



CENTRALINA
Area Agency on Aging

Webinar Series

Mental Health 101: Minority Report

July 29, 2021

ZOOM Webinar Features:

- You are automatically muted
- You cannot see other participants
- You will see Speakers and Hosts
- Please ask questions via the chat box
- Session is being recorded and will be available after today
- Resources will be posted on www.centralinaaging.org



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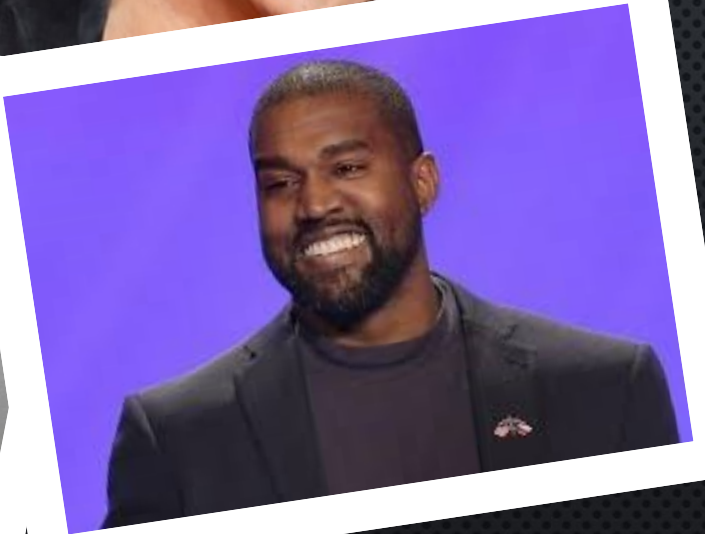
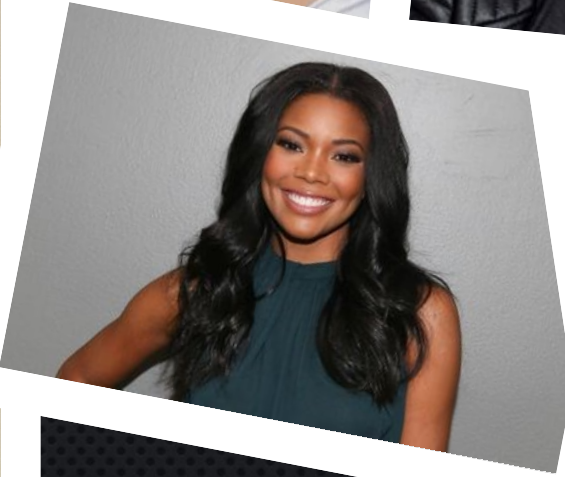


MENTAL HEALTH 101: MINORITY REPORT

PRESENTED BY: AMBER PHILLIPS, MS GERONTOLOGIST

WHAT DOES A PERSON WITH A MENTAL ILLNESS LOOK LIKE?

5



Stig•ma (n)

The perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them.

- A MARK OF SHAME, DISGRACE OR DISAPPROVAL
- HAS PERSISTED THROUGHOUT HISTORY
- NOT JUST A MATTER OF USING THE WRONG WORD OR ACTION— IT'S ABOUT DISRESPECT
- [NAMI STIGMA FREE QUIZ](#)

DISCRIMINATION AGAINST MENTAL ILLNESS

- BIAS, DISTRUST, STEREOTYPING, FEAR, EMBARRASSMENT, ANGER, AND AVOIDANCE
- BARRIER TO TREATMENT
- DISCRIMINATION KEEPS PEOPLE LIVING WITH A MENTAL ILLNESS FROM SEEKING HELP



- Discrimination violates their rights and denies opportunity

TODAY'S OBJECTIVES

- DEVELOP AN UNDERSTANDING OF THE IMPACT OF LIVING WITH A MENTAL ILLNESS LATER IN LIFE.
- BE ABLE TO IDENTIFY THE MOST COMMONLY DIAGNOSED MENTAL DISORDERS FOR THE AGED POPULATION.
- DEVELOP AN AWARENESS OF CHARACTERISTICS ASSOCIATED WITH MENTAL ILLNESS THAT COULD BENEFIT FROM INTERVENTION.
- RECOGNIZE CARE AND TREATMENT STRATEGIES TO SUPPORT INCREASED QUALITY OF LIFE FOR PERSON(S) DEALING WITH MENTAL HEALTH RELATED CONCERNS.

