



Behavioral Health: Mental Illness & Addiction

Dr. Greta H. Mayer, CEO

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Overview

- **Define mental illness and addiction (SUD)**
- **Common myths**
- **The role of the MHRB**
- **Where to get help**



Mental Health

- **How people think, feel, and act when faced with life's situations**
- **How people view themselves, their lives, others in their lives, evaluate challenges and problems, and explore choices**
 - **Handle stress, relate to others, and make decisions**
 - **Wellbeing, optimal development, use of mental abilities**



Mental Illness or Disorder

- **Any illness experienced by people which affects emotions, thoughts, or behavior which is**
 - **Out of keeping with cultural beliefs and personality**
 - **Produces negative effect on their lives or families**
- **The vast majority of people with mental illness behave and look no differently than anyone else (e.g., depression, PTSD)**



Mental Illness or Disorder

- **Level of functioning varies**
- **Classifies disorders, *not people***
- **Not developmental disabilities or mental retardation**
 - Down's Syndrome, cerebral palsy, autism
- **#1 reason for hospital admissions nationwide**
 - More common than cancer, diabetes, heart disease (NIMH, 2010)
- **6% have serious mental illness**
- **45% meet criteria for 2 or more**



Substance Use Disorder

- **Maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to repeated use**
 - Legal substances such as alcohol, tobacco and prescription drugs such as analgesics, sedatives, tranquilizers, and stimulants
 - Illicit drugs such as marijuana, cocaine, inhalants, hallucinogens, and heroin
- **Level of functioning varies**
- **Classifies disorders, *not people***



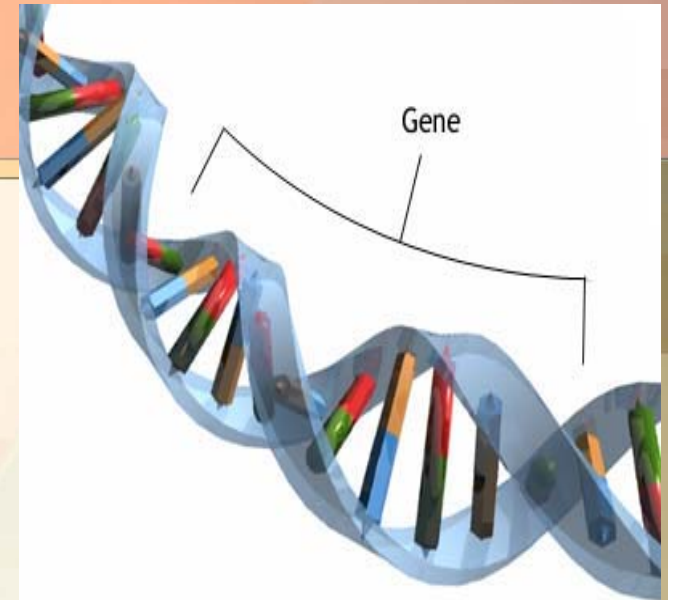
Substance Use Disorders

- **Chronic, relapsing course in recovery**
- **Tolerance, withdrawal, using more than intended**
- **Desire to stop, unsuccessful attempts**
- **Time spent acquiring and using**
- **On average, about 5 Ohioans die each day due to drug overdose**
- **Cost of person with SUD who receives treatment is 50% less than for individual who does not receive treatment (NEOUCOM)**



Causes of MI & SUD

- **Genes, biology, and family history**



ADAM.

- Brain-based
- Neurotransmitters
- Epigenetics

- **Personality, coping style**



Causes of MI & SUD

- **Environmental factors**
 - **Stressful life events:**
Significant early loss, poverty, job and financial distress
 - **Trauma and violence**
 - **Poor nutrition**
 - **Exposure to toxins**
 - **Cultural influences**
 - **Social expectations**



BH in Children and Youth

- **12 million children suffer from MI—
13% of children ages 8-15**
 - Half of lifetime cases appear by age 14
- **In past month, over 9% 12 yrs. and older used illicit drugs (NSDUH, 2012)**
- **Marijuana use continues to rise in youth**
- **Most people use drugs for first time when teenagers**
- **Drug use is highest among late teens/early 20s**



BH in Seniors

- **25% of elderly, believed to be senile, suffer from a treatable mental disorder**
- **Alcoholism is most prevalent addiction among seniors, though illicit drug use increased over 3% in past 8 years**
- **Other addiction, hoarding and gambling problematic in aging baby boomers**
- **Alcoholism, drug addiction among seniors expected to triple by 2020**



Scope of the Problem

- **2 of 3 Ohioans report being impacted by friend or family member with addiction and/or mental illness (OACBHA, 2011)**
- **25% have diagnosable mental illness (NIMH)**
- **10% have substance abuse problem or addiction (NSDUH)**
- **Just under half of those with substance use disorders also have mental illness**



Stigma & BH Problems

- **Stigma – a mark of disgrace associated with a particular circumstance, quality or person**
- **Attitudes and beliefs that lead people to reject, avoid, or fear those they perceive as being different**
- **Discrimination and “stigma by association”**
- **Difficult for individual, friends, family**
- **Long-held misconceptions about MI/addiction**



Myths and Stigma

MYTH BUSTED



Myth #1

- *There's no hope for people with mental illness*

More treatments, strategies, community supports than ever before. Future is promising. People with MI lead active, productive lives.

- **Up to 80% of people who receive treatment for mood disorders recover**



Myth #2

- *Addiction is brought on by weakness of character*

Research shows addiction results from interaction of biological, psychological, environmental, and social factors. Trauma and loss can contribute to development of an addiction.

- Up 60% of people with addiction recover with treatment



Myth #3

- *Addiction and mental illness affect only certain groups of people*

Anyone can be susceptible to mental illness and/or addiction throughout the lifespan.

- **We must create nurturing environments which build upon people's strengths, reduce toxic influences, and promote safety and respect.**



Ways to Help

- **Understand individuals with BH problems**
 - Take the other person's perspective
 - Use appropriate language
- **Educate others**
 - Create targeted campaigns, share personal stories, and change policy
- **Assist people with MI and addiction**
 - Join an advocacy group nationally or at the local level
 - Build relationships with those who have BH problems



SAMHSA and Recovery

- **Recovery is a change process through which individuals improve their health/wellness, live a self-directed life, and strive to reach their full potential**
- **Four major domains**
 - Health
 - Home
 - Purpose
 - Community



Role of the MHRB

- **Affiliated with county government**
- **Regional**
- **Plan, fund, and monitor the public behavioral health system**
- **We contract with local agencies who deliver prevention, treatment, and supportive services**
- **Governed by a Board of volunteers**

Greene County Agencies

- **TCN Behavioral Health Services, Inc.**
 - (937-376-8700; **Crisis:** 937-376-8701)
- **NAMI of Clark, Greene & Madison**
- **Family Violence Prevention Center**
- **Greene County ESC**
- **Greene County Family & Children First**
- **Greene County Juvenile Court**
- **Greene Leaf Therapeutic Community**
- **Housing Solutions, Inc.**
- **Women's Recovery Center**

Greene County Resources

- **Suicide Prevention Coalition**
- **Drug Coalition**
- **Hope Spot**
- **NAMI Lighthouse**
- **Mental Health First Aid Training**
- **Crisis Intervention Team Training for Law Enforcement**

Contact us!

- (937) 322-0648
- greta@mhrb.org

