Not all wounds are visible – Journey for mental health

Perceived causes of mental illness

Demon or spirit possession thought to be inflicted as punishment for their wrongs

People with mental health issues are 'different' from 'normally' functioning people

People with mental health problems may be more violent or unpredictable

Historical treatments of mental illness

Trephining – drilling holes in the skull to release evil spirits

Mystical rituals - exorcisms, prayer, atonement, used to drive out the evil spirits.

Engaging in *recreational activities* - as concerts, dances, and painting to relieve

symptoms and achieve some sense of normalcy

In the Middles Ages, mental illness = imbalance of body fluids. Vomiting, laxatives, and bleeding using leeches were used to establish equilibrium.

The first hospital for mental illness was established in 792 CE Baghdad.
Asylums - established starting in the 16th century, notorious for deplorable living conditions and cruel abuse until reforms began in the late 1800's

Mentally ill in the custody of family were widely abused and restrained. Due to the shame and stigma of mental illness, many hid their mentally ill family members in cellars, caged them in pigpens, or put them under the control of servants. Others were abandoned and left to a life of begging and vagrancy. Those who were deemed dangerous or unmanageable, both in family homes or on the streets, were given over to police and thrown in jails or dungeons, sometimes for life. Mentally ill who acted

out were beaten as punishment for disturbances their behavior caused, and as a means of "teaching" individuals.

THEN CAME CHANGES:

Sigmund Freud published twenty-four volumes 1888-1939 explaining his thoughts about personality and psychopathology.

Somatic treatments - electroconvulsive therapy, psychosurgery (lobotomy), and psychopharmacology, insulin administered in a dose high enough to induce coma

Psychotropic drug Lithium - introduced in 1949 followed by other medications to treat SYMPTOMS

Deinstitutionalization of the 1960s – a devastating movement to mental health care

systems, especially in the United States. By the 1980s, it was estimated that 1/3 of all homeless individuals in America had severe mental illness. **AND** lack of support and guidance led to **incarceration** of over 100,000 mentally ill individuals.

Mental Health

State of well-being

Feel happy, healthy, secure, peaceful

Can cope with normal stress

Can work productively

Have fulfilling interpersonal relationships

Mental health affects physical health

                                 AND

Physical health affects mental health

Mental Illness

A diagnosable mental disorder

---alterations in thinking, mood, and/or behavior

---feeling of distress

---impaired functioning

---may include disability, pain, or death

Experience a mental health condition each year

INFLUENCES ON MENTAL HEALTH

Biologic – genes or brain chemistry - Family history of mental health problems

Life experiences/trauma/abuse

Time of year

AGING EFFECTS ON MENTAL HEALTH

Changes in bodies and chemistry

Altered living situations

Mental health may deteriorate in response to a physical health condition such as stroke, Parkinson's disease, cancer, arthritis

About 6% of older adults have a diagnosable depressive illness

Suicide is a risk for older adults

Mental health concerns in older adults such as anxiety and depression may not be a normal part of aging.

BARRIERS TO GOOD MENTAL HEALTH

"THE LAST GREAT STIGMA OF THE 20TH CENTURY IS THE STIGMA OF MENTAL HEALTH" Tipper Gore

Stigma

--Would you tell your employer that you deal with mental health issues?

--When you eat lunch with friends, do you talk about mental health concerns?

Lack of treatment

--Many older adults who discuss specific mental health problems with a physician may not receive treatment

Critical *shortage of mental health professionals*

Cost of treatment

--can limit access to mental health services

--prevents people from seeking help

(Medicare covers 80% of physical health problems, but only 50% of a mental health problem).
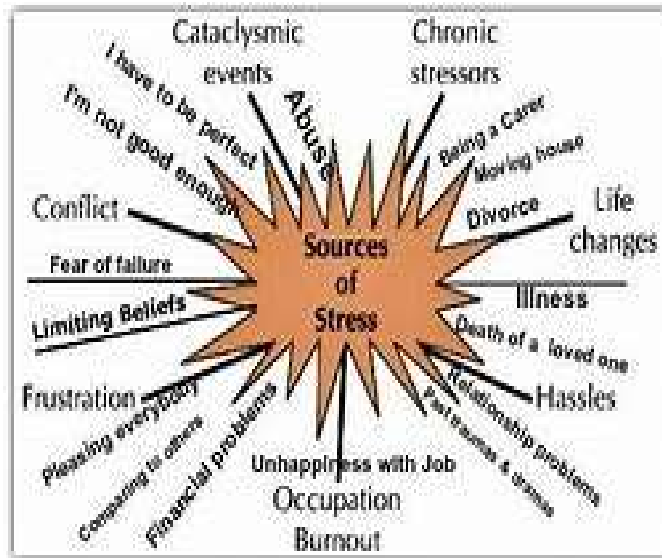
WHAT'S WRONG ??? *1 or more of these <u>could</u> be a warning sign!*

1. ***Feeling anxious*** which is constant or interfering

    -Heart palpitations, breathless, headache, restlessness, or a racing mind

    - Having unexplained aches and pains

2. ***Feeling sad***/not enjoying the things you used to for weeks

    -Having low or no energy

    -Pulling away from people and usual activities

3. ***Emotional changes***

    - Fighting with family and friends

    - Feeling confused, forgetful, on edge, angry, upset, worried, or scared

4. ***Weight or appetite changes*** – eating too much or too little

5. ***Sleeping too much or too little***

6. ***Withdrawing from life***

7. ***Feeling helpless, worthless, hopeless*** - Feeling numb or like nothing matters

