



Hispanic Austin Leadership

Health Care Team 2013-2014

Juliet Castañeda – Texas CASA

Maria Elena Dwyer – Dell Inc.

Dorelia Miller - BuildASign.com

Gabriel Rodriguez – Time Warner Cable



Table of Contents

Executive Summary.....	3
Project Design.....	4
Brown Bag Sessions	8
Project Impact	13
Sustainability	15
Financial Summary	16
References	17
Acknowledgements	19
Team Structure	20
Appendix	22



Executive Summary

According to the National Institute of Mental Health report, an estimated 26.2 percent of Americans ages 18 and older - about one in four adults suffer from a diagnosable mental disorder in a given year. The most common diagnosable mental disorders consist of depression, substance abuse and even eating disorders.

The 2010 Disability Management Employer Collation report states that 6 percent of American adults struggle with serious mental illnesses. Mental illnesses cost society \$193.2 billion a year and even more alarming, 217 million people were absent from their workplace in 2010 due to mental health disorders.

Many people do not talk about mental health disorders in the same way they discuss cancer or any other illness. A report from the surgeon general found that feelings of embarrassment hindered individuals from seeking treatment. Many people would know what to do in case of a medical emergency or physical injury, but, not many would know how to behave or act in a situation related to a mental disorder. It is because of this stigma that the Hispanic Austin Leadership Healthcare Team developed Mental Health Matters (MHM). MHM partnered with Austin Travis County Integral Care to provide a one hour brown bag educational lunch designed to bring mental health awareness to the workplace.

According to Dr. Donna Nicholson, mental health educator and author of *Shattered-Tragedy on the Mountain*, some of these mental health issues are not visible; as is the case of her husband, who was diagnosed with bipolar disorder much later in his adult life. As a society we need to do what is within our power to remove the stigma associated with mental health and provide awareness and education. Austin Travis County Integral Care recently adopted a national program, Mental Health First Aid that teaches the skills needed to respond to the signs of mental illness and substance abuse. We felt our brown bag lunch sessions would not only create an avenue to share information about this invaluable training, but also bridge a gap between our mental health service providers and the Austin business community. We conducted three brown bag sessions and reached a total of 29 participants. Our team reached out to several businesses to continue our mission and bring ongoing mental health awareness sessions to the workplace in order to eliminate the stigma that surrounds mental health disorders.

Based on the survey data, the Mental Health First Aid Brown Bag Sessions we conducted provided employees and employers with the following benefits:

- Learning to recognize mental disorders
- Better understanding of mental health treatments
- Being more comfortable around people with mental disorders
- Being more likely to provide help to others

Project Design

Identifying the Need:

According to the Disability Management Employer Coalition report, an estimated 26.2 percent of Americans ages 18 and older about one in four adults suffer from a diagnosable mental disorder in a given year.

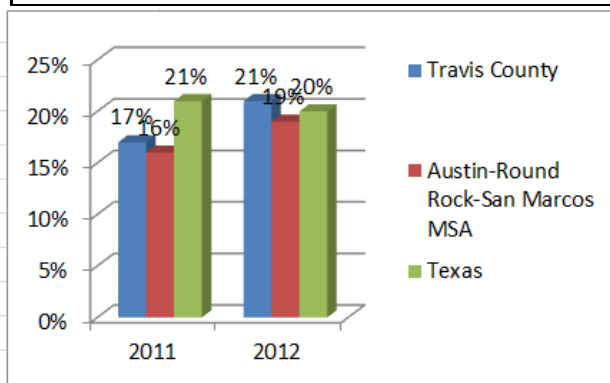
Below are some alarming statistics on mental health and the reason the MHM team chose this project.

According to the National Council for Behavioral Healthcare, 26.2 percent of U.S. adults suffer a type of mental disorder, and 19.1 percent of adults suffer a type of anxiety disorder in any one year.

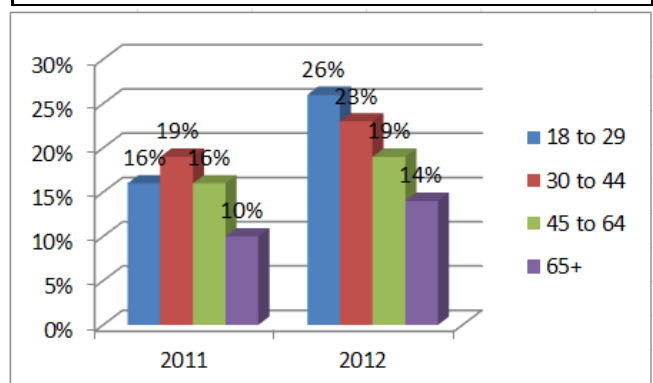
Type of Mental Disorder	% of Adults	Type of Anxiety Disorder	% of Adults
Anxiety disorder	18.1	Specific phobia	9.1
Major depressive disorder	6.7	Social phobia	7.1
Substance use disorder	3.8	Post-traumatic stress disorder	3.6
Bipolar disorder	2.6	Generalized anxiety disorder	2.7
Eating disorders	2.1	Panic disorder	2.7
Schizophrenia	1.1	Obsessive-compulsive disorder	1.2
Any mental disorder	26.2	Agoraphobia (without panic)	0.9
		Any anxiety disorder	19.1

According to the CAN Community Dashboard, Travis County statistics are higher than the MSA (19%) or the state (20%). A total of 21 percent Travis County residents report poor mental health. The highest percent of adults reporting poor mental health were 18 to 29 year-olds, at 26.2 percent.

	Travis County	Austin-Round Rock-San Marcos MSA	Texas
2011	17%	16%	21%
2012	21%	19%	20%



Age Group	18 to 29	30 to 44	45 to 64	65+
2011	16%	19%	16%	10%
2012	26%	23%	19%	14%



This data demonstrates the need for mental health awareness brown bag sessions. This is how our mission and vision statements became our focus.

Mission Statement

Bring mental health awareness to the workplace and empower employees by providing access to mental health resources.

Vision Statement

Eliminate the stigma of mental health in the workplace and encourage those affected to seek help through many available resources.

Brown Bag Sessions Training Content:

The outline below summarizes the content of the brown bag sessions which are broken into four sections. The participants are encouraged to actively participate and ask questions.

Section 1: The participants will learn about Mental Health First Aid, and get a thorough understanding of how to recognize mental health problems and challenges.

Learning to recognize mental disorders:

1. Participants will learn that mental health problems are common. Many people are not well informed about mental health disorders; furthermore, professional help is not always on hand. People often do not know how to respond. People with mental health problems often do not seek help.
2. What Is a Mental Disorder? A mental disorder or mental illness is a diagnosable illness that:
 - a. Affects a person's thinking, emotional state, and behavior
 - b. Disrupts the person's ability to work, and carry out daily activities
 - c. Engage in satisfying relationships
3. Understanding depression and anxiety and how they affect a person mentally and physically:
 - a. Signs and symptoms of depression
 - b. Signs and symptoms of anxiety
 - c. Psychological - Sadness, anxiety, guilt, anger, mood swings, lack of emotional responsiveness, feelings of helplessness, hopelessness, irritability, frequent self-criticism

Section 2: This section is spent educating participants on gaining a better understanding that mental health treatments can make a difference and the consequences of not seeking treatment.

