



# Mental Health and Supports



# Mental Illness & Recovery

*April 14, 2015*

# Your Presenters

## Gabe Howard



Gabe Howard is a professional speaker, writer, and activist as well as a person living with bipolar and anxiety disorders. Diagnosed in 2003, he has made it his mission to put a human face on mental illness. He is the recipient of several awards in mental health, most recently the prestigious Norman Guitry Award of Mental Health America of Franklin County. To learn more or hire Gabe go to: <http://gabehoward.com/>.

## Peg Morrison



Peg is the director of programs for NAMI Ohio, where she organizes volunteer trainings, helps to develop NAMI affiliates across the state, and talks to groups about mental illness. She has 20 years of experience in nonprofit communications, event planning and development.



GABE HOWARD: Mental Illness Speaker, Writer, and Activist

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You are here: [Home](#)

## Gabe Howard: Mental Illness Speaker, Writer, & Activist

posted on FEBRUARY 7, 2015 · 2 comments

Gabe Howard is a professional speaker, writer, and activist as well a person living with severe bipolar and anxiety disorders. Diagnosed in 2003, he has made it his mission to put a human face on mental illness, confronting the fear, discrimination, and stigmatization people with mental illness face. Society often sees people living with mental illness at their worst and he works to add a more balanced view to the conversation. Gabe is frequently irreverent, often too loud, and always unpredictable, but anyone who knows him will tell you that life would be so boring without him.



### Gabe Howard



Gabe Howard is a dynamic speaker who uses his lived experience with severe mental illness to motivate others and spark change.

[Hire Me Now](#)

[f Facebook](#) [t Twitter](#) [+ Google+](#)

Join the group



# National Alliance on Mental Illness

- Founded in 1979
- Original “NAMI Mommies” Harriet Shetler and Beverly Young
- Largest grassroots movement in the nation with a focus on mental health
- 50 local affiliates that cover most of Ohio’s 88 counties



**NAMI Ohio Mission: To improve the quality of life, ensure dignity and respect for persons with serious mental illness, and to support their families.**

**Advocacy**



**Education**

**Support**

# What's the difference?



## Mental illness

- Nothing at all to do with intelligence
- Persons with mental illness may be very competent socially
- 16-20% have a mental illness
- May occur at any age
- Often temporary and/or reversible with treatment
- May vacillate between "normal" & irrational behavior

## Developmental disability

- Typically impacts intellectual functioning
- There is impairment in social adaptation
- 3% of national population
- Usually present at birth
- Impairment is permanent to some degree
- Behavior is rational at the individual's functional level



# NAMI Signature Programs

- Classes
  - Family-to-Family
  - Basics
  - Peer-to-Peer
- Support Groups
  - Family Support
  - Peer Connections



# www.nami.org

The screenshot shows the NAMI website homepage. The browser's address bar displays 'www.nami.org'. The navigation menu includes 'About NAMI', 'NAMI Leaders', 'Join', 'Renew', 'Sign In', and 'en Español'. A search bar is located in the top right. The main navigation bar features 'LEARN MORE', 'FIN...', 'SUPPORT', and 'GET INVOLVED'. The 'LEARN MORE' link is circled in red, and a pink arrow points from it to the 'Breathe Easy with NAMI Air' section. Below the navigation bar, there are three columns of content: 'Know the Warning Signs' with a link to 'Mental Health Conditions', 'Mental Health by the Numbers' with links to 'Treatment' and 'Fact Sheet Library', and 'Public Policy Research'. A large teal banner at the bottom features the text 'NAMI.org!' and a 'CREATE ACCOUNT' button. Below the banner, two green boxes contain the text: 'Support NAMI to help millions of Americans who face mental illness every day.' and 'Join thousands of Americans dedicated to improving the lives of people with mental illness.' The Windows taskbar at the bottom shows the time as 6:35 PM on 4/6/2015.

www.nami.org

LEARN MORE

Breathe Easy with NAMI Air

NAMI Air is a safe, anonymous app to share and air your experiences.

For Android or iPhone

Know the Warning Signs

Mental Health Conditions

Mental Health by the Numbers

Treatment

Fact Sheet Library

Public Policy Research

NAMI.org!