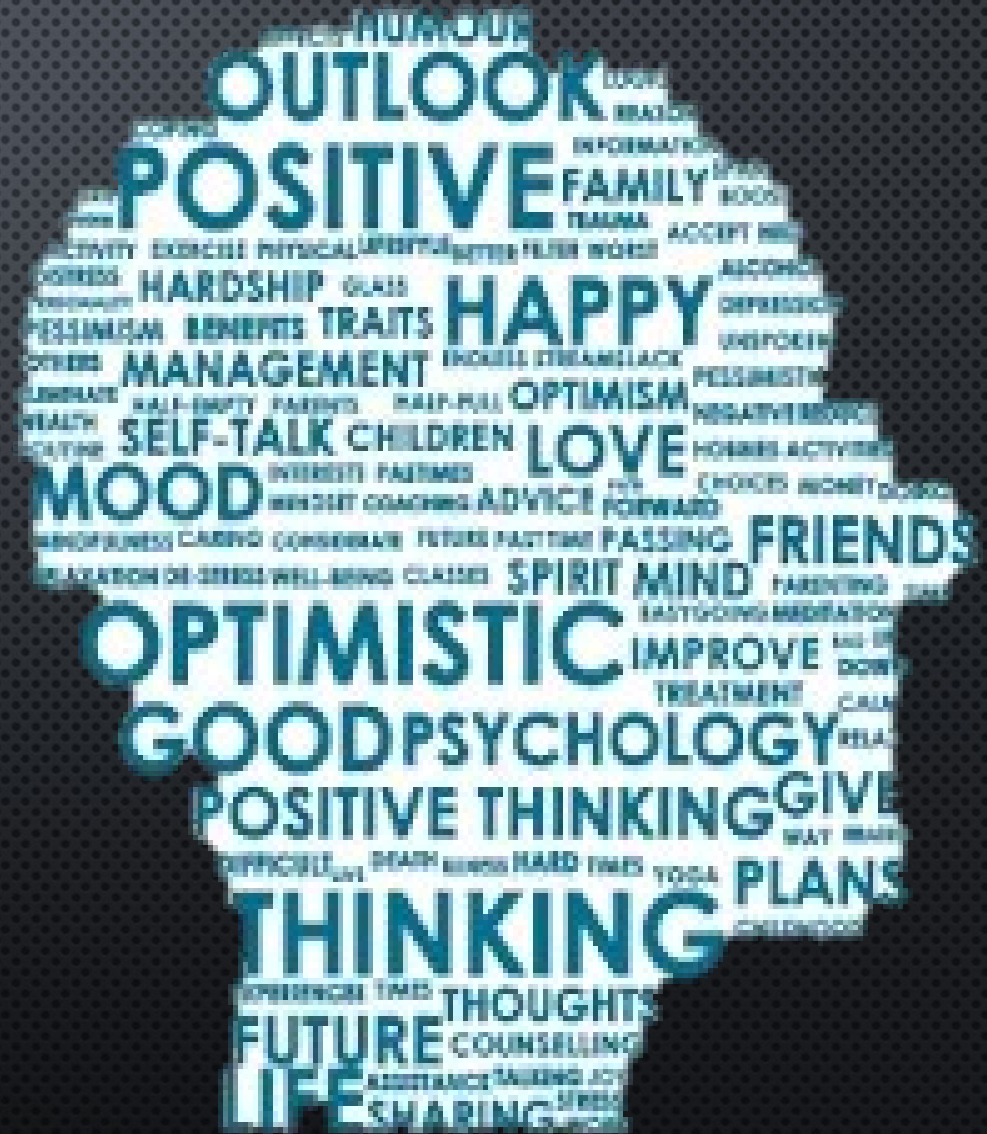
MENTAL HEALTH CONTINUUM MODEL: MENTAL HEALTH VS MENTAL ILLNESS



WHAT DOES IT MEAN TO BE MENTALLY HEALTHY?

- **MENTAL HEALTH** -- A STATE OF WELL-BEING IN WHICH EVERY INDIVIDUAL :
 - REALIZES HIS OR HER OWN POTENTIAL
 - CAN COPE WITH THE NORMAL STRESSES OF LIFE
 - CAN WORK PRODUCTIVELY AND FRUITFULLY, AND
 - IS ABLE TO MAKE A CONTRIBUTION TO HER OR HIS COMMUNITY.

From the World Health Organization (WHO)



MENTAL HEALTH CONTINUUM MODEL: MENTALLY HEALTHY



**MENTALLY
HEALTHY**



Characteristics:

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Socially active

MENTAL HEALTH CONTINUUM MODEL: CAUTION



CAUTION



Characteristics:

Nervousness, irritability, sadness

Low energy

Headaches

Procrastination

Decreased social activity

MENTAL HEALTH CONTINUUM MODEL: MENTAL HEALTH VS MENTAL ILLNESS



MENTAL HEALTH CONTINUUM MODEL: INJURED



INJURED



Characteristics:

