

# CIP – What is Mental Illness, Depression, and Treatments

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## About Me

- CIT Instructor - ILETSB, Chicago Police Department
- Subject Matter Expert – Police One/Lexipol, Axon
- Certified Narcan Instructor
- Mental Health First Aid Instructor
- IPSA Mental Health Committee Chair
- Board Member – Blue H.E.L.P.
- Member – ILEETA, ISA, CIT Int., IPSA
- Board Certified Expert in Traumatic Stress – Diplomate and Fellow, American Academy of Experts in Traumatic Stress
- Editorial Review Group Chair of Psychology and Medical Legal Issues - Doody Publishing



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## Agenda for Today

- What is Mental Illness
- Depression, Schizophrenia, Bipolar Disorder
- PTSD, Suicide
- What are Some of the Treatments
- Personality Disorders
- Addiction and Excited Delirium



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### Opening Thoughts

- ▶ Why are we seeing an increase in mental illness calls?
- ▶ What happens when people are brought to the hospital?
- ▶ Why are people not treated long enough in the hospital?
- ▶ What is our role now?



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### Treatment of a Psychiatric Problem

- ▶ Mood disorders are the most common mental health reason for ER visits, accounting for more than 40 percent, followed by anxiety disorders and alcohol-related conditions.
- ▶ Compared to patients with other medical concerns:
  - Psychiatric patients admitted for observation waited an average of more than an hour longer
  - Psychiatric patients who were transferred waited an average of nearly three hours longer
  - Psychiatric patients who were discharged from the ER waited an average of just over an hour longer

Zhu J, Singhal A, Hsia R. 2016. Health Affairs, 35(9):1698-1706. American College of Emergency Physicians. 2016.



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### Treatment of a Psychiatric Problem

- ▶ Many emergency rooms are not equipped to handle people with serious mental health issues
  - They do not have psychiatrists or other mental health clinicians on staff to assess and treat mental health problems
  - Many do not have a psychiatrist on call to respond to psychiatric emergencies
  - The number of psychiatric visits has increased at a much faster pace than general medical visits
  - Another contributing factor is the shortage of psychiatric beds

Zhu J, Singhal A, Hsia R. 2016. Health Affairs, 35(9):1698-1706. American College of Emergency Physicians. 2016.



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### Treatment of a Psychiatric Problem

- ▶ Why are many psychiatric disorders treated in primary care?
- ▶ Stigma
- ▶ Lack of resources
- ▶ Primary care physicians may not refer patients with psychiatric disorders to mental health professionals
- ▶ Inadequate or no treatment



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### Most Commonly Seen Mental Health Disorders

- Depression
- Schizophrenia
- Bipolar Disorder
- PTSD
- Suicide
- Addiction



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### What is a Psychiatric Emergency?

- ▶ Due to mental illness, one or more of three criteria must be met:
- ▶ Danger to self (**suicidal**)
- ▶ Danger to others (**homicidal**)
- ▶ Inability to care for self (**basic needs**)



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## Severe, Persistent Mental Illnesses

- ▶ How do you differentiate between a mental illness and stress?
- ▶ How might signs or symptoms differ?

The diagram features a central box labeled "MENTAL DISORDER". Three arrows form a clockwise cycle around it: a yellow arrow points from "Biological, psychological, or developmental dysfunction in individual" to "Clinically significant disturbance in behavior, emotional regulation, or cognitive function"; a blue arrow points from "Clinically significant disturbance..." to "Associated with distress or disability"; and a green arrow points from "Associated with distress or disability" back to "Biological, psychological, or developmental dysfunction..."

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## General Psychiatric Diagnosis and Symptoms

DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS  
FIFTH EDITION  
DSM-5  
AMERICAN PSYCHIATRIC ASSOCIATION

- Mental health disorders are laid out by the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*.
  - List of diagnoses
  - List of criteria to be met
  - Description of symptoms
  - Description of impairments
- The DSM-5 is meant to only be used by trained professionals to diagnose clients.

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## Recognizing Signs and Symptoms of Mental Illnesses

- Excessive feelings of fear or worry
- Feeling excessively sad or low
- Extreme changes in mood
- Confused thinking
- Irritability or anger
- Avoiding friends and/or social activities
- Change in eating habits
- Inability to carry out daily activities; difficulties perceiving realities (delusions or hallucinations)
- Lack of insight; inability to perceive changes in one's own feelings
- Abuse of substances
- Physical symptoms, without obvious causes (aches and pains)
- Thoughts about suicide

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### Stigma

- ▶ A person with mental illness is viewed in a negative way because of their mental illness
  - Depression
  - Anxiety
  - Bipolar
  - Schizophrenia
- ▶ Viewed as a disadvantage (a negative stereotype)
- ▶ Negative attitudes and beliefs toward people who have a mental health condition are common



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### Stigma

- ▶ The general public commonly views those with mental health problems such as depression or schizophrenia as unpredictable, dangerous, and they would be less likely to employ someone with a mental health problem
- ▶ Common belief is violence
- ▶ Many myths and falsehoods are held on to

(Wang & Lai, 2008; Reavley & Jorm, 2011)



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### Stigma

- ▶ Stigma can lead to discrimination
- ▶ Discrimination may be obvious and direct
  - A negative remark about one's mental illness or their treatment
- ▶ Or unintentional or subtle, such as someone avoiding a person because they assume the person could be unstable, violent or dangerous due to their mental illness
- ▶ Persons with mental illness even judge themselves



