



### Mental Illnesses are Common

- 1 in 5
- 50% by age 14, 75% by age 26
- Range of severity and impact on functioning
- Early detection and intervention yields best results
- Many mental illnesses can be treated in primary care – not everyone needs a psychiatrist

The NAMI Minnesota logo is located in the bottom right corner of the slide, consisting of a stylized 'G' icon and the text 'NAMI National Alliance on Mental Illness MINNESOTA'.

## Access to Treatment

- Discrimination under private and public insurance limited access to mental health treatment
- Closure of institutions not the problem, lack of funding was
- We don't have a broken mental health system – we never built it



## Access to Treatment

- Societal attitudes a major barrier
  - Images
  - Words we use
  - Depiction in media
- Leads to delay in treatment
  - 10 years before seeking help
  - 74 weeks for psychosis



# Psycho Donuts



Bipolar



Cereal killer



Cocoa marbles



I don't think it's healthy that you have to take medication every day just to feel normal. Don't you worry that it's changing you from who you really are?



It's like you're not even trying.





## Lack of Treatment = Poor Outcomes

- Criminal justice system
- Loss of employment
- Drop out of school
- Homelessness
- Isolation
- High rates of suicide

## Recovery



## Seeking Recovery

- Early identification
- Early access to treatment
- Holistic approach
- Engagement of patient and family



## Why It's Important

- No one gets through a serious illness by themselves
- No one should be discharged from the hospital without someone with them to hear the directions and ask questions
- No one manages their illness well if they don't understand their illness or the treatment plan
- Over 70% do not come back after first or second visit



## Depression Screenings

- Very important
- Can identify symptoms of other mental illnesses
- Makes it OK to talk about it



## Symptoms of Depression

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still

\*NIMH



## Symptoms of Depression

- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

\*NIMH



## Differences of Depression

- **Women** - more often than men due to biological, life cycle, and hormonal factors. Typically have symptoms of sadness, worthlessness, and guilt.
- **Men** - typically have symptoms of being very tired, irritable, and sometimes even angry. They may lose interest in work or activities they once enjoyed, and have sleep problems.
- **Older adults** - may have less obvious symptoms, or they may be less likely to admit to feelings of sadness or grief. They also are more likely to have medical conditions like heart disease or stroke, which may cause or contribute to depression. Certain medications also can have side effects that contribute to depression.
- **Children** - may pretend to be sick, refuse to go to school, cling to a parent, or worry that a parent may die. Older children or teens may get into trouble at school and be irritable.



## Treatment

- Medication
- Psychotherapy
- Brain stimulation (ECT)(transcranial magnetic stimulation (rTMS))(vagus nerve stimulation (VNS))
- Diet and exercise
- Staying connected to others
- Yoga, meditation, mindfulness training
- Avoidance of alcohol and drugs, caffeine, nicotine
- Good sleep



## Barriers

- Stigma, perceptions, attitudes
- Impact on job, education, etc.
- Lack of knowledge about depression
- Lack of knowledge about treatment options
- Financial and emotional
- Time and transportation
- Not knowing what to ask
- Not knowing who MH professionals are



## Patients Should Ask

- What do I want to tell my doctor today?
- What are the potential risks and benefits of the medication?
- Which side effects should concern me?
- What type of therapy do you recommend and why?
- When should I think about discontinuing the medication?
- What else can I do to help me recover more quickly?
- What can my family do to support me?



## Warning Signs

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Talking or writing about death, dying, or suicide
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life



## Safety

- Means restriction education
- Educate family about warning signs
- Make sure family knows what to do – crisis teams, Psych ED, etc.



## NAMI Survey of People who had been Hospitalized

- Get well cards – 25%
- Visits from family – 86%
- Visits from friends – 45%
- Have an easy time staying connected – 34%



## What Families Provide

- Advice, knowledge and encouragement
- Recognition of early warning signs
- Record keepers
- Understand person's strengths, talents and preferences
- Advocacy for person – in the hospital and with the insurance company, county, etc.
- Practical help – transportation, money, food



## What Families Need

- Encouragement to maintain hope
- Validation of worries/difficulties
- Respect and empathy
- Honest and caring communication
- Information about illness and treatment options
- Information on how to help family member
- Resources for themselves and family member



## True Family Engagement

- Seek information about history & current status
- Seek input on changes to treatment plan
- Give timely reports on how things are going
- Consult with and inform families about their family member's condition
- Establish clear open channels of communication
- Address feelings of loss
- Avoid the words such as enabling, co-dependency, denial, rock bottom, dysfunctional and hopeless



## HIPAA v. Families

- Proactively ask for privacy releases
- Ask more than once
- Ask if you can share certain information
- Provide general information
- Can assume consent if patient in room and allows you to discuss situation



## HIPAA v. Families

- Families perceived as overprotective or unengaged
- Families don't want access to medical records but to information
- They want to provide information to you and obtain information to help their loved one in the community



## HIPAA v. Families

- Family Involvement Law
- HIPAA allows professional judgment
- Ask questions and involve families in the beginning – ED evaluation
- Ask questions and involve families at the end – discharge planning



## Patient Engagement

- Partnering and decision making
- Reflecting on pros and cons
- Need enough information in order to made decisions
- How do they want others involved in the decision making



## Patient Engagement

- Identify support network
- Teach them about their illness
- Teach them about the treatment plan
- Involve them in changes in medication



## Patient Engagement

- **TRIP MAP**
- **T**hink about problems, pressures, people & priorities
- **R**esearch facts and possible solutions
- Identify options
- **W**eigh the pluses and
- **M**inuses for each option
- **A**ction planning
- **P**onder the results of the decisions



## For Help or More Information:

- National Suicide Prevention Lifeline (24/7):  
1-800-273-TALK (8255)
- The American Foundation for Suicide Prevention:  
afsp.org
- NAMI Helpline for non-emergency information  
and resources: 1-651-645-2948
- Crisis lines in every county
- Mobile crisis teams



## What We Do

- Education classes, booklets and fact sheets
- Suicide prevention
- Support groups, Helpline
- Public awareness presentations
- Legislative advocacy
- NAMIWalks



## Support NAMI Minnesota

- Advocate for a better Mental Health System
- Attend an event
- Sign up for a newsletter
- Join an affiliate
- Be a sponsor
- Volunteer
- Become a donor



## Contact Information

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