Better understanding of mental health treatments:

1. Review of treatments available to help those suffering from a mental illness
2. Organizations and hospitals available resources

3. Without Early Intervention it can result in:
 - a. Poorer long-term functioning
 - b. Increased risk of depression and suicide
 - c. Slower psychological maturation and slower uptake of adult responsibilities
 - d. Strain on relationships and subsequent loss of social supports
 - e. Disruption of education and employment
 - f. Increased use of alcohol and drugs
 - g. Loss of self-esteem and confidence

Section 3: This section focuses on the action plan that participants can follow when dealing with a mental health issue. The Mental Health First Aid message in the brown bag sessions is for participants know that a person with a mental health disorder can have a normal life in society.

Being more comfortable around people with mental disorders:

1. The Action Plan
 - a. Assess for risk of suicide or harm
 - b. Listen non-judgmentally
 - c. Give reassurance and information
 - d. Encourage appropriate professional help
 - e. Encourage self-help and other support strategies

Section 4: This section focuses on what participants as leaders can do to help individuals suffering from a mental illness and where to go for help. The participants will be enabled with the tools to help others seek the help they need.



1. Review of resources available in the community to seek the appropriate help with contact information:
 - a. Integral care
 - b. NAMI Austin
 - c. Austin Oaks Hospital
 - d. The People's Community Clinic

In summary our Mental Health Matters team was created to increase awareness of mental health in the workplace and provide resources for ongoing support.

The team created a magnet so that employees and employers could have critical resource information at their fingertips. The team also created a survey to capture and measure the impact of the project, which is reviewed in the Impact section.

National Alliance for Mental Illness-Austin (NAMI), Austin Oaks Hospital, and Austin Travis County Integral Care were instrumental in providing support and direction for this project.

Magnet Provided to Attendees: The links to these resources can also be found in the reference section.

	<h2 style="text-align: center;">Austin Area Mental Health Resources</h2>	
<h3 style="text-align: center;">Integral Care</h3> <p style="text-align: center;">www.integralcare.org Phone: 512-472-HELP</p>	<h3 style="text-align: center;">Austin Oaks Hospital</h3> <p style="text-align: center;">www.austinoakshospital.com Phone: 512-440-4800</p>	
<h3 style="text-align: center;">NAMI Austin</h3> <p style="text-align: center;">www.namiaustin.org Phone: 512-374-1335</p>	<h3 style="text-align: center;">People's Community Clinic</h3> <p style="text-align: center;">www.austinpcc.org Phone: 512-478-4939</p>	

Brown Bag Sessions

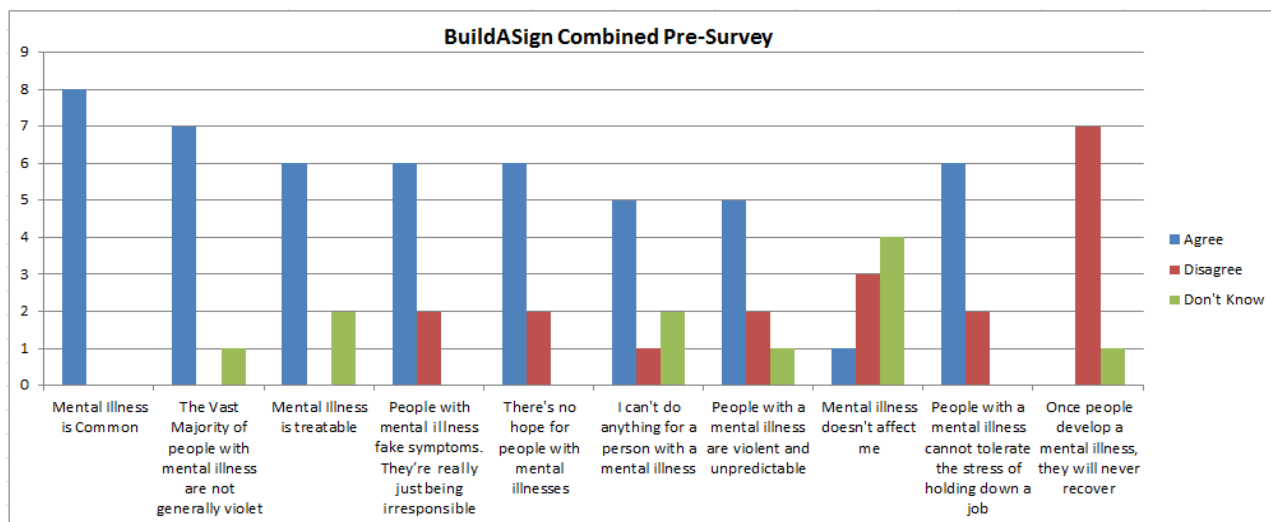
The Mental Health First Aid Brown Bag Sessions were held in local Austin businesses. A survey was created to capture demographic data, as well as measure the success of the project by soliciting a pre-survey and a post survey. Data will be presented individually by session and by a combined total. A final summary will be presented to illustrate combined results for all three Mental Health First Aid Brown Bag Sessions.

Mental Health First Aid Session #1:

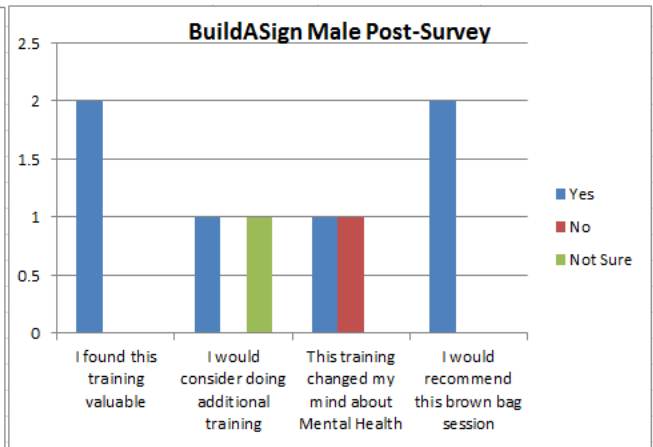
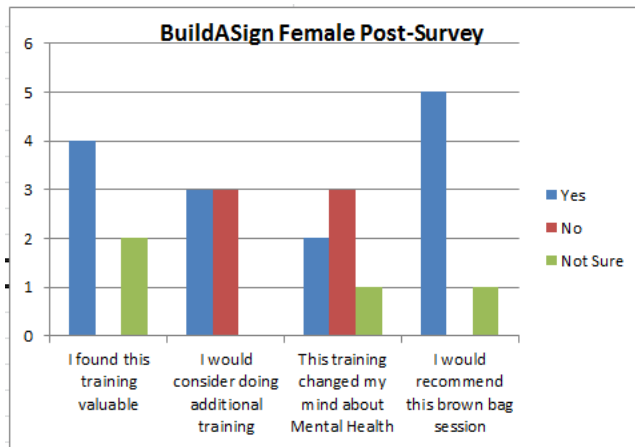
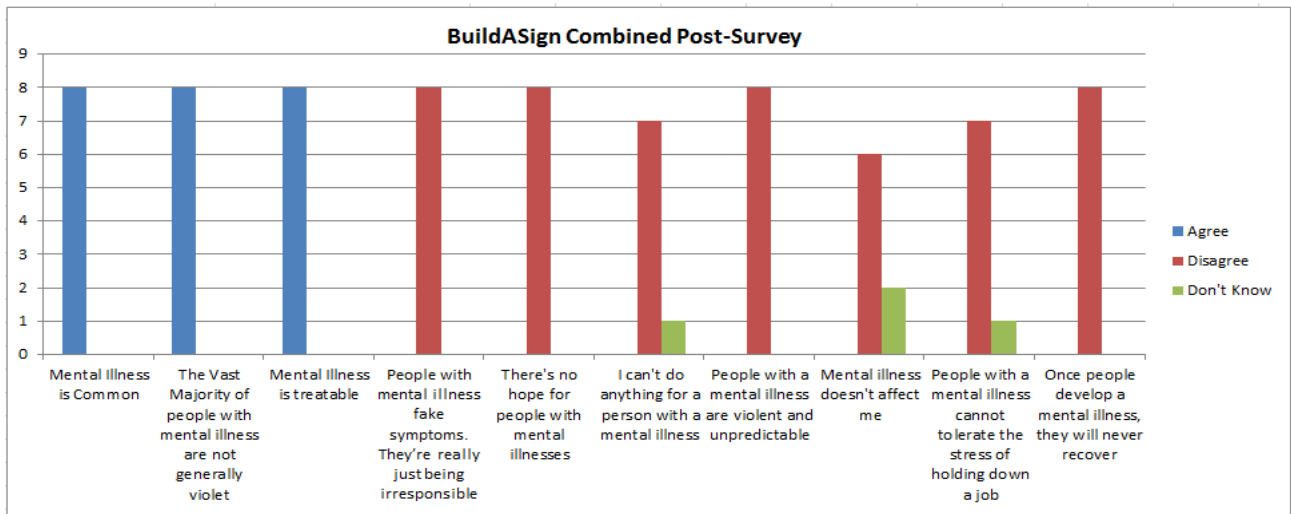
The first session was hosted by **BuildASign.com**, a local online signage retailer and manufacturer. Eight employees attended the lunch session. Lunch was sponsored by HEB. Employees were asked to fill out the pre and post survey and the data showed overwhelmingly that the session was a success, as detailed in the following charts.