Anxiety, anger, feeling
hopeless

Restless

Fatigue, aches, & pains

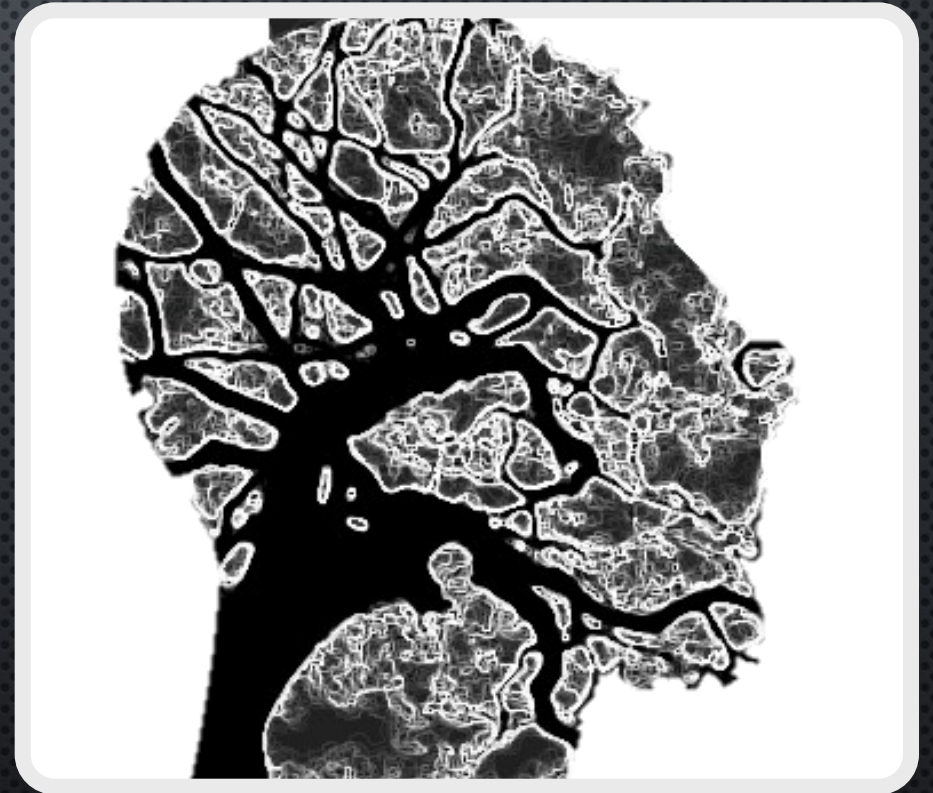
Decreased performance

Social withdrawal

WHAT, THEN, IS MENTAL ILLNESS?

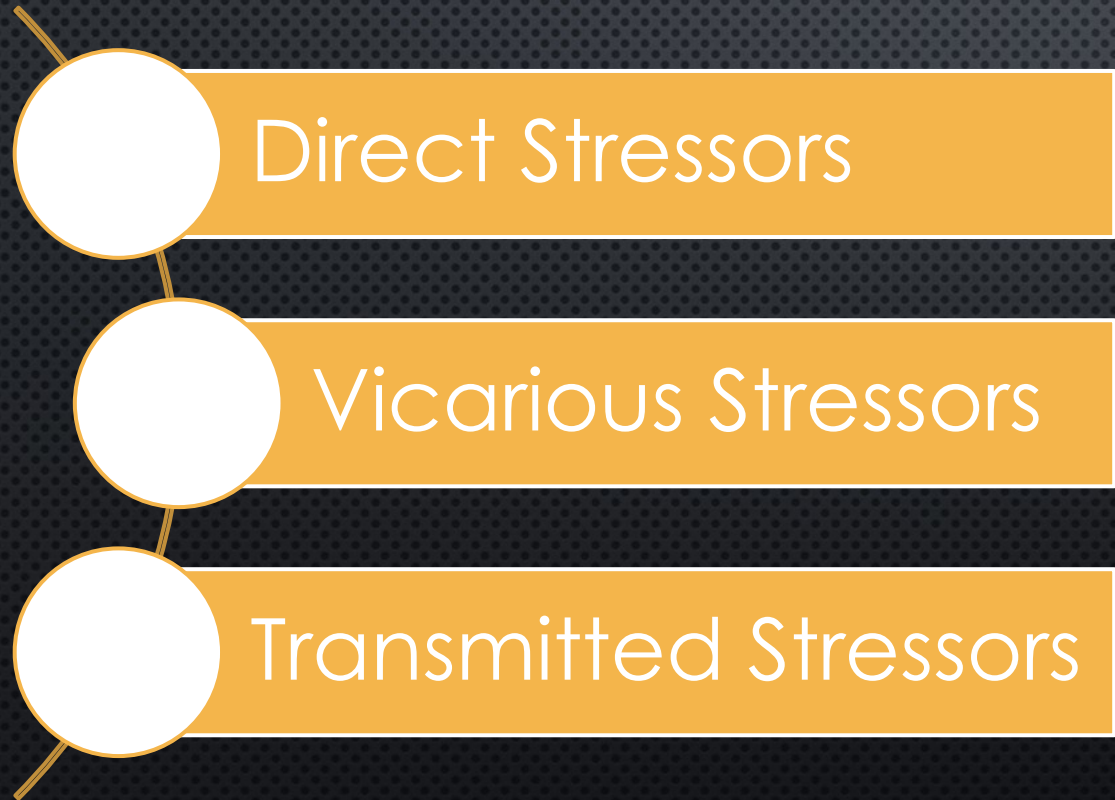
- A BROAD RANGE OF PROBLEMS, WITH DIFFERENT SYMPTOMS
- PEOPLE LIVING WITH A MENTAL ILLNESS ARE VULNERABLE AND INFLUENCED BY:
 - WHERE THEY LIVE
 - EXPERIENCES (TRAUMA)
 - DISCRIMINATION
 - LACK OF QUALITY RELATIONSHIPS
 - LITTLE TO NO OPPORTUNITIES
- MANY SUCCESSFULLY TREATABLE

From the World Health Organization (WHO)



RACIAL TRAUMA OR RBTS

Mental and emotional Injury that occurs as the result of living within a racist system or experiencing events of racism.



An individual on the receiving end of racist attacks or inequitable policies.

Indirect traumatic impacts of living with systemic racism and individual racist actions.

Stressors transferred from one generation to the next.

WHERE DOES RACIAL TRAUMA COME FROM?