8. ***Smoking, drinking, or using drugs more than usual***
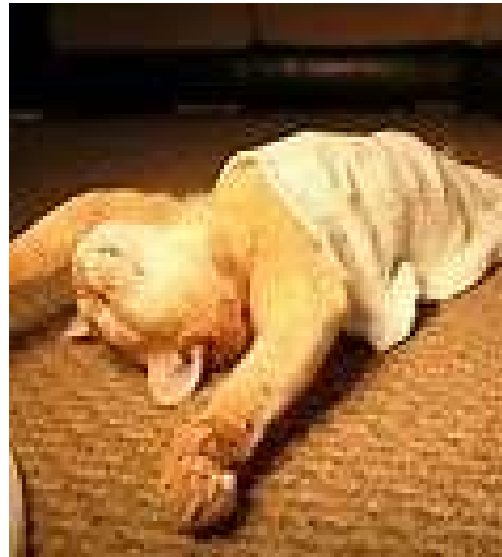
9. ***Inability to perform daily tasks***

PROMOTING OUR MENTAL HEALTH

Learn to deal with stress
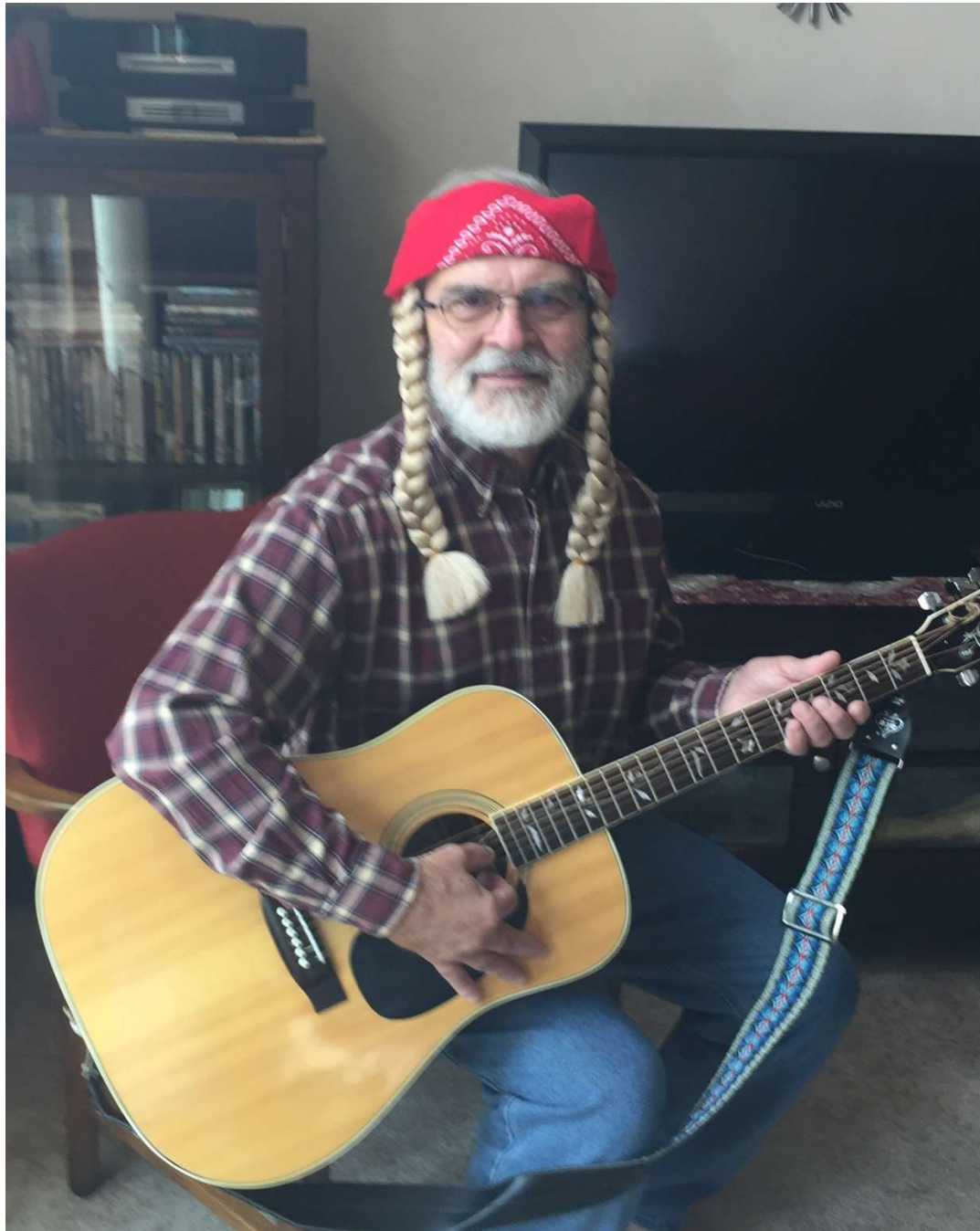

Eat well, exercise, get enough sleep

Develop coping skills

Spend time with family/friends

Sing/Laugh

HANG OUT WITH FRIENDS

Let's start talking

If something doesn't seem 'quite right', it's important to start the conversation about getting help.

Share your feelings with others!