The BuildASign.com employees were receptive to the idea of bringing mental health awareness to the workplace, as illustrated by the post survey responses. The following charts show the pre and post survey for comparison. It is important to note that comments by the BuildASign.com staff were made after the session sharing how informative and helpful this session was. One attendee stated this type of training should be as common as providing annual workplace safety and sexual harassment training.

Pre-Survey: 10 questions were answered at the start of the session.



Post Survey: In the post-survey, 75 percent of participants found the training valuable, and 88 percent would recommend this session.



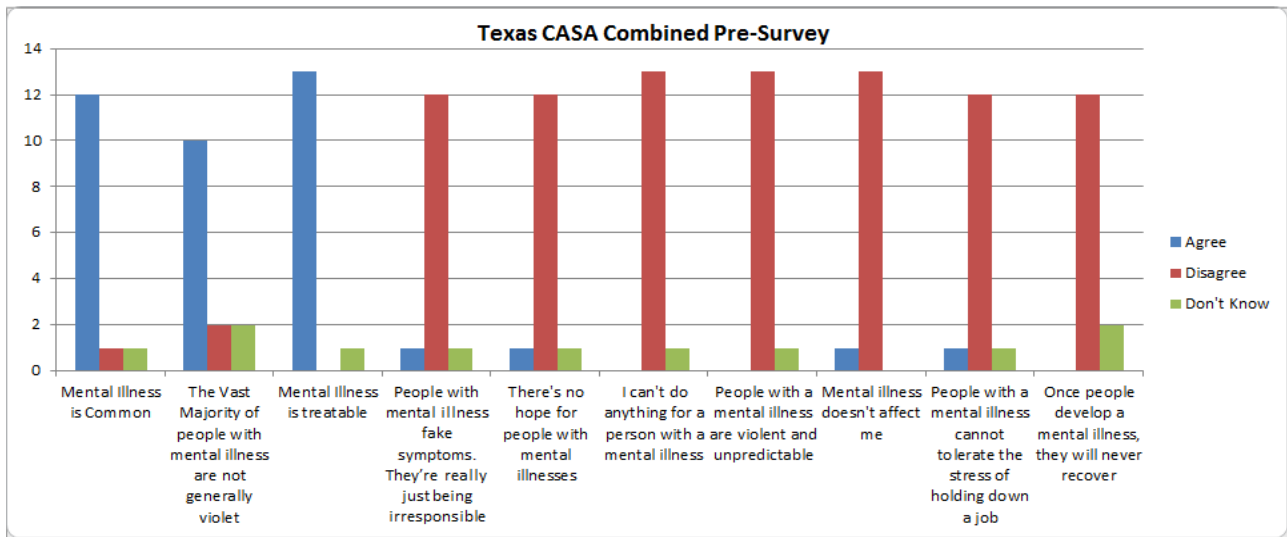
Mental Health First Aid Session #2:

The second session was hosted by **Texas CASA**. Texas CASA partners with the CASA community to be a voice for abused and neglected children through the power of volunteer advocacy and change in the child protection system. Seventeen employees attended the lunch session. Lunch was sponsored by Go with the Flo Catering and HEB. Participants were asked to fill out a pre and post survey. This session was the most diverse of the three.