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### Stigma

- ▶ Some of the harmful effects of stigma can include:
  - Reluctance to seek help or treatment
  - Lack of understanding by family, friends, co-workers or others
  - Fewer opportunities for work, school or social activities or trouble finding housing
  - Bullying, physical violence or harassment
  - Health insurance that doesn't adequately cover your mental illness treatment
  - The belief that you'll never succeed at certain challenges or that you can't improve your situation



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### Stigma in the Family

- ▶ Moses (2010) found that stigma directed at adolescents with mental health problems came from family members, peers, and teachers
- ▶ Experienced stigmatization by family members and peers in the form of unwarranted assumptions (e.g. the sufferer was being manipulative), distrust, avoidance, pity and gossip



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### Stigma in the Family

- ▶ The most frequently cited effects of stigma on ill relatives were damage to self-esteem, difficulty making and keeping friends, difficulty finding a job, and reluctance to admit mental illness
- ▶ The most frequently cited effects on families were lowered self-esteem and damaged family relationships
- ▶ Results in:
  - No social support, reduced resources, withdrawn, hiding illness, less likely to get treatment



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### Stigma in School

- ▶ 35% reported stigma perpetrated by teachers and school staff, who expressed fear, dislike, avoidance, and under-estimation of abilities
- ▶ Mental health stigma is even widespread in the medical profession, at least in part because it is given a low priority during the training of physicians and GPs (Wallace, 2010)



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### Stigma in the Workplace

- ▶ Mental illness is the single greatest cause of worker disability in the U.S.
  - 62% of missed work days can be attributed to mental health conditions
  - Employees with untreated mental health conditions use nonpsychiatric health care services 3 times more than those who do get treatment
  - Depressed employees are 20% to 40% more likely to become unemployed because of their condition



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### Stigma in the Workplace

- ▶ People with depression have a higher risk of heart disease, diabetes, and stroke
- ▶ Fewer than 1 in 3 employees who struggle with a mental health condition get the help they need



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### Stigma in the Workplace

- ▶ In a workplace culture where mental illness isn't stigmatized and seeking help is encouraged and supported, employees are more likely to be aware of available resources, so they can start treatment sooner and recover more quickly



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### Stigma in the Workplace

- ▶ Treatment works — effectively reducing symptoms for 75% of those with common mental health conditions like depression and anxiety
  - When employees start to feel better mentally and emotionally, they also feel better about their jobs
  - More than 80% of employees who receive treatment report improved job satisfaction



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### As a Person with Mental Illness

- ▶ Get treatment
- ▶ Don't let stigma hold you back from seeking help
- ▶ Don't let stigma create self-doubt and shame
- ▶ Mental illness is not a personal weakness
- ▶ Seek help from mental health services and educate yourself about your condition



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### As a Person with Mental Illness

- ▶ Try to constructively influence the people in your life
- ▶ Share information with others, educate them on their misconceptions
- ▶ Speak out against stigma
- ▶ Find the right forums to express your opinions whether at the workplace or in your personal life
- ▶ To disclose or not to disclose?



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### As a Friend, Parent, Co-Worker, or Leader

- ▶ Learn the facts, reject myths and stereotypes
- ▶ Speak with dignity and respect
- ▶ Choose words carefully
- ▶ Emphasize abilities not limitations
- ▶ Refer to the person, not the illness
- ▶ Don't tolerate stigma, stereotypes, discrimination
- ▶ Support co-workers
- ▶ Know the policies in your workplace



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### As an Employer

- ▶ Educate and inform
- ▶ Open communication about mental illness to reduce stigma and discrimination
- ▶ Zero tolerance – and mean it!
- ▶ Top down leadership
- ▶ Encourage and support workplace policies on mental health and wellness
- ▶ Train managers on identifying signs and symptoms
- ▶ EAP, private insurance



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### New Term and Word to Add to Vocab

- ▶ Person First Language
  - Not a bipolar, a schizophrenic
  - A person with bipolar, a person who has schizophrenia
- ▶ Recovery!!!!
- ▶ Yes! Recovery is possible
- ▶ No different than other chronic medical illnesses



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### Depressive Disorders

**Depressive Disorders** include the presence of sad, empty, or irritable moods. These disorders also include changes in the way people think and behave.

- Major Depressive Disorder
- Persistent Depressive Disorder (Dysthymia)

**Mood disorders**, including major depression and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.



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### Depression

▶ **SIG E CAPS**

- Suicidal Thoughts
- Interests Decreased
- Guilt
- Energy Decreased
- Concentration Decreased
- Appetite Disturbance (increased or decreased)
- Psychomotor Changes (agitation or retardation)
- Sleep Disturbance (increased or decreased)





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## Living with Depression



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## Major Depressive Disorder

- Major depressive disorder is characterized by insomnia and agitation.
- One in five Americans may experience a severe depressive episode at any point in time
- Ratio of women to men with depression is 2:1.
- It is estimated that about 20 million people in American suffer from a depression severe enough to interfere with their life each year.
  - Depression may lead to substance abuse and eating disorders.
  - The economic impact of depression exceeds \$210 billion a year. (Greenberg, et al, Journal of Clinical Psychiatry, 2015)



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## Depression Isn't Always Obvious



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### Persistent Depressive Disorder (Dysthymia)

- **Persistent Depressive Disorder (dysthymia)** involves depression symptoms that are present for most days over a **two-year time period**.
- Cognitive symptoms are more prevalent with individuals with dysthymia.
- Symptoms include:
  - ✓ Poor appetite
  - ✓ Insomnia or hypersomnia
  - ✓ Low self-esteem
  - ✓ Hopelessness
  - ✓ Low energy



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### Man Attempts Suicide By Cop



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