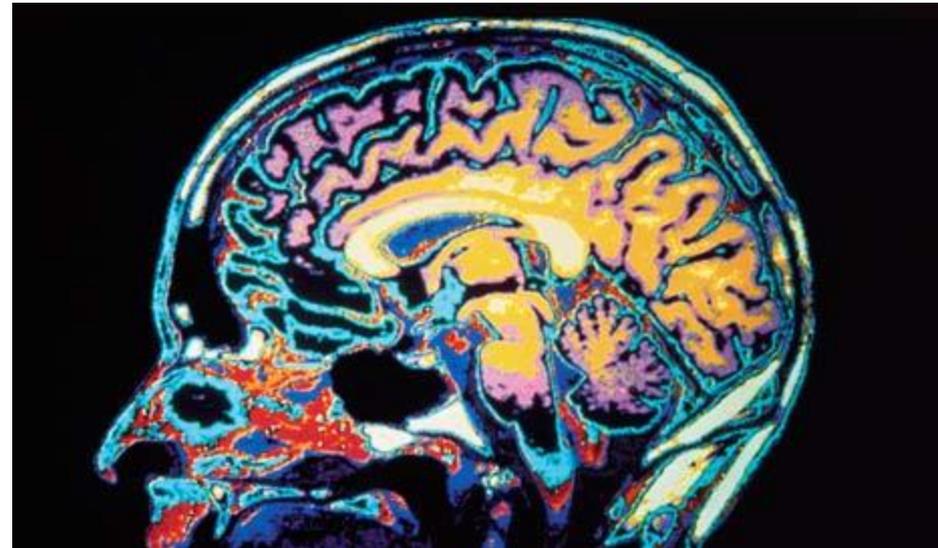
CREATE ACCOUNT

Support NAMI to help millions of Americans who face mental illness every day.

Join thousands of Americans dedicated to improving the lives of people with mental illness.

# What is mental illness?

- Medical condition that disrupts thinking, feeling, mood, ability to relate to others, daily functioning
- A disease of the brain, similar to other physical conditions like diabetes, thyroid, heart disease
- May strike persons of any age, race, religion or income
- Not the result of personal weakness, lack of character, or poor upbringing
- Treatable!



*Source: National Institute of Mental Health*

# One couple's story

## ■ HIM

- Exudes melancholy
- Suicidal; long walks in the woods with his gun (not hunting)
- Despondent even as his career peaks

## ■ HER

- Compulsive spending
- Periods of darkness
- Public outbursts & verbal abuse
- Violent; threw a log at his head because fire wasn't made quickly
- Fear of being poisoned leads to induced vomiting



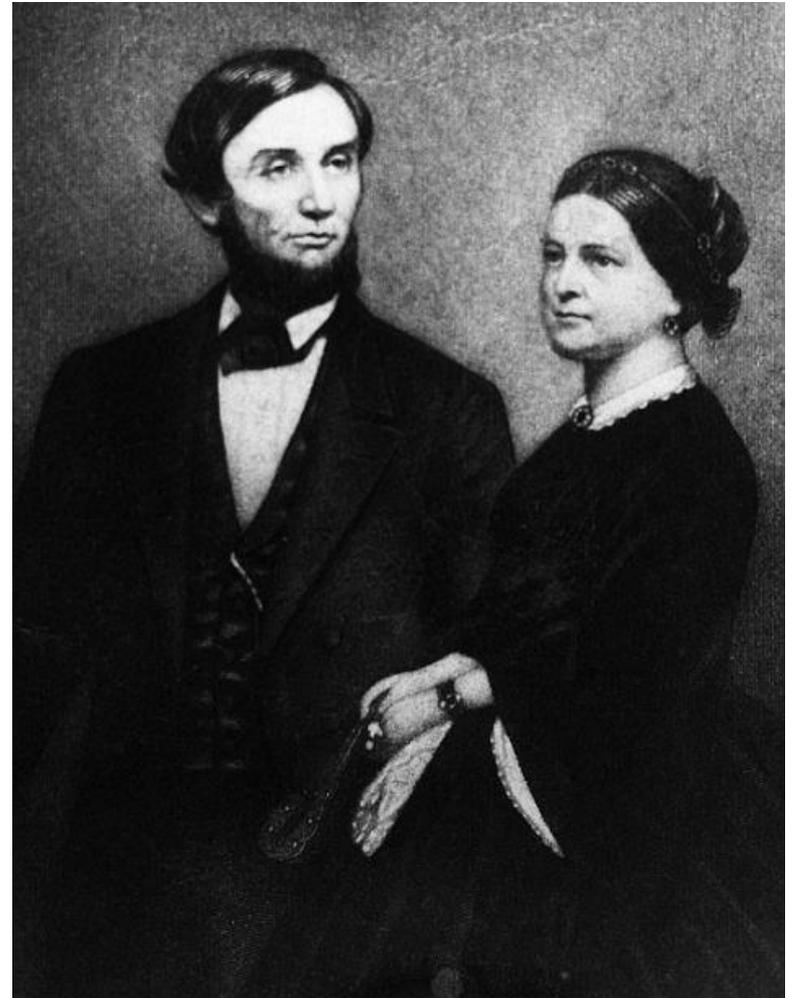
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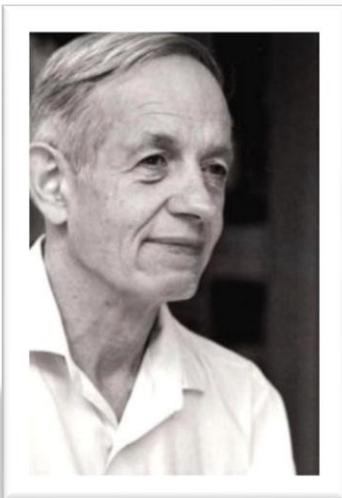
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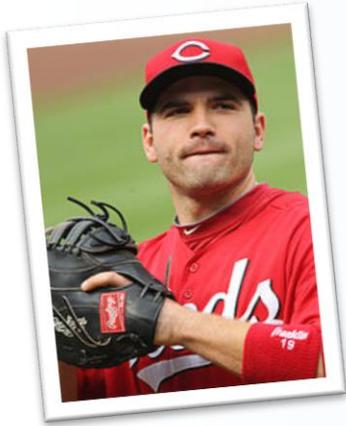