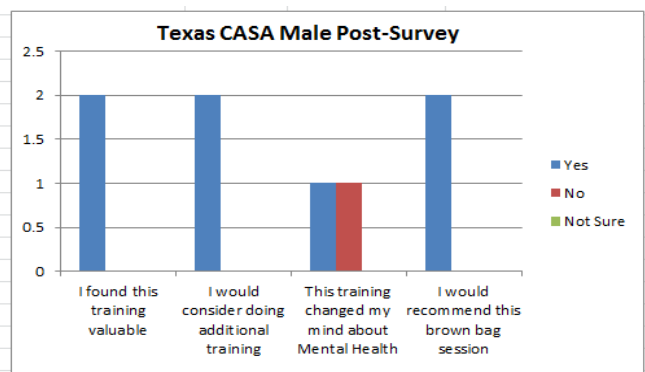
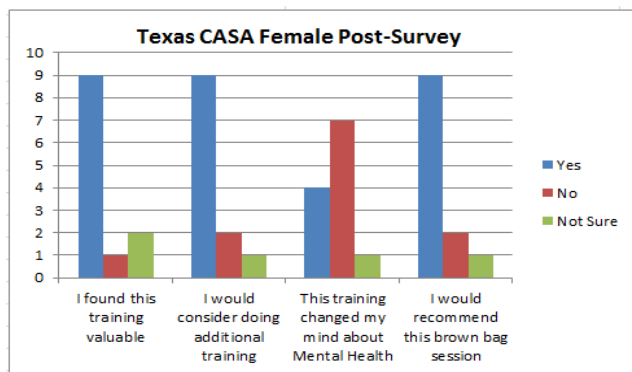
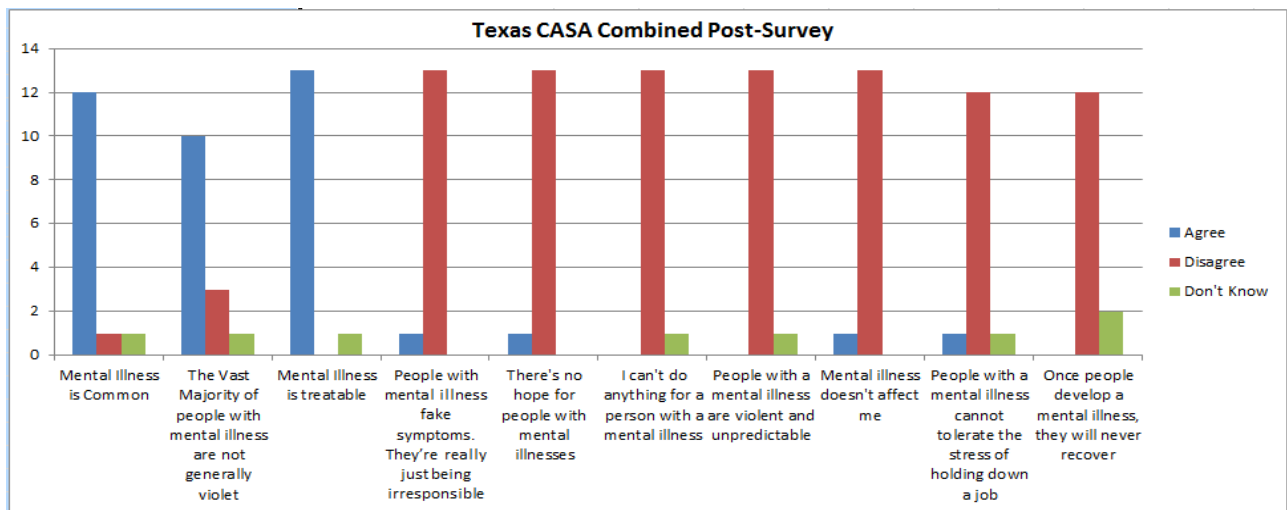
The Texas CASA employees were receptive to the idea of bringing mental health awareness to the workplace, as illustrated by the post-survey responses.

The following page illustrates the pre and post survey data by Texas CASA participants, and it shows the participants had a change of mind after the training. One interesting note is that most of the Texas CASA participants were more educated on mental health issues due to the nature of their work. Participant comments from the Texas CASA session are noted in the feedback section of this project.

Pre-Survey: 10 questions were answered at the start of the session.



Post Survey: In the post-survey 79 percent of participants found the training valuable, and 79 percent would recommend this session.

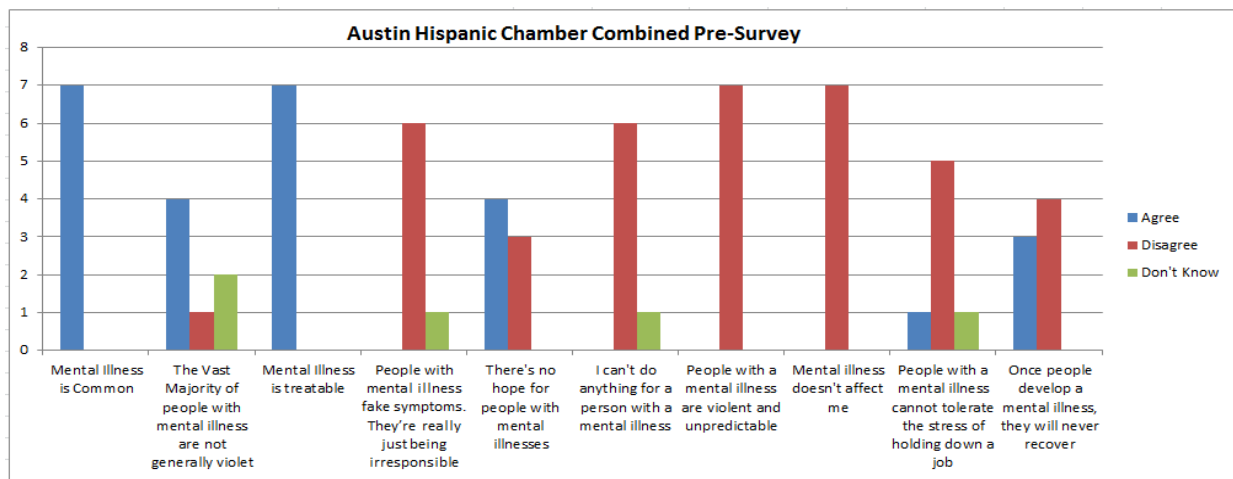


Mental Health First Aid Session #3:

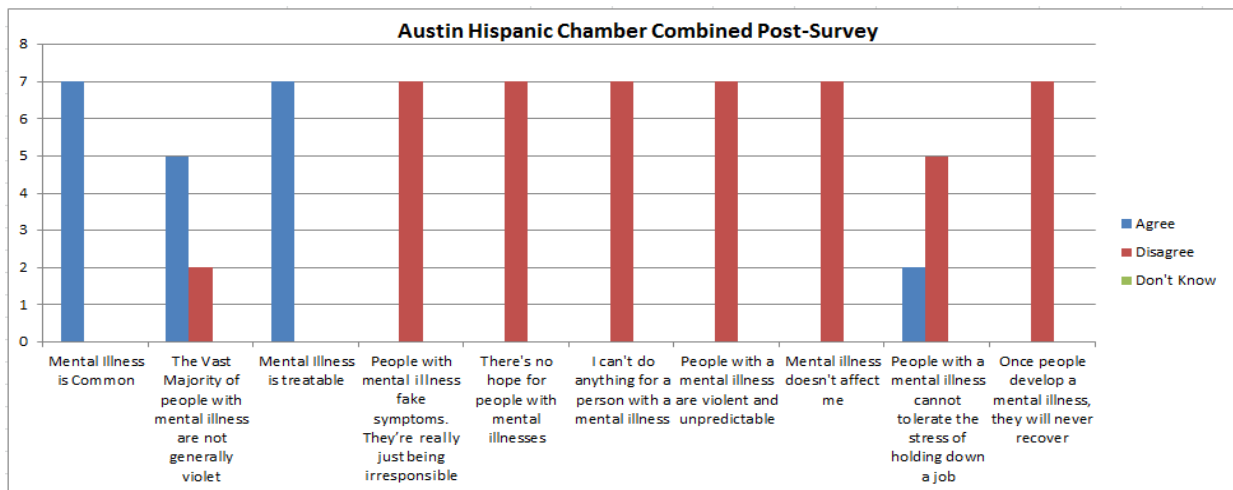
The third session was hosted by the Health & Wellness Committee for the **Greater Austin Hispanic Chamber of Commerce (GAHCC)**. The GAHCC primary goal is to continue the advancement and progression of a strong and stable economic culture for Hispanic Businesses. Seven employees attended the lunch session. Participants were asked to fill out a pre and post survey.

