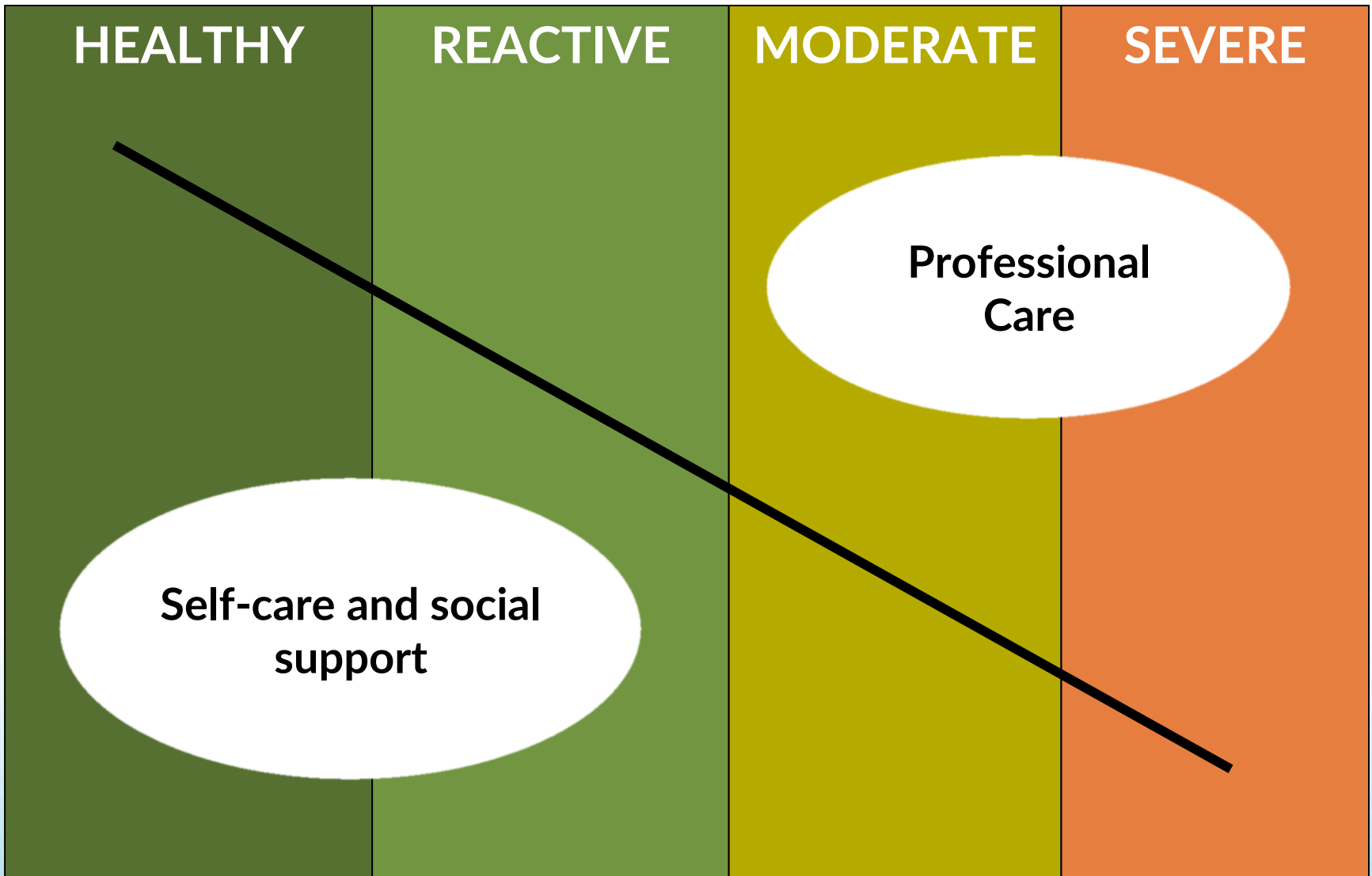
## Characteristics

- ▶ Significant difficulty with emotions, extreme mood swings
- ▶ Extreme level of anxiety, panic
- ▶ Constant depressed mood, overwhelmed
- ▶ Inability to perform daily functions
- ▶ Marked fatigue
- ▶ Disturbed contact with reality, significant disturbances in thinking
- ▶ Suicidal thoughts, intent and/or behavior

## Ways to Improve

- ▶ Seek professional assistance
- ▶ Follow the treatment plan





[Mental Health Continuum Model | National Defence | Canadian Armed Forces \(dnd.ca\)](#)

# Depression

- ▶ All people experience sadness in their daily lives, but depression is not sadness
- ▶ Depression is a markedly depressed mood and/or loss of interest/pleasure *for most of the day, nearly every day for at least 2 weeks*