Racism is enacted on you or experienced through a wider system

Individual Racism

Xenophobia

2018 U.S. Border Patrol

Systemic Racism

Prison and Criminal Justice System

Displacement, exclusion, and segregation

Lack of cultural competency in therapy training

MENTAL HEALTH CONTINUUM MODEL: MENTAL ILLNESS



**MENTAL
ILLNESS**



Characteristics:

Excessive anxiety

Unable to fall or stay asleep

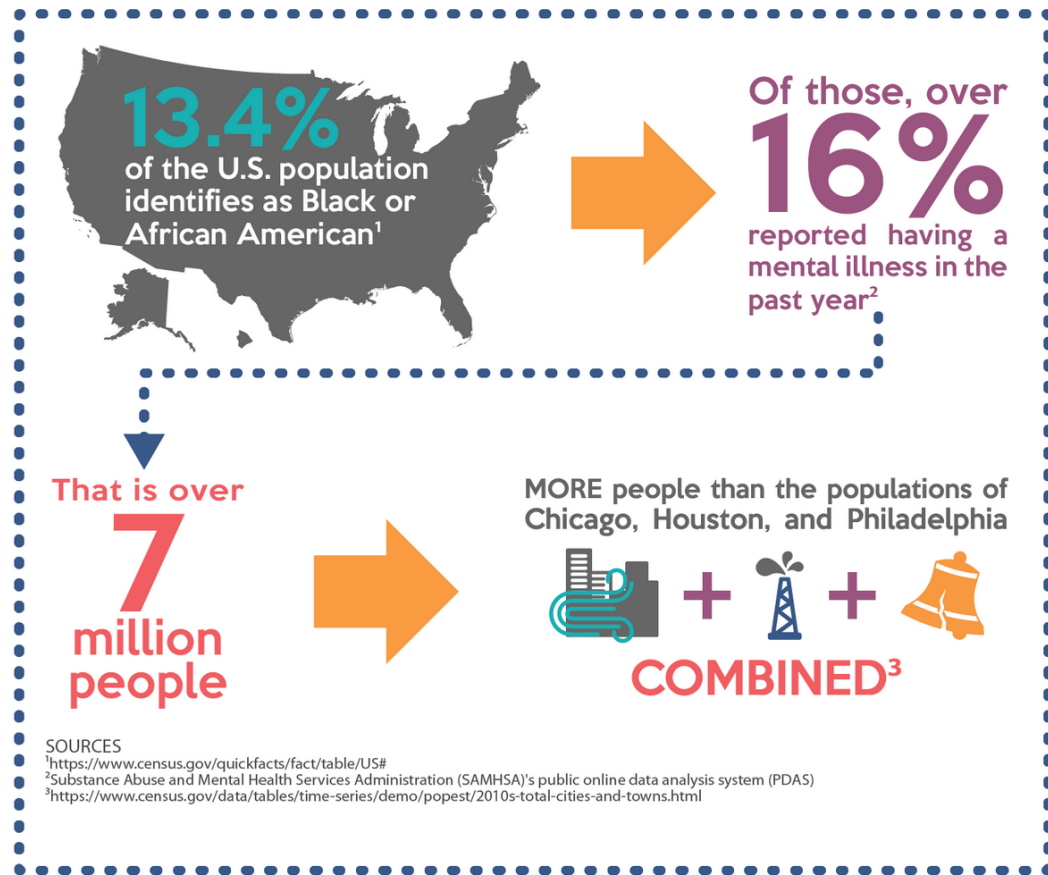
Exhaustion

Unable to perform duties/absent

Avoiding social events

MENTAL ILLNESS STATS AT A GLANCE

Black And African American Communities And Mental Health



Black And African American Communities And Mental Health



