Advocacy
and the Adult Home Resident

Module V:
Substance Abuse and Common Mental Health Disorders

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Goals

- Increase personal comfort and confidence
- Increase ability to advocate
Remember...

Classification is for disorders, not for people
Objectives

- Define terms
- Name common mental disorders
- Describe features of each
- Describe impact on function
Overview

- Neurotic vs. psychotic
- Minor vs. major
- Situational vs. biological (endogenous)
Domains

Thinking  Feeling  Behaving
Common Terms

- Psychosis
- Hallucinations
- Delusions
- Affect and mood
- Tardive dyskinesia
- Disorganized thinking
  - Illogical
  - Not goal directed
Diagnostic Categories

- Thought disorders
  - Schizophrenia

- Cognitive disorders
  - Dementia
  - Delirium
Schizophrenia

- **“Positive”**
  - Hallucinations
  - Delusions

- **“Negative”**
  - Flatness
  - Apathy
  - Without will

- **Disorganized**
  - Confused thinking and speech
  - Loose associations
Schizophrenia

Medication
- Antipsychotics

Psychosocial
- Family education
- CBT
- Coordination

Rehabilitation
- Job
- Life skills
- Self-management
- Recovery
Schizophrenia

- Trouble with attention
- Others anxious
- Limited
  - social networks
  - social support
  - resources
FEELING
Diagnostic Categories

- Mood Disorders
  - Depression
  - Depression plus mania
    = Bipolar disorder
  - Anxiety
Bipolar Disorder

Depression

- Sad mood, affect
- Irritability
- Loss of interest
- Anhedonia
- Anxiety

- Hopelessness
- Guilt
- Thoughts of death or suicide
- Pessimism
Bipolar Disorder

Mania

- Euphoria, expansiveness
- Irritability
- Interest in multiple projects
- Grandiosities

- ↑ energy
- ↑ sex drive
- ↓ need for sleep
Bipolar Disorder
Mania

- Pressured speech
- Infectious humor
- Lability of affect
- Disorganized thinking
  - “flight of ideas”
  - puns, word play, rhyming
Bipolar Disorder

Mania

- **Medications**
  - Mood stabilizers

- **Recovery**

- **Illness self management**
What have you learned?

Let’s find out!
Terms

- Hearing, seeing, or smelling something that isn’t there are all examples

What are hallucinations?
This fixed belief has no basis in reality

What is a delusion?
Terms

How a person’s feelings look from the outside

What is affect?
Terms

- Apparent indifference to surroundings or circumstances

What is apathy?
Terms

“I saw a cat with a hat and a bat but where oh where has my little dog dog gone oh where what should I wear” is an example.

What is flight of ideas?
Back to the disorders
Anxiety

- Fear
  - Avoidance

Unease
  - Generalized
  - Specific

Phobias:
  - Of social situations
  - Of open spaces
  - Of heights
Anxiety

- Panic
  - Unexpected attacks
  - Worry about recurrence

- Stress
  - Acute
  - Post traumatic
  - ↑Arousing
  - Flashbacks
  - Avoidance
Anxiety

Education

Cognitive behavioral therapy

Medications

- SSRI s
- (Benzodiazepines)
BEHAVING and RELATING
Diagnostic Categories

- Personality disorders
- Substance Use disorders
Personality Disorders

**Personality**
- We all have one
- Way of being in the world
- Patterns which endure

**Disorder**
- Not working (maladaptive)
- Inflexible
- Cause significant distress
Drug abuse:

- Continued use despite negative consequences
Substance Use Disorders

- Effects 50% individuals
- Resources lacking
- Violence
- Suicide
Dual Disorders

- Alcohol – marijuana --cocaine
- Prescription drugs
- Ping-pong therapy
- Refused treatment by each service
Dual Disorders

Recreational

“Self-medicating”

- reduce anxiety and depression
- treat symptoms
- treat side effects
Dual Disorders

Substance use can
- cause symptoms
- mimic disorders
- initiate a psychiatric disorder
- provoke re-emergence
- worsen a disorder
- mask symptoms
Dual Disorders

- Difficult to engage
- Lose support systems
- Difficult to diagnose
- Suffer relapses and hospitalization
Integrated treatment

- Treat both
- Same time
- Same place
- Same team
Disorders
Signs and symptoms

There’s nothing positive about these positive symptoms

What are hallucinations and delusions?
Signs and symptoms

In mania, this is something you don’t care if you lose

What is sleep?
Signs and symptoms

- Flat affect, loss of motivation, self neglect are examples

What are negative symptoms?
Signs and symptoms

This unusual movement of the fingers, mouth, tongue or even torso can be caused by medication.

What is tardive dyskinesia?
Signs and symptoms

- Smoking marijuana everyday and not being able to work might be an example

What is drug abuse?
And the winner is....