# Types of mental illness:

- Anxiety Disorders
- Depression
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar disorder
- Schizophrenia





## Various Kinds:

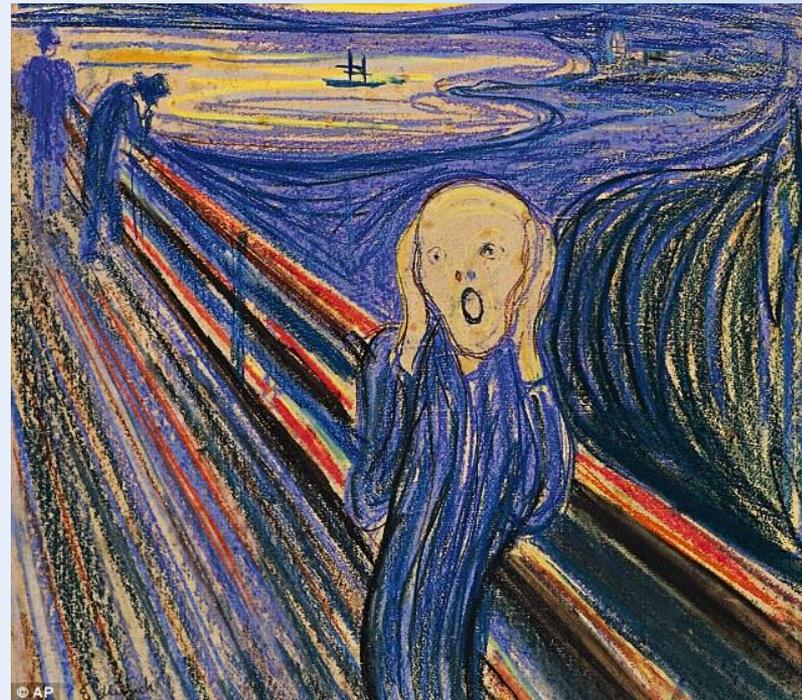
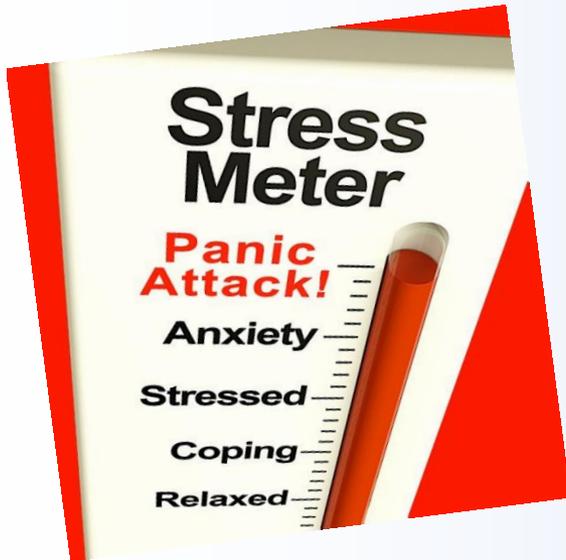
- Panic disorder
- Generalized anxiety disorder
- Specific phobias
- Obsessive compulsive disorder