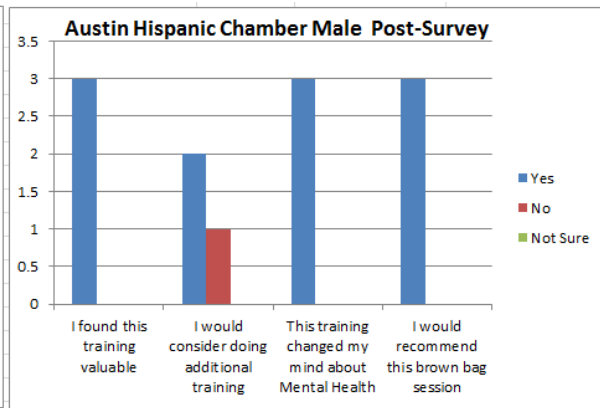
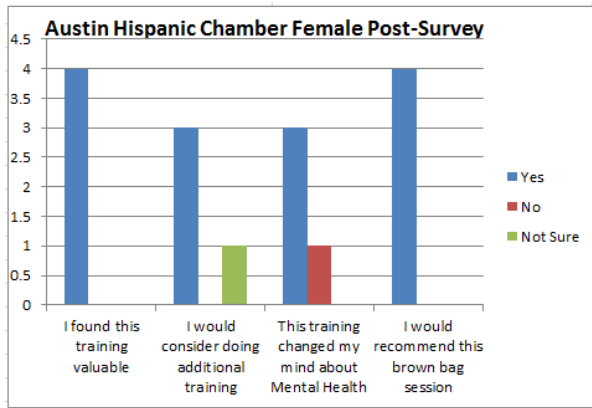
The GAHCC session was well received. There was a high rate of involvement and conversation. The group was also receptive to the idea of bringing mental health awareness to the workplace, as illustrated by the post survey responses. The following charts show the pre and post survey for comparison. The GAHCC has been a great resource and partner for our project.

Pre-Survey: 10 questions were provided at the start of the session to the Health and Wellness Committee for the GAHCC.



Post Survey: In the post-survey 100 percent of participants found the training valuable, and 100 percent would recommend this session. There is clear correlation that this impacted awareness positively.





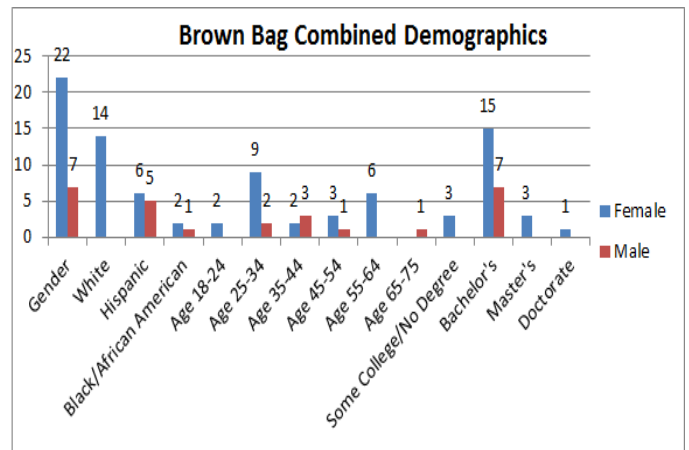
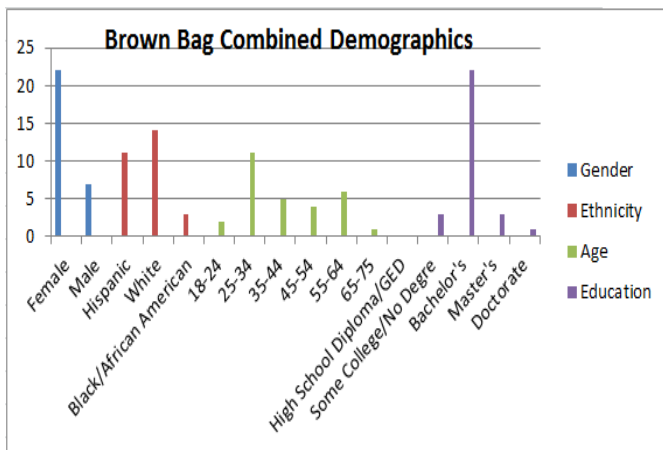
The GAHCC brown bag session was the last session the MHM team completed with the support of Integral Care who delivered all the sessions. There were some challenges along the way with scheduling; however, our team persevered a very difficult subject that many individuals are not comfortable discussing.

Summary of combined Mental Health First Aid Brown Bag Sessions:

The following charts illustrate the total number of participants in the Mental Health Matters project. The team felt it was important to collect demographic data to prove that mental health stigmas transcend educational attainment. Below are the combined demographics for the three sessions completed.

Total Participants: Below are the combined demographics for the three sessions completed.

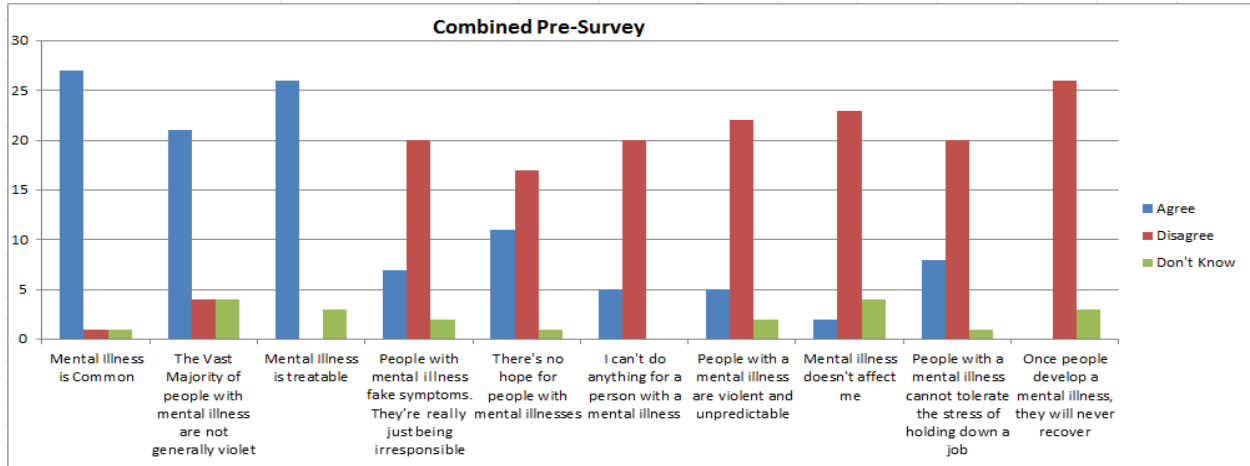
- **22 Total Females:** 14 White; 6 Hispanic; 2 Black/African American; ages 18 to 64; 3 Some College; 15 Bachelor's Degree; 3 Master's Degree, and 1 Doctorate
- **7 Total Males:** 5 Hispanic; 1 Black/African American (1 no answer); ages 25 to 75; 7 Bachelor's Degree.