MENTAL ILLNESS STATS AT A GLANCE

Latinx/Hispanic Communities And Mental Health



Latinx/Hispanic Communities And Mental Health



Of those, over
16%
reported having a
mental illness in the
past year²

That is over
10
million
people



SOURCES

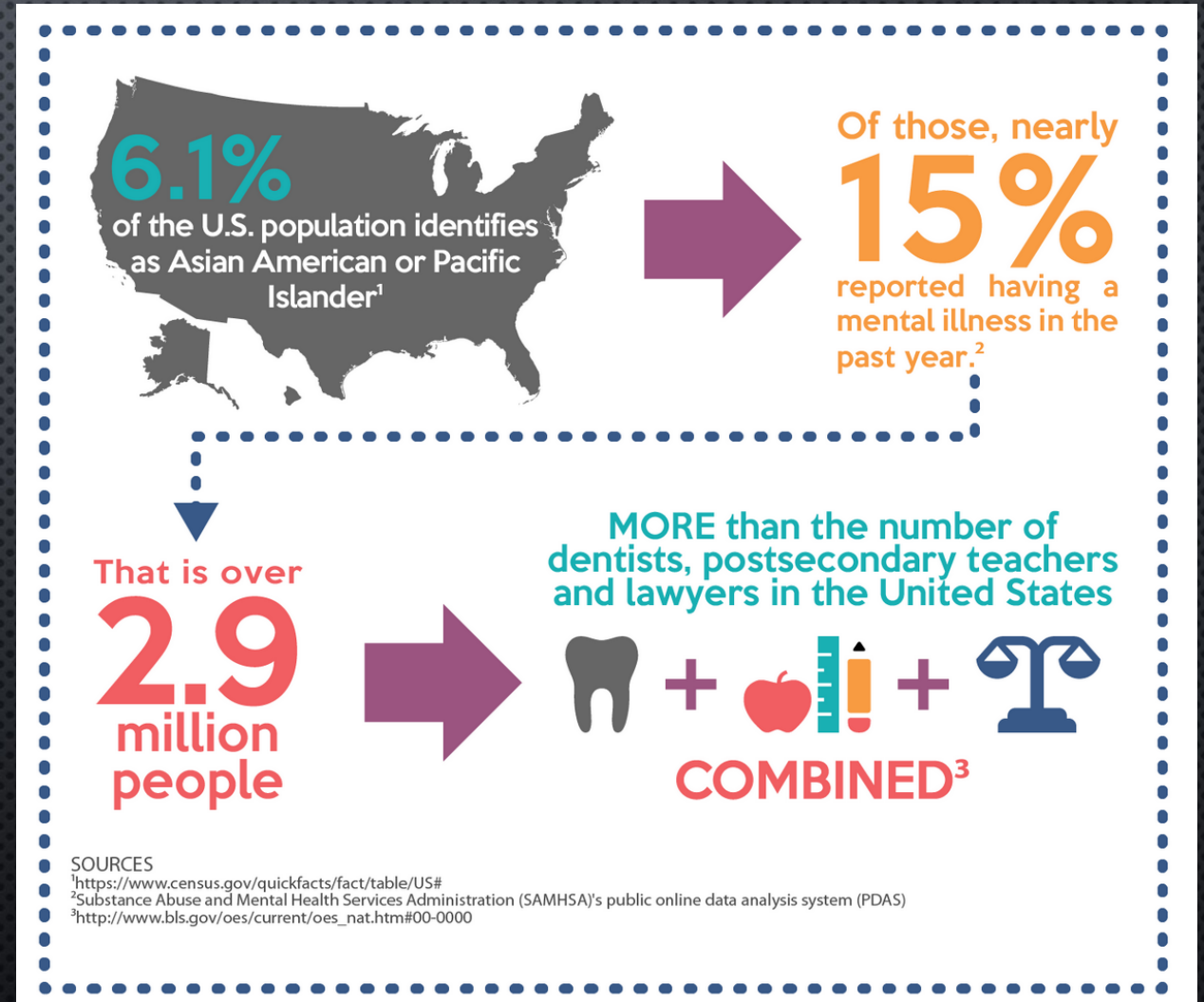
¹<https://www.census.gov/quickfacts/fact/table/US#>

²Substance Abuse and Mental Health Services Administration (SAMHSA)'s public online data analysis system (PDAS)

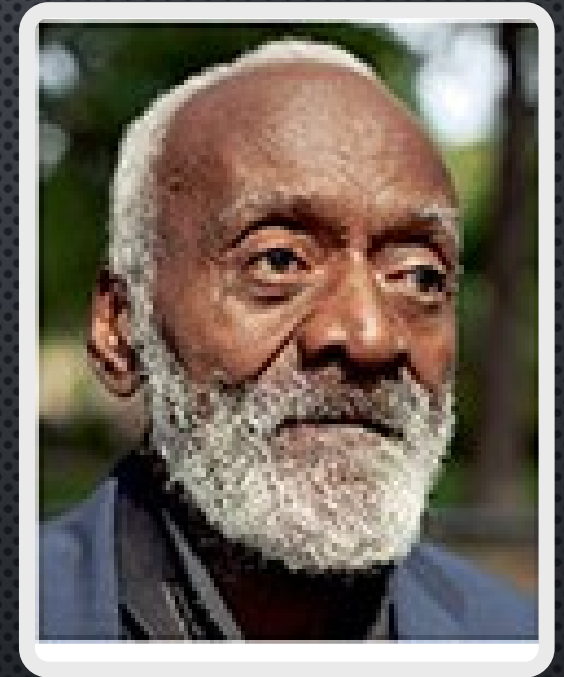
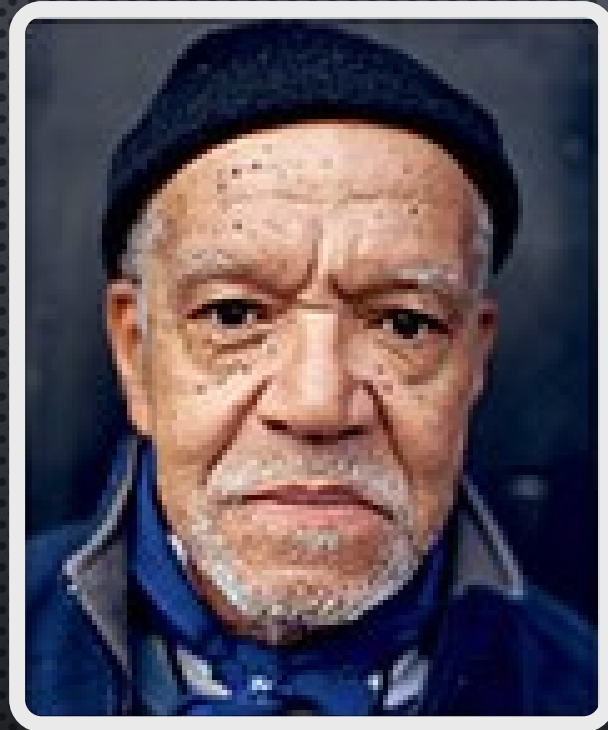
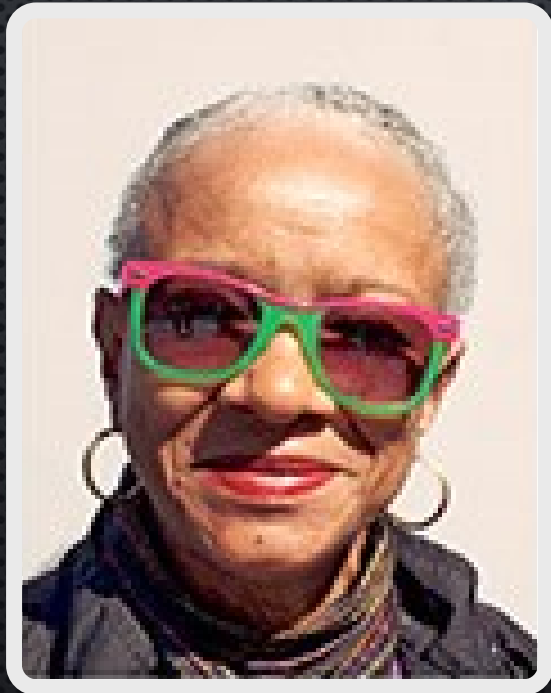
³<https://www.census.gov/data/tables/time-series/demo/popest/2010s-total-cities-and-towns.html>

