

On the Mend-tal Health

A Mental Health Literacy Training

Agenda

- What is a mental illness?
- Major categories of mental illness
 - Major Diagnoses
 - Treatments
- Common Myths
- Intersectionality between mental health and HIV-infection

What is a Mental Illness?

- Requirements for a MH diagnosis:
 - Distress or Poor Functioning
 - Impact of the Illness also must alter one of the following:
 - Cognitions
 - Emotions
 - Mood
 - Behavior
- The distress or poor functioning cannot be better explained by another medical diagnosis or substance use.



What Causes Mental Illness?



- Similar to all disease
- Three Main Factors:
 - Biology
 - Genes, biochemistry
 - Life Events
 - Trauma, hardship, losses, stress
 - Lifestyle
 - Substance use, diet, sleep, exercise

Major types of mental illness...



- Mood disorders
- Psychotic disorders
- Anxiety disorders
- Trauma-related disorders
- Obsessive-compulsive disorders
- Eating disorders
- Dissociative disorders
- Personality disorders
- Neurodevelopmental disorders

Mood Disorders

What is a mood disorder?

Examples:

- Depression (MDD)
- Dysthymia
- Seasonal Affective Disorder (SAD)
- Bipolar Disorder
 - Bipolar I: Full Mania
 - Bipolar II: Deeper Depression
- Cyclothymia

Treatment for mood disorders?



Treatments for Mood Disorders

- Medication
 - SSRIs
 - Mood stabilizers
- Therapy
 - CBT
- Lifestyle Changes
 - Substance free
 - Exercise



Psychotic Disorders

- Schizophrenia
- Schizoaffective Disorder
- Brief Psychotic Disorder
- Delusional Disorder

- Four A's of Schizophrenia:
 - Affect
 - Autism
 - Associations
 - Ambivalence

- Treatment?



Treatments for Psychotic Disorders

- Medication
 - Antipsychotic meds
- Therapy
- Lifestyle Changes
 - Low-stress



Anxiety Disorders



- Generalized Anxiety Disorder
- Panic Disorder
- Phobias
 - Specific phobias, e.g. spiders
 - Agoraphobia
- Social Anxiety Disorder
- Separation Anxiety Disorder
- Selective Mutism

- Treatments?

Treatments for Anxiety Disorders

- Medication
 - SSRIs
 - Antianxiety meds
 - Benzodiazepines
- Therapy
 - CBT
- Lifestyle Changes
 - Exercise



Trauma-Related Disorders

- Post-Traumatic Stress Disorder
 - Complex PTSD
- Acute Stress Disorder
- Prolonged Grief Disorder
- Adjustment Disorder
- Treatment?

Treatments for Trauma-Related Diagnoses

- Therapy
 - CBT & DBT
- Medication
 - Antianxiety meds
- Lifestyle Changes

Obsessive-Compulsive Disorders

- OCD
- Hoarding Disorder
- Body Dysmorphic Disorder
- Other Compulsions:
 - Trichotillomania
 - Excoriation Disorder
- Treatment?

Treatments for Obsessive-Compulsive Disorders

- Therapy
 - Exposure treatment
- Medication
 - Antianxiety meds
- Lifestyles Changes

Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant/Restrictive Food Intake Disorder (ARFID)

Treatments for Eating Disorders

- Therapy
 - CBT
- Medication
- Lifestyle Changes
 - Big element of recovery

Dissociative Disorders

Treatments for Dissociative Disorders

- Dissociative Amnesia

- Dissociative Fugue

- Dissociative Identity Disorder

- Therapy

 - Reintegration

- Medication

- Lifestyles Changes

Personality Disorders

- Cluster A: Odd & Eccentric
 - Paranoid
 - Schizoid
 - Schizotypal
- Cluster B: Dramatic, Emotional, Erratic
 - Antisocial
 - Borderline
 - Histrionic
 - Narcissistic
- Cluster C: Anxious & Fearful
 - Avoidant
 - Dependent
 - Obsessive-Compulsive
- Not treatable with medications



Treatments for Personality Disorders



- Therapy
- Lifestyle Changes

Neurodevelopmental Disorders



- Autism Spectrum Disorder (ASD)
 - Attention-Deficit/Hyperactivity Disorder (ADHD)
 - Intellectual Disability
 - Specific Learning Disorder
 - Communication Disorders
 - Motor Disorders
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- Treatments?

Treatments for Neurodevelopmental Disorders

- Therapy
 - Early intervention is key
- Lifestyle Changes
 - Schedules
- Medication
 - Antianxiety meds



Common Myths about Mental Illness

- Universal Impact
- Early Onset
- Body-Mind Connection
- Treatability
- Not Violent
- Early Help
- Stigma & Barriers
- Workplace Relevance



Intersectionality of HIV-Infection & Mental Health

Key Mental Health Concerns

- Depression & Anxiety
- Trauma & PTSD
- Cognitive Changes
- Treatment Barriers

Finding Support

- Integrated Care
- Peer Support
- Professional Treatment