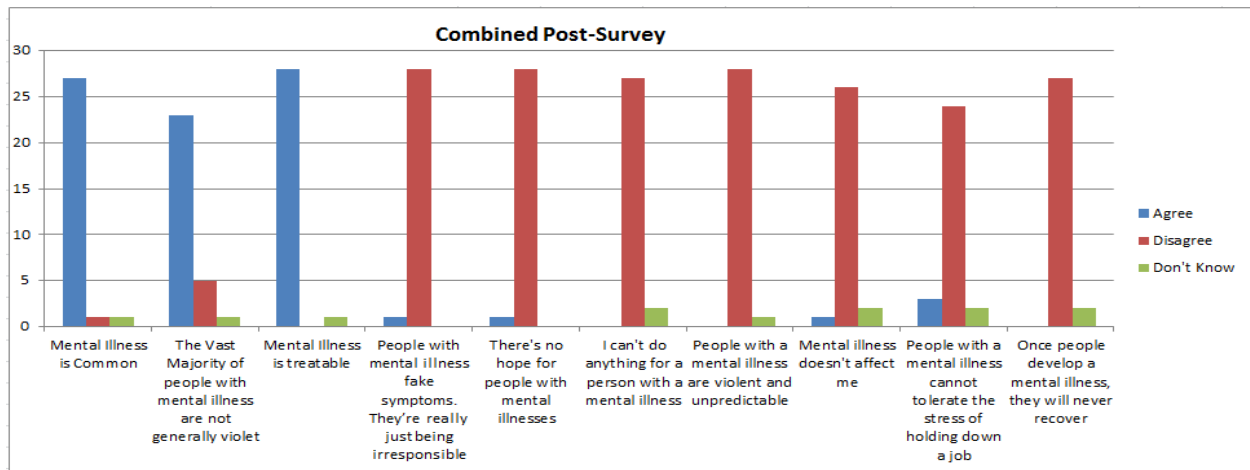
Project Impact

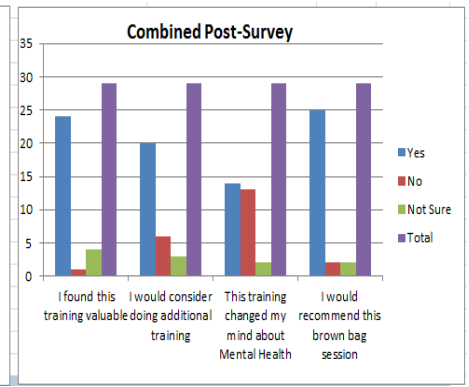
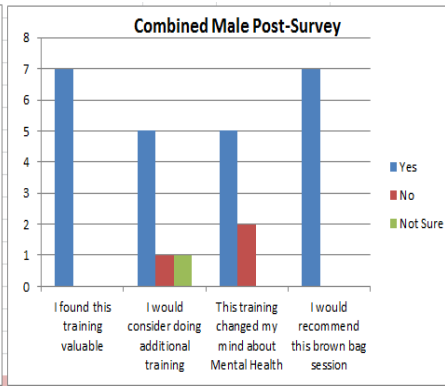
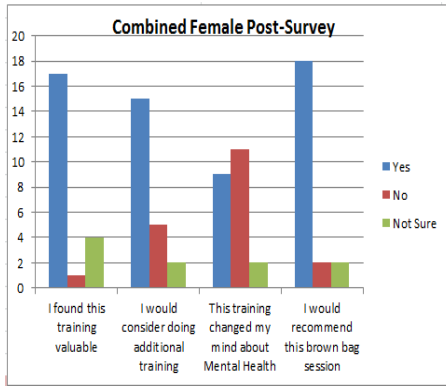
The data collected for the Mental Health Matters project shows overwhelmingly the need for this project to continue. Combined results are illustrated below.

Pre-Survey – A total of 32 participants attended the three sessions. Three Texas CASA participant surveys were eliminated due to incomplete data.



Post Survey: In the Post-Survey 83% of participants found the training valuable, and 86% would recommend the brown bag sessions.





Participant Feedback:

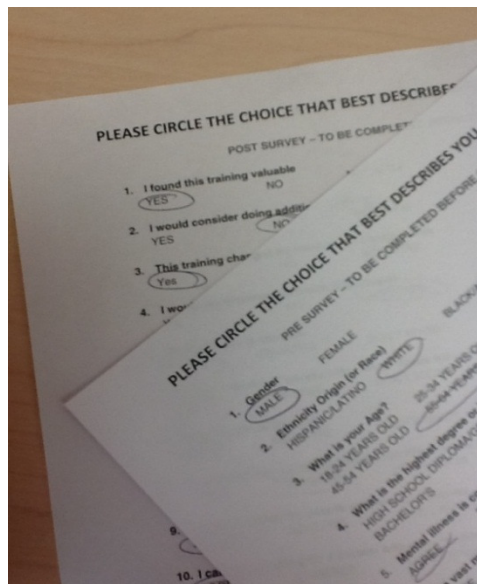
“Learned about all the symptoms. Didn’t realize there were so many.”

“Content was excellent”

“Like the stats to show urgency of problem.”

“Knowing the signs and learning the truth about mental illnesses opens up a world of possibilities for your loved one and introduces you to the true meaning of empathy.”

“I am really happy that this presentation came to our attention at my workplace. It really made me sit back and think about how my family has been affected by mental illnesses and I need to take some action to address it.”



Knowing signs and learning the truth about mental illnesses opens up a world of possibilities for your loved one and introduces you to the true meaning of empathy.

training. Liked the stats to show urgency of problem. Loved the food 😊

Sustainability

The vision of the Mental Health Matters team was to bring mental health awareness to various businesses to empower employees by providing them access and resources. As we were designing our project and call to action, we wanted to select an organization that was committed to sustaining mental health awareness. Our partnership with Austin Travis County Integral Care allowed us to do just that, since they have committed to continue ongoing sessions. The Mental Health Matters team has received commitments from Austin businesses such as Don Darios and Freescale’s Club One Fitness Center, to bring the mental health awareness brown bag sessions to their workplace. Our team will challenge the businesses attending the HAL graduation ceremony to make a stand for ending the silence and the stigma that surrounds mental health issues. We will a sign-up sheet at our project table for businesses to make a commitment and bring the brown bag sessions to their workplace. This will guarantee ongoing mental health brown bag sessions in the workplace.



“The feedback I’ve received from the sessions I’ve conducted have been positive and it would be great to continue to create awareness about mental health and Mental Health First Aid.”

Erika Canales, Diversity & Community Outreach Manager
Austin Travis County Integral Care

Financial Summary

Due to the generosity and support of several individuals and businesses, the Mental Health Matters project became a reality. The financial summary below outlines the costs of goods, in-kind donations and services incurred by the Mental Health Matters brown bag education sessions.

<i>Donations</i>			
<i>Contributor/Donor</i>	<i>Description</i>	<i>Type</i>	<i>Amount</i>
HEB	<i>Snacks/food for brown bag 1 and 2</i>	<i>Gift Cards</i>	<i>\$100.00</i>
BuildASign.com	<i>Creative design for logo</i>	<i>In-Kind</i>	<i>\$60.00</i>
Wearablehope.com	<i>T-Shirt Fundraiser</i>	<i>Fundraiser</i>	<i>\$120.00</i>
Time Warner Cable	<i>Lunch meeting with Dr. Nicholson</i>	<i>In-Kind</i>	<i>\$38.00</i>
Go with the Flow	<i>Catered snacks/lunch for brown bag #3</i>	<i>In-Kind</i>	<i>\$132.60</i>
Simon Fitzpatrick	<i>Videotaping and editing</i>	<i>In-Kind</i>	<i>\$500.00</i>
Maria E. Dwyer	<i>Lunch meeting with Selina Aguirre</i>	<i>In-Kind</i>	<i>\$18.00</i>
Texas CASA	<i>Printing and Binding of Project Binder</i>	<i>In-Kind</i>	<i>\$18.00</i>
Total			\$986.60