MENTAL ILLNESS STATS AT A GLANCE

Asian American/ Pacific Islander Communities And Mental Health

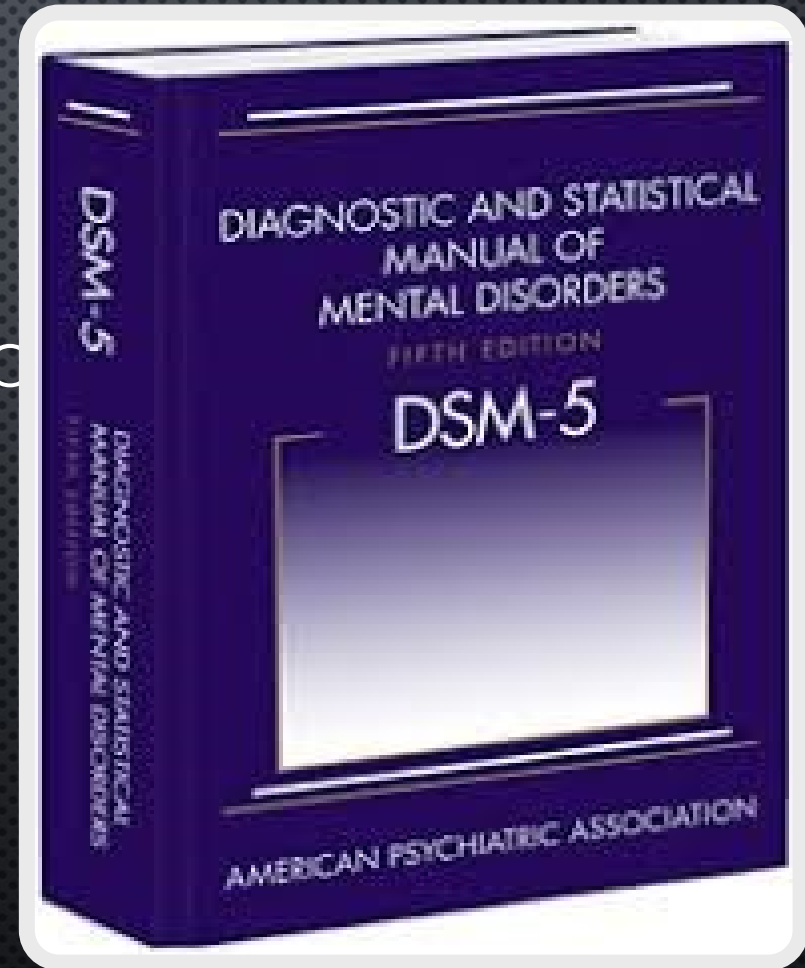


MENTAL ILLNESS IN LATER LIFE



SOME CATEGORIES OF MENTAL ILLNESSES

- ANXIETY DISORDERS
- DEPRESSIVE DISORDERS
- SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS
- BIPOLAR DISORDERS
- SUBSTANCE USE DISORDERS
- NEUROCOGNITIVE DISORDERS
- PERSONALITY DISORDERS
- HOARDING DISORDER



