Addressing the Needs of Individuals with Mental Disorders

Jadat Griffith

Caring 4 Mental Illness

Website: www.caring4mi.org

Phone: (760) 946 – 6410

www.facebook.com/caring4mi

@caring4mi

Martin Luther King Jr., 1961

- "Human progress is neither automatic or inevitable…Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."

Positionality

- …all individuals, regardless of race, ethnicity, ailment, disability, sexual orientation, language, or culture have the right to an education that enriches them academically, socially, civically, and personally. It is the responsibility of educational institutions to create ethnological and cultural opportunities of understandings; to foster a societal system that produces equitable education, equality in representation, and civic responsibility. Communities must create, and maintain, an environment of respect, citizenship, and humanity. Through those lenses all citizens can receive an abundance of opportunity to quality health care, civic engagement, employment opportunities, and an enriched quality of life that embraces ideologies to enhance growth and acceptance in the diverse world in which they live…

Mental Health

- Bipolar – manic and depressive episodes

- Depression – depression mood for longer periods of time

- Psychotic disorders (schizophrenia schizoaffective and psychosis) – impact mind, emotion, cognition, memory, judgement, and reality

- Anxiety – uncontrolled feeling of worry or nervousness

- Tourette – repetitive movements and or speech

- Attention deficient hyperactivity (ADHD) – impaired thinking and focus, hyperactivity

- Eating disorders (anorexia and bulimia) – abnormal eating habits

- Obsessive compulsive disorder (OCD) – intrusive thoughts, images, and compulsions

- Post-traumatic stress disorder (PTSD) – formally known as "shell shock", inability to move past traumatic experience and experience of extreme emotions and flashbacks

- Borderline personality disorder (BPD) – instability in moods, behavior, self image, and functioning

- Dissociative disorder - involuntary escape from reality

- Autism – difficulty communicating and forming relationships

www.nimh.nih.gov

Seriousness of Mental Health

https://www.ted.com/talks/thomas_insel_toward_a_new_understanding_of_mental_illness

THOMASINSEL
So let's start with some good news,

Why is the conversation surrounding mental health important?

- Acknowledgement of the negative impact in physical, psychological, cognitive, emotional, social functioning (Wright, Gronfein, & Owens, 2000)

- Identify barriers with treatment, self-esteem, completion of educational milestones, and employment opportunities (Kido, Kawakami, Miyamoto, Chiba, & Tsuchiya, 2012).

- Understand how psychiatric disorders can impede the likelihood of individuals completing high school and college, in turn effect quality of life: keeping and maintaining a job, and participating in the civic duty of community (Kessler, Foster, Saunders, and Stang, 1995)

Educational facts concerning mental health…

- Approximately 61.5 million people live with some type of mental illness, with 9.2 million having mental health and addiction disorders (National Alliance on Mental Illness, 2013)

- An estimated 13% of youth 8 to 13, and 20% of youth, 13 to 18 experience mental disorders (National Alliance on Mental Illness, 2013)

- The highest drop out rate for students -- 14 years and older -- labelled with disabilities are those with mental health conditions, (U.S. Dept. of Ed., 2006)

- Approximately 4.29 million people don't reach attainment of college degrees because of some form of mental disorder (Kessler, 1995)

Influencers of stigmatization, prejudice, and exclusion

- Although access to education is more prominent than it's ever been, alarming amounts of young people are not attaining the level of education that elevates socio-economic reward, participation in civic duty, and sustainable levels of social capital (Kessler, 1995).

- Psychiatric Disorders pose additional barriers that aren't adequately being addressed to ensure equal opportunity.

- The lack of social capital contributes to lack of education for students with mental illness.

Barriers

- Lack of social capital –
  - A system that works for the benefit of a network and individual benefactors. Benefits of the network exits because social capital creates opportunities of tolerance and a perpetual cycle of knowledge (Acer, 2011)
- Amplification through stigma
  - Resistance
  - Internalization/self perception
- Transition and access
  - lack of mentorship - lack of adequate support systems
    - Mentorship could serve as the foundational network in which people with mental illness build social capital (Northouse, 2016)
  - Pacing – policies, time constraints
  - Accommodations – irrelevant to need

Mistaken Identity

- Rebellion
  - Social withdrawal/disconnected, drug abuse, dramatic sleep changes, behavior changes, rapid/dramatic mood swings
- Defiance/Hyper
  - Inability to concentrate, memory loss, lack of logical thinking
- Unmotivated
  - Drop in functioning (school, work, sports), loss of initiative/desire

Why Mental Illnesses go untreated

According to Mental Health.gov mental disorders go untreated because of the following myths:

- People believe it doesn't affect them
- Children don't experience it
- Mental illness means violence or unpredictability
- Can't maintain a job and/or responsibilities
- Personality weakness or character flaws
- Hopeless cause
- Treatment is a waste of time
- Prevention doesn't work

Impact on Community

- In 2006 an estimated 705,600 mentally ill adults were incarcerated in state prisons, 78,800 in federal prisons and 479,900 in local jails ww.nicic.gov/mentalillness

- In 2014 it was estimated that 20% of prison inmates suffer from a mental illness (Mental Illness In America's Jails and Prisons: Toward a Public Safety/Public Health Model, 2014)