## A Major Depressive Episode must include the above plus 5 or more of the following:

- ▶ Significant weight loss or changes in appetite
- ▶ Insomnia
- ▶ Observable reduction of physical movement
- ▶ Fatigue, loss of energy
- ▶ Feelings of worthlessness or excessive guilt
- ▶ Decreased ability to think or concentrate
- ▶ Recurrent thoughts of death
- ▶ Significant impairment in social, occupational or other important areas of daily functioning
- ▶ Symptoms are not attributable to another medical condition

# Anxiety

- ▶ Everyone worries at some time, but for some people, worrying takes control of their daily life
- ▶ Anxiety is excessive worry that occurs more days than not for at least 6 months and emerges during all types of activities (e.g., work, school, social gatherings)

## Generalized Anxiety Disorder must include the above plus 3 or more:

- ▶ Difficult to control the worry
- ▶ Restlessness or feeling keyed up and on edge
- ▶ Fatiguing easily
- ▶ Difficulty concentrating
- ▶ Irritability
- ▶ Muscle tension
- ▶ Sleep disturbance
- ▶ A cause for significant impairment in social, occupational or other important areas of daily functioning
- ▶ Symptoms are not attributable to another medical condition or mental disorder

# Addiction

- ▶ Addiction is the uncontrollable use of a substance despite harmful consequences
- ▶ It intensely focuses on using a certain substance to the point it impairs daily functioning

## Addiction Creates:

- ▶ Distorted thinking and behaviors
- ▶ Changes in brain structure and function
- ▶ Changes in personality
- ▶ Abnormal movements
- ▶ Other risky behaviors

## Addiction Changes or Significantly Impairs:

- ▶ Your ability to make proper judgments and decisions, learn, remember, and control behavior
- ▶ Social, occupational and other areas of daily functioning

# Post-Traumatic Stress Disorder (PTSD)

- ▶ We are all exposed to trauma in our lives, but PTSD provokes the persistent re-experiencing of a trauma by unwanted memories, nightmares, flashbacks, emotional distress, and adverse physical reactions
- ▶ Symptoms typically last more than one month and impair social and occupational functioning
- ▶ A person with PTSD may be directly or indirectly exposed to trauma (e.g., through job), a witness to trauma, or even learn of a close friend or relative who experienced a trauma

## PTSD can Cause:

- ▶ Overly negative thoughts
- ▶ Exaggerated self-blame for the trauma
- ▶ Isolation
- ▶ Decreased interest in activities
- ▶ Difficulty experiencing happiness
- ▶ Irritability
- ▶ Destructive behavior
- ▶ Heightened startle reaction
- ▶ Difficulty sleeping and concentrating

# Suicide

- ▶ Suicide is a complex issue that requires communication, collaboration, and cooperation among family, friends, health care providers and the community

## Did You Know:

- ▶ Suicide is preventable if everyone works together to increase awareness and communication to provide support
- ▶ It does not have a single cause
- ▶ It does not affect a specific population of people
- ▶ Some factors can contribute to suicidal ideation (e.g., substance abuse and mental illness) but suicide has no boundaries

# Grief

Grief is a natural response to loss.

It's the emotional suffering you feel when something or someone you love is taken away.

The more significant the loss, the more intense the grief.

## Grief Info:

- ▶ Grieving is a highly personal and individual experience
- ▶ How grief is experienced depends on your personality, coping style, nature of loss, etc.
- ▶ There is no timeframe on how long a person needs to grieve

# Stress Management

- ▶ Everyone experiences stress, the body's response to life changes, because life is a series of constant change
- ▶ There is simply no avoiding stress

## How to Manage Stress:

- ▶ Understand how stress affects your body
- ▶ Learn effective stress management techniques to achieve your optimal health
- ▶ Goal is not to eliminate stress (that would be impossible) but rather to eliminate *unnecessary* stress and effectively manage the rest



# Crisis Intervention

- ▶ Mental health crisis intervention offers short-term help to a person experiencing a situation that has produced emotional, mental, physical and behavioral distress
- ▶ It is temporary support

## Goal of Crisis Intervention:

- ▶ Ensure immediate physical safety and emotional stability
- ▶ Offer referrals for ongoing care, if needed

# National Resources

## National Alliance on Mental Illness (NAMI)

National and local resources, <https://www.nami.org/Home>

## National Suicide Prevention Lifeline

1-800-273-8255, <https://suicidepreventionlifeline.org/>

## Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/find-help/national-helpline>

## National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/health/find-help/index.shtml>

## Mental Health America (MHA)

<https://www.mhanational.org/>

## United Way

Community Resources

# Lewisville ISD Resources



## Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



### EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor\* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems
- And more



### WORK/LIFE BALANCE

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills!
- And more

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\*The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority. Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

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### Who is covered?

Unum's EAP services are available to all eligible partners and employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

### Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™ — helps you save on medical bills

### Help is easy to access:

**Phone support:** 1-800-854-1446

**Online support:** [unum.com/lifebalance](https://unum.com/lifebalance)

**In-person:** You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.