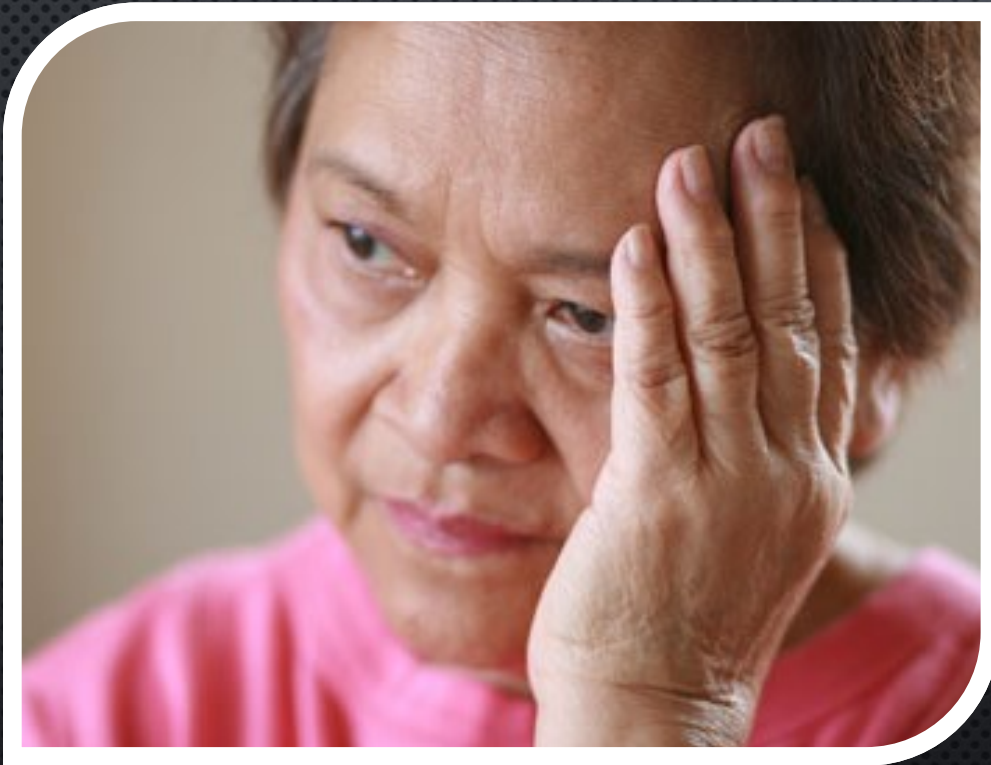
MENTAL ILLNESS IN LATER LIFE

- CAN CAUSE:
 - PROBLEMS WITH THOUGHTS, FEELINGS, AND BEHAVIOR.
 - NEEDLESS PHYSICAL AND EMOTIONAL SUFFERING.
- CAN BE TREATED EFFECTIVELY WHEN DIAGNOSED.



Everyone's responsibility

MENTAL ILLNESS-NOT A NORMAL PART OF AGING



- MENTAL DISORDERS IN THE ELDERLY
 - UNDER-RECOGNIZED
 - UNDER-TREATED
- FACTORS AFFECTING MENTAL ILLNESSES IN OLDER ADULTS:
 - SOCIAL ISOLATION
 - LONELINESS

SIGNS OF MENTAL ILLNESSES IN OLDER ADULTS

THOUGHT PROCESSES

- TROUBLE CONCENTRATING
- SEEMING TO RESPOND TO HALLUCINATIONS
- EASILY DISTRACTED
- CONFUSION AND/ OR MEMORY LOSS
- DELUSIONS—GRANDEUR, PARANOIA, SOMATIC, OR REFERENCE

MOTOR ACTIVITY

- RESTLESSNESS, PACING, ROCKING
- STAYING IN BED OR CHAIR MOST OF THE TIME
- MUSCLE TENSION-CLENCHING FISTS, JAW, TWITCHING
- SITTING ON EDGE OF CHAIR; GRIPPING ARMRESTS; WRINGING HANDS

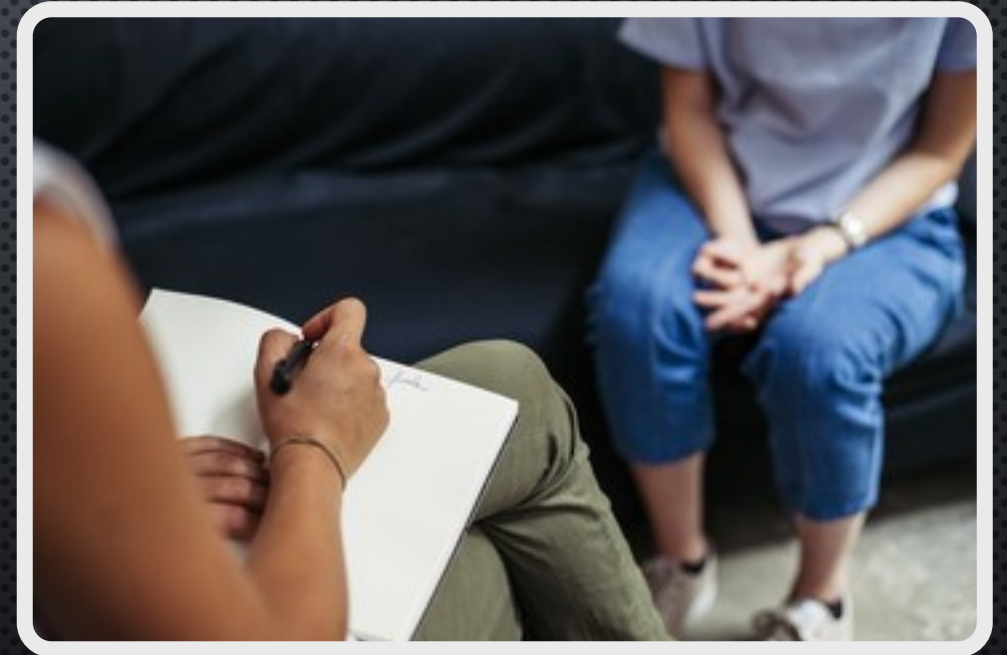
CONNECTIONS MATTER



Information...Referrals... Treatment

TREATMENT IS AVAILABLE AND EFFECTIVE

- COUNSELING—INDIVIDUAL, GROUP, FAMILY
- MEDICATIONS
- ILLNESS MONITORING
- INPATIENT TREATMENT
- CRISIS RECOVERY CENTERS
- AND MORE....



WHAT CAN **YOU** DO TO **HELP**?

