



Mental Health Ombudsman Training Manual

Advocacy and the Adult Home Resident

Module V: Substance Abuse and Common Mental Health Disorders



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

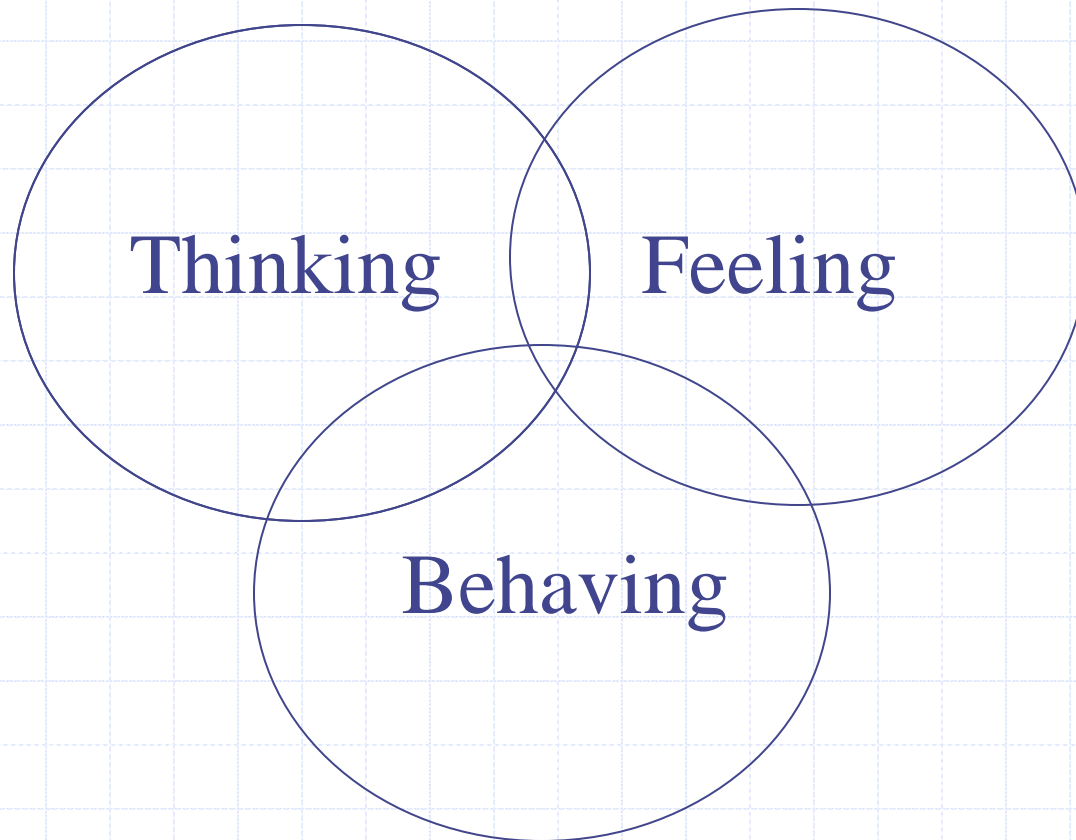
◆ Neurotic vs. psychotic

◆ Minor vs. major

◆ Situational vs. biological (endogenous)



Domains





Common Terms

◆ Psychosis

◆ Affect and mood

◆ Hallucinations

◆ Tardive dyskinesia

◆ Delusions

◆ Disorganized thinking

- Illogical
- Not goal directed



THINKING

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

◆ Grandiosity

◆ ↑ 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?



Terms

◆ 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

◆ Anxiety

◆ Unease

- Generalized
- Specific

◆ Fear

- Avoidance

◆ Phobias:

- Of social situations
- Of open spaces
- Of heights



Anxiety

◆ Panic

- ◆ Unexpected attacks
- ◆ Worry about recurrence

◆ Stress

- Acute
- Post traumatic

- ◆ ↑ Arousal
- ◆ Flashbacks
- ◆ Avoidance




Anxiety

◆ Education

◆ Cognitive behavioral therapy

◆ Medications

- SSRIs
- (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



Substance Use Disorders

◆ 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....