<i>Expenses</i>			
<i>Vendor</i>	<i>Description</i>	<i>Type</i>	<i>Amount</i>
BuildASign.com	<i>100 Magnets/Banner</i>	<i>Materials</i>	<i>\$35.48</i>
BuildASign.com	<i>Creative design for logo</i>	<i>Materials</i>	<i>\$60.00</i>
HEB Snacks/Food	<i>Snacks/Food</i>	<i>Lunches</i>	<i>\$200.00</i>
Go with the Flow	<i>Snacks/Food</i>	<i>Lunch</i>	<i>\$132.60</i>
Olive Garden	<i>Snacks/Food</i>	<i>Lunch</i>	<i>\$38.00</i>
Kona Grill	<i>Snacks/Food</i>	<i>Lunch</i>	<i>\$18.00</i>
Simon Fitzpatrick	<i>Videotaping and editing</i>	<i>Videos</i>	<i>\$500.00</i>
Total			\$984.08



References

1. **NAMI** (<http://www.namiaustin.org/>)
2. **South Austin Oaks** (<http://austinoakshospital.com/>)
3. **Austin Travis County Integral Care** (<http://www.integralcare.org/>)
4. **The People Community Clinic** (<https://www.austinpcc.org/>)
5. **National Institute of Mental Health** (<http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>)
6. **CAN Community Dashboard** <http://www.cancommunitydashboard.org/drilldowns/mental-health.php>
7. **Council for Behavioral Health** (<http://www.thenationalcouncil.org/topics/addictions/>)
8. **Substance Abuse and Mental Health Services Administration SAMHSA**
(<http://beta.samhsa.gov/health-reform/parity>)
9. **www.wearablehope.com**
http://www.wearablehope.com/product-p/mha_beautiful_mind.htm
http://www.wearablehope.com/product-p/yourself_priority.htm



Acknowledgements

Trainer Speaker Biography:

Special thanks to Austin Integral Health Care and Erika Canales they have been instrumental in making this project a reality.



Erika Canales, Diversity & Community Outreach Manager

Austin Travis County Integral Care

Ms. Canales offers over ten years of experience in planning, marketing, community outreach, training and project management. Her roles have ranged from case manager to diversity practitioner in the mental health non-profit industry. Her activities are designed to improve access and health outcomes for minority populations. Ms. Canales has pioneered non-traditional outreach projects with community partners that focus on implementing innovative learning opportunities. She provides guidance to senior leaders on developing enterprise level strategies for collaborating with diverse stakeholders and role-modeling a culturally competent organization. Ms. Canales holds a Bachelor of Science degree in Kinesiology and Health Education from The University of Texas at Austin and Master of Business Administration from Texas State University.


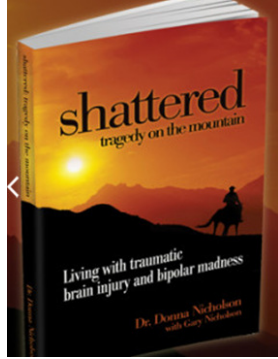




Videographer:

Simon Fitzpatrick volunteered his time and professional services in development of the videos captured for our Mental Health Matters project. Without his contributions these videos would not have been possible.

Video Tape

Video Sessions:

Special Thanks to the support of our partners and video contributors. Their real life experiences with mental health were an inspiration for this project.

 <p>Dr. Donna Nicholson Educator and Author</p>	<p>Interviewed Dr. Nicholson on March 27th 2014. The interview included an introduction of Dr. Nicholson and the book that she has written. She then explained how a mental illness became part of her life. Her husband was in a hiking accident that caused a mental disorder. With this disorder a highly reputable man became lost in her eyes which lead her to write the book <i>Shattered-Tragedy on the Mountain</i>.</p>	 <p>http://shattered-book.com/</p>
 <p>Selina Aguirre Director of Compliance and Contract Administrator</p>	<p>Interviewed Selina Aguirre on March 28th 2014. The interview with Selina Aguirre consisted of an introduction and overview of mental health of her son. She did explain that the mental health of her son was recognized and treated. With the assistance of professionals her life and her son's life are a lot more comfortable. She also would like to see others with children to seek help and get treatment.</p>	 <p>Greater Austin Hispanic Chamber of Commerce <i>Your Resource Your Future Your Voice</i></p>
	<p>Interviewed brown bag attendees after session on April 11th, 2014 at the Health and Wellness meeting. On the interviews we received feedback on the session and personal experiences with mental illness. Received personal perception on mental illness and awareness.</p>	 <p>Greater Austin Hispanic Chamber of Commerce <i>Your Resource Your Future Your Voice</i></p>

Team Structure



Project Manager/Finance

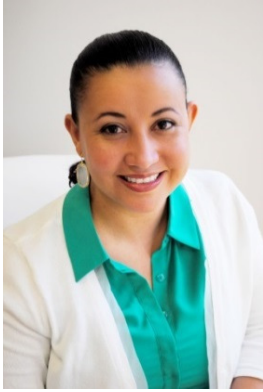


Maria Elena Dwyer was born in Michoacan, Mexico and came to the US when she was seven. She is the oldest of 11 children. She grew up in Mission, TX and moved to Austin in the fall of 1987 to attend St. Edward's University on a full academic scholarship. Maria Elena has 20 years of IT experience: 12 of which have been with Dell. She began her career with Dell in 2002 as the first Latin American division Technical Sales Representative (TSR). She has held various management positions; including, Area Manager responsible for building out the first technical sales teams in the Panama, San Salvador, and Mexico call centers. Maria Elena is currently the Regional Sales Director for the Enterprise Solutions Team in the Dell Global Commercial Channel. She is actively involved in her community and volunteers to several charities. She enjoys reading, live theatre, movies, and nature. On the weekends, she makes time to mentor and teach children and young adults. She is happily married to Jeffrey who has been by her side for almost 24 years.



Marketing Leader

Juliet Castañeda was born in McAllen, Texas. Juliet is a twin and one of the youngest of eight children. Juliet grew up as a migrant farm worker from 1980-1990 and picked vegetables such as asparagus, onion, corn and squash to name a few. She graduated from St. Edwards University with a BA in Elementary Education. Juliet currently works at Texas CASA (Court Appointed Special Advocates) as a trainer. She helps develop curriculum for supervisors and executive directors, she also provides technical assistance with webinars and assists in the development of the annual conference. She has three beautiful girls and enjoys volunteering her time at her daughter's school and other organizations that help at-risk youth. During her spare time, Juliet loves to paint with water color, walk her dog and catch up on the latest reality shows.



Project Administrator/Fundraising

Dorelia Miller is the Giving Program Manager for BuildASign.com, where she manages philanthropic partnerships with local, regional and national organizations, helping them reduce overhead expenses in order to dedicate more funds directly to the causes they support. Dorelia’s passion for the non-profit sector stems from her professional experience with a number of organizations focused on higher education for underrepresented populations. Dorelia was born in Durango, Mexico and was raised in Eagle Pass, Texas. She graduated from Texas State University in San Marcos with a degree in Sociology and a minor in Multicultural Studies. She currently resides in Round Rock, Texas with her husband and young daughter.