- BE PRESENT
- COMMUNICATION:
 - YOUR APPROACH WHEN HELPING
 - ESTABLISH A NON-THREATENING ENVIRONMENT
- ACCEPT DELUSIONS & HALLUCINATIONS
- ASSIST IN LINKING TO APPROPRIATE PROFESSIONALS/SERVICES

Speak out against stigma!

TAKE A MENTAL HEALTH TEST

- ONLINE SCREENING IS A QUICK AND EASY WAY TO DETERMINE WHETHER YOU ARE EXPERIENCING SYMPTOMS OF A MENTAL HEALTH CONDITION.
- MENTAL HEALTH CONDITIONS, SUCH AS DEPRESSION AND ANXIETY, ARE REAL, COMMON AND TREATABLE. AND RECOVERY IS POSSIBLE.
- MENTAL HEALTH AMERICA (MHA) IS AN EXCELLENT RESOURCE.
- AND IT IS FREE.
- **WWW.MHASCREENING.ORG**

WHERE TO GET HELP—RECOGNIZE AND REFER



- NATIONAL ALLIANCE ON MENTAL ILLNESS. WWW.NAMI.ORG
- AMERICAN FOUNDATION FOR SUICIDE PREVENTION. WWW.AFSP.ORG
- WWW.VETERANSCRISISLINE.NET
 - 1-800-273-8255 PRESS 1
 - TEXT 838255
 - CHAT ONLINE



- **CALL THE NAMI HELPLINE**
- 800-950-NAMI (6264)
- **OR, IN A CRISIS? TEXT NAMI TO 741741**
- **CALL THE NATIONAL SUICIDE PREVENTION LIFELINE**
- **800-273-TALK (8255)**
- **CRISIS TEXT LINE.**
- **TEXT TALK TO 741741**



CRISIS TEXT LINE |

Text HELLO to 741741

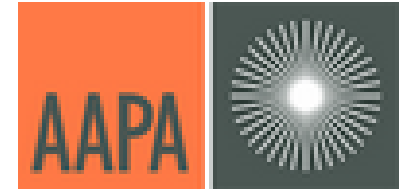
Free, 24/7, Confidential

WHERE TO GET HELP—SPECIFICALLY FOR MINORITIES

Therapy^{FOR} Latinx

BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE



**LATINX
THERAPY**

the boris
lawrence
henson
foundation
break the silence • break the cycle

APIAHF
ASIAN & PACIFIC ISLANDER
AMERICAN HEALTH FORUM

**THE FOCUS ON
YOU**

 **INNOPSYPH**
CHANGING THE FACE OF THERAPY



NAAPIMHA
National Asian American Pacific Islander Mental Health Association

SOME PARTING THOUGHTS

- EMOTIONAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH
- IT IS UP TO ALL OF US TO HELP TO DE-STIGMATIZE MENTAL HEALTH SO THAT MORE PEOPLE WILL RECOGNIZE SIGNS OF DISTRESS AND BE WILLING TO SEEK HELP.
- WE MUST CONTINUE INCREASING OUR KNOWLEDGE OF MENTAL HEALTH ISSUES FROM A CULTURAL PERSPECTIVE AND INCLUDING OLDER ADULTS.
- WE MUST BE AWARE IN ORDER TO CARE.



REFERENCES/SOURCES

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- WORLD HEALTH ORGANIZATION
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- MENTAL HEALTH ASSOCIATION
- [HTTPS://WWW.PSYCHIATRY.ORG/PSYCHIATRISTS/CULTURAL-COMPETENCY/EDUCATION/MENTAL-HEALTH-FACTS](https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts)
- AMERICAN PSYCHOLOGICAL ASSOCIATION
- NATIONAL INSTITUTE ON AGING
- SAMHSA
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- [HTTPS://WWW.NPR.ORG/2019/07/27/745017374/ISOLATED-AND-STRUGGLING-MANY-SENIORS-ARE-TURNING-TO-SUICIDE](https://www.npr.org/2019/07/27/745017374/isolated-and-struggling-many-seniors-are-turning-to-suicide)

QUESTIONS?

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Next Webinar:

Investing in Immunizations for At-Risk Older Adults and Other Vulnerable Populations

**Thursday August 26th @ 2-3pm
2:00-3:00**

www.centralinaaging.org

Jeanne Williams, BSN |Health Manager
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Melinda Forthofer, Ph.D
Interim Associate Dean for Academic Affairs,
College of Health and Human Services
Professor, Department of Public Health Sciences

OCTOBER

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2021

Centralina's Annual Aging Conference

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now live!**

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**to see the line up, get the
details, and save your spot!**

**WE'RE
GOING
VIRTUAL!**

All sessions will be
hosted using Zoom.



Keynote

Speaker:

Kenyon Salo

on

Living A

Bucket List

Life

Sessions include:

- Bridging the Gap: Reclaiming the End of Life Voice
- Student Loan Debt & Seniors
- LGBTQ+ Elders and Loneliness: How Common Life Course Experiences Lead to High Rates of Loneliness & Isolation
- "What Could Possibly Go Wrong?" Managing the Risks of Volunteer Engagement
- Homelessness, Aging & Mental Health
- Health Literacy: Helping Clients Understand
- And More!

Register to Participate



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Area Agency on Aging

COST: \$50 PER PERSON

ONLINE REGISTRATION AT WWW.CENTRALINAAGING.ORG

If you are unable to register online, please submit the following information to Lindi Hamlet at lhamlet@centralina.org for assistance. Lindi can also be reached at 704-348-2735.