- According to The Substance Abuse and Mental Health Services Administration, 20 – 25% of the homeless population in the United States suffers from some form of severe mental illness. www.nationalhomeless.org/factsheets/Mental_Illness.pdf

Quality of life for individuals with mental illness

- As of June 21, 2016, the unemployment rate for persons with a disability was **10.7 percent** in 2015, about twice that of those with no disability (**5.1 percent**). (https://www.bls.gov/news.release/disabl.nr0.htm) *

- The national **unemployment rate** for **individuals** receiving public **mental health** services is approximately 80 percent (www.nami.org/Press-Media/.../Mental-Illness-NAMI-Report-Deplores-80-Percent-Une)

*Unemployed persons are those who did not have a job, were available for work, and were actively looking for a job in the 4 weeks preceding the survey.

Ted Talks: Elyn Saks
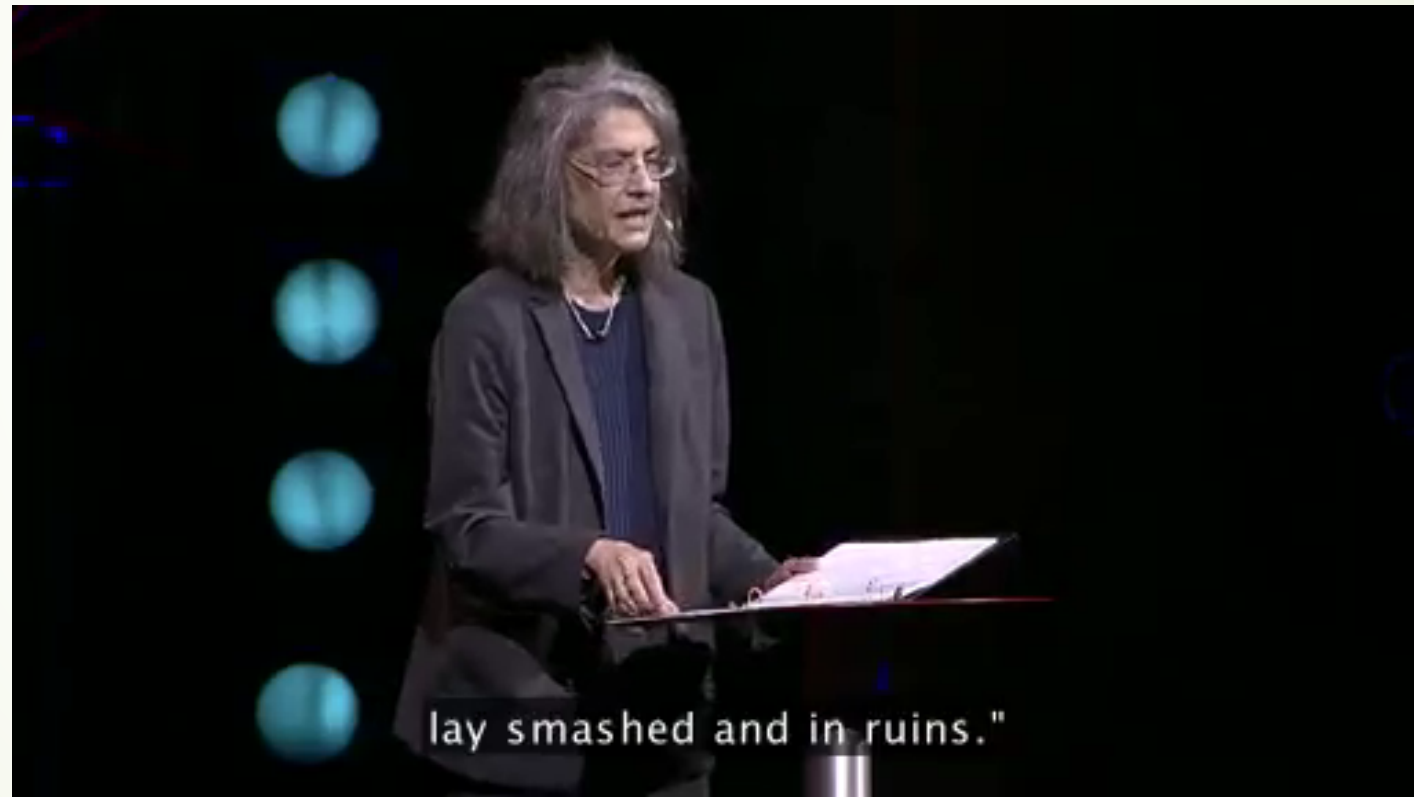
Gap in Research

- Although there have been segmented attempts to help students with mental illness, little is known about early intervention or what an effective early intervention program looks like

- There is little, or not documented, research on how integrated programs, that include mentorship, appropriate accommodations, health networks, create pathways to success

In the words of Temple Grandin

- (People with mental disorders)…are different, not less.

Thank you for coming out to share with me!

- Make sure you've signed in, and expect a small survey about presentation

- Like us on Facebook, follow us on Twitter, and follow us on Instagram

- Look for updates about our nonprofit at www.caring4mi.org (which is currently under construction)

- Give a shout out about the summit with a #C4MI, #CCN, and #FJS2017