Public Relations

Gabriel Rodriguez was born in Beeville, Texas and raised in Round Rock, Texas since 1984. He did go back to his home town and graduated from AC Jones High School. He then joined the United States Air Force with a MOS in munitions. He spent two years in Layton Utah at Hill air force base then his last two years in Aviano, Italy. After his time through Desert Shield he was discharged as a Senior Airman with numerous metals such as Air Force Achievement Metal and Marksmanship. He then came back to Austin and pursued a career with Dell which gave him his IT background which followed up in a sales career in the Healthcare department. After seven years with Dell he is now an Account Executive II with Time Warner Cable Business Class. During Gabriel’s spare time he likes spending time with his family and friends. Working on projects around the house and working on his 1993 Ford Mustang.



Appendix

T-Shirt Design:



wearable hope



Partners and Sponsors:



Mental Health First Aid Power Point Presentation:

1 Mental Health First Aid: An Introduction
Erica Canales
Diversity & Community Outreach Manager
Austin Travis County Integral Care

2 Mental Health First Aid National Founders
National Council on Mental Health

3 MHFA Overview
• How common is mental illness?
• What is Mental Health First Aid?
• Signs and symptoms of various mental illnesses
• Importance of early intervention, treatment and support
• How to register for MHFA certification in Austin

4 U.S. Adults with a Mental Disorder in Any One Year

Type of Mental Disorder	% Adults
Anxiety disorder	18.1
Major depressive disorder	8.7
Substance use disorder	5.8
Bipolar disorder	2.4
Eating disorders	2.1
Schizophrenia	1.1
Any mental disorder	36.2

5 What Is Mental Health First Aid?
Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

6 Program Overview: Session 1
• What is Mental Health First Aid?
• Mental Health Problems in the United States
• Mental Health First Aid Action Plan
• Understanding Depression and Anxiety
• Mental Health First Aid Action Plan for Depression and Anxiety
– Suicidal Behavior
– Depressive Symptoms
– Neurobiological Self-Help

7 Session 2
– Panic Attacks
– Traumatic Events
– Anxiety Syndromes
• Understanding Psychotic Disorders
• Mental Health First Aid Action Plan
– Acute Psychosis
– Disruptive or Aggressive Behavior

8 Session 2, cont
• Understanding Substance Use Disorders
• Mental Health First Aid Action Plan
– Overdose
– Withdrawal
– Substance Use Disorders
• Using your Mental Health First Aid Training

9 Why Mental Health First Aid?
• Mental health problems are common.
• Stigma is associated with mental health problems.
• Many people are not well informed about mental health problems.
• Professional help is not always on hand.
• People often do not know how to respond.
• People with mental health problems often do not seek help.

10 What is a Mental Disorder?
A mental disorder or mental illness is a diagnosable illness that:
• Affects a person's thinking, emotional state, and behavior
• Disrupts the person's ability to:
– Work
– Carry out daily activities
– Engage in satisfying relationships

11 Recovery from Mental Illness
"Recovery is the process in which people are able to live, work, learn, and participate fully in their communities."
"For some, this is the ability to live a fulfilling and productive life despite a disability."
"For others, recovery implies the reduction or complete remission of symptoms."
... Recovery from Mental Illness: A National Health, 2002

12 Mental Health First Aid
The Action Plan
• Assess for risk of suicide or harm
• Listen nonjudgmentally
• Give reassurance and information
• Encourage appropriate professional help
• Encourage self-help and other support strategies

13 Signs and Symptoms of Depression
Behavioral
• Crying spells, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow movement, use of drugs and alcohol
Physical
• Fatigue, lack of energy, sleeping too much or too little, overeating or loss of appetite, constipation, weight loss or gain, headaches, irregular menstrual cycle, loss of sexual desire, unexplained aches and pains

14 Signs and Symptoms of Depression
Psychological
• Sadness, anxiety, guilt, anger, mood swings, lack of emotional responsiveness, feelings of helplessness, hopelessness, irritability
• Frequent self-criticism, self-blame, pessimism, impaired memory and concentration, indecisiveness and confusion, tendency to believe others see one in a negative light, thoughts of death and suicide

15 Signs and Symptoms of Anxiety
Physical
• Cardiovascular: pounding heart, chest pain, rapid heartbeat, flushing
• Respiratory: fast breathing, shortness of breath
• Neurological: dizziness, headache, sweating, tingling numbness
• Gastrointestinal: choking, dry mouth, stomach pains, nausea, vomiting, diarrhea
• Musculoskeletal: muscle aches and pains (especially neck, shoulders and back), restlessness, fidgeting and shaking, inability to relax

Mental Health First Aid Power Point Presentation (Cont.)

Signs and Symptoms of Anxiety

Psychological

- Unrelenting or excessive fear and worry (about past and future events), mind racing or going blank, decreased concentration and memory, indecisiveness, irritability, impatience, anger, confusion, restlessness or feeling "on edge" or nervous, fatigue, sleep disturbance, vivid dreams

Behavioral


- Avoidance of situations, obsessive or compulsive behavior, distress in social situations, phobic behavior



16

U.S. Adults with an Anxiety Disorder in Any One Year


Type of Anxiety Disorder	% Adults
Specific phobia	8.1
Social phobia	7.1
Post-traumatic stress disorder	3.6
Generalized anxiety disorder	2.7
Panic disorder	2.7
Obsessive-compulsive disorder	1.2
Agoraphobia (without panic)	0.9
Any anxiety disorder	30.1



17

What Are Psychotic Disorders?

- Psychosis is a mental disorder in which a person has lost some contact with reality.
- The person may have severe disturbances in thinking, emotion, and behavior.
- Psychotic disorders are not as common as depression and anxiety disorders.
- Psychosis usually occurs in episodes and is not a constant or static condition.




18

Common Symptoms When Psychosis Is Developing

Changes in emotion and motivation

- Depression
- Anxiety
- Irritability
- Suspiciousness
- Blunted, flat, or inappropriate emotion
- Change in appetite
- Reduced energy and motivation



19


Common Symptoms When Psychosis Is Developing

Changes in thinking and perception

- Difficulties with concentration or attention
- Sense of alienation of self, others, or the outside world (e.g., feeling that self or others have changed or are acting differently or unreal)
- Odd ideas
- Unusual perceptual experiences (e.g., a hallucination or greater intensity of smell, sound, or color)

Changes in behavior


- Sleep disturbances
- Social isolation or withdrawal
- Reduced ability to carry out work and social roles



20

Without Early Intervention

- Poorer long-term functioning
- Increased risk of depression and suicide
- Slower psychological maturation and slower uptake of adult responsibilities
- Strain on relationships and subsequent loss of social supports
- Disruption of education and employment
- Increased use of alcohol and drugs
- Loss of self-esteem and confidence
- Greater chance of problems with the law



21

How to register for MHFA training in Austin

- Visit ATCIC's website at www.integralcare.org
- Click on the Services by Program link
- Click on the MHFA webpage
- Click registration and complete the form

• Registration fee
 – \$100/participant
 – \$50/participant for non-profit agencies



22

Visit IntegralCare.org




23

Mental Health First Aid Page




24

Training Schedule




25

Registration




26

Mental Health First Aid: An Introduction

Questions?
mhfa@icak.org
 813.884.3228
IntegralCare.org



27