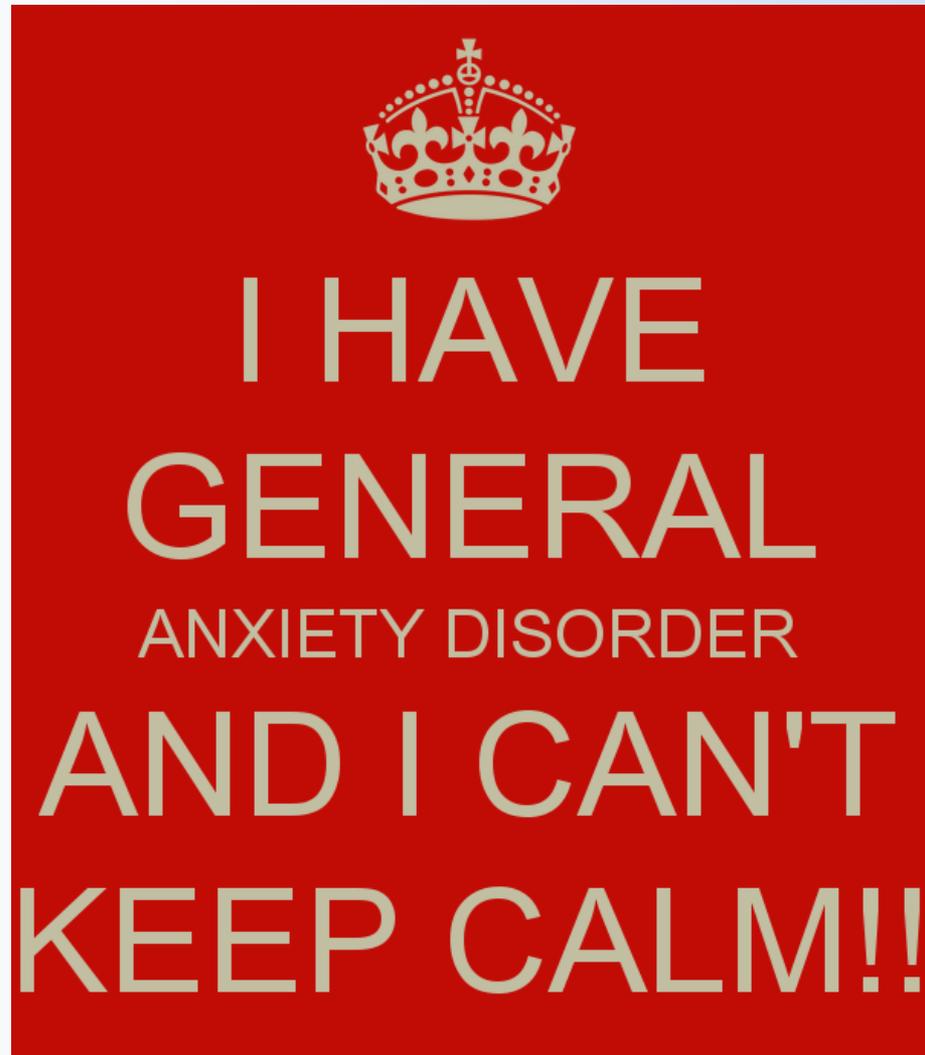
# Anxiety Disorders



# Panic



# Generalized Anxiety Disorder



# Specific Phobias



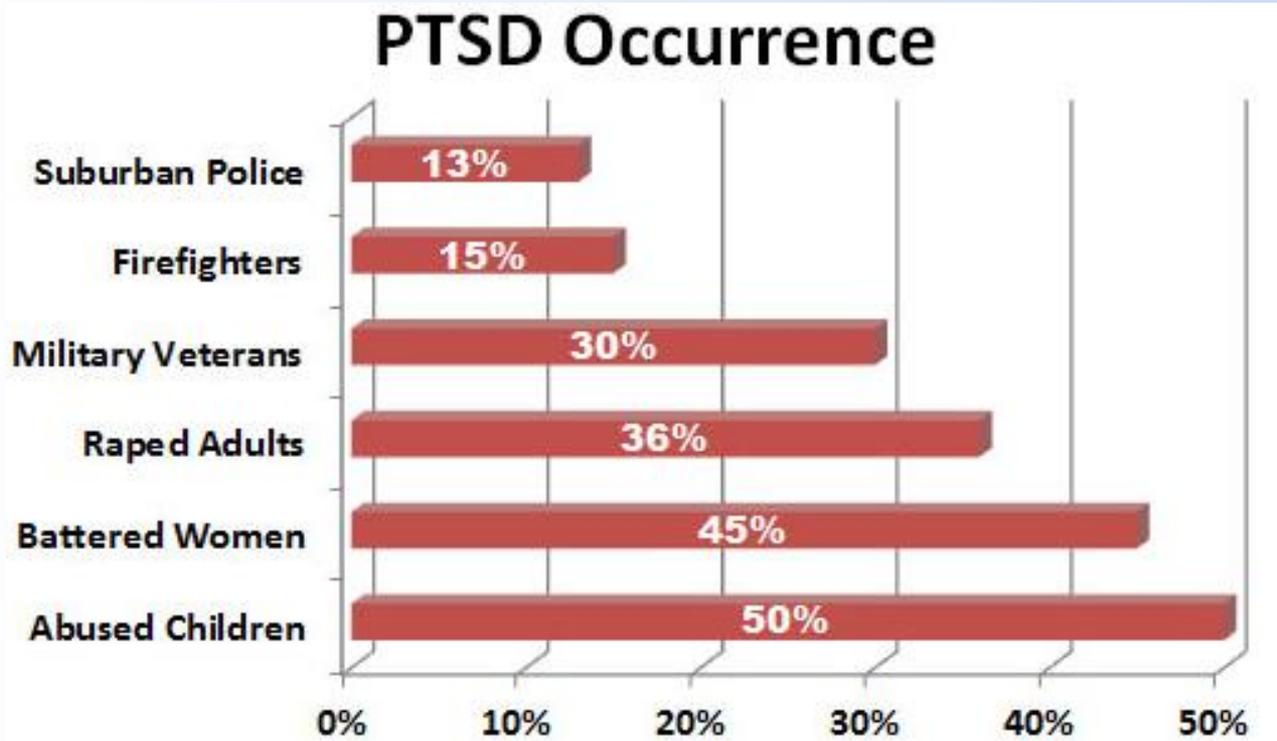
# Obsessive Compulsive Disorder (OCD)



# Post-Traumatic Stress Disorder

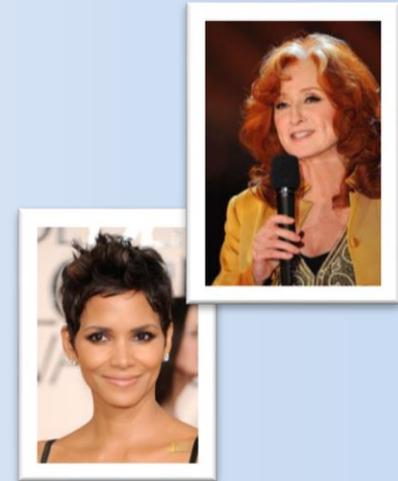
## Symptoms include:

- Flashbacks
- Nightmares
- Heightened startle response
- Road rage, general irritability
- Numbness

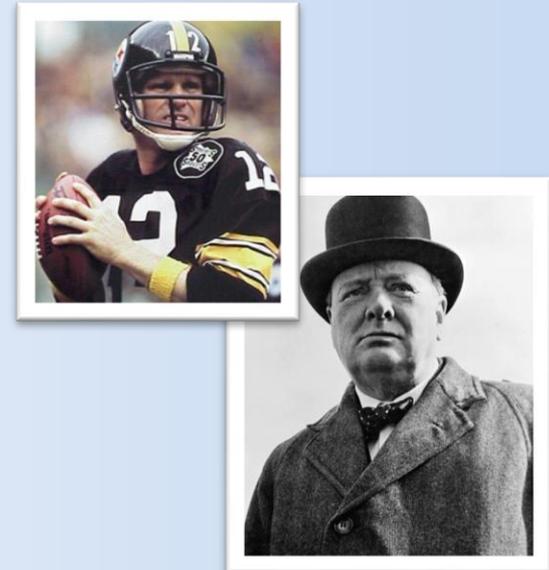


## Symptoms include:

- Depressed mood such as feelings of sadness or emptiness
- Reduced interest in activities that used to be enjoyable
- Change in appetite or weight (up or down)
- Sleep disturbances, either not able to sleep well or sleeping too much)
- Feeling agitated or slowed down
- Fatigue or loss of energy
- Feeling worthless or excessive guilt
- Difficulty with thinking, concentrating, or making decisions
- Suicidal thoughts or intentions



## Depression



# How we use the word “depression”

- Everyday let-downs  
“My friend canceled our lunch plans”
- Serious depression that is situational  
“My marriage is over”
- Major depression  
“On most days... I’m bad, the world is bad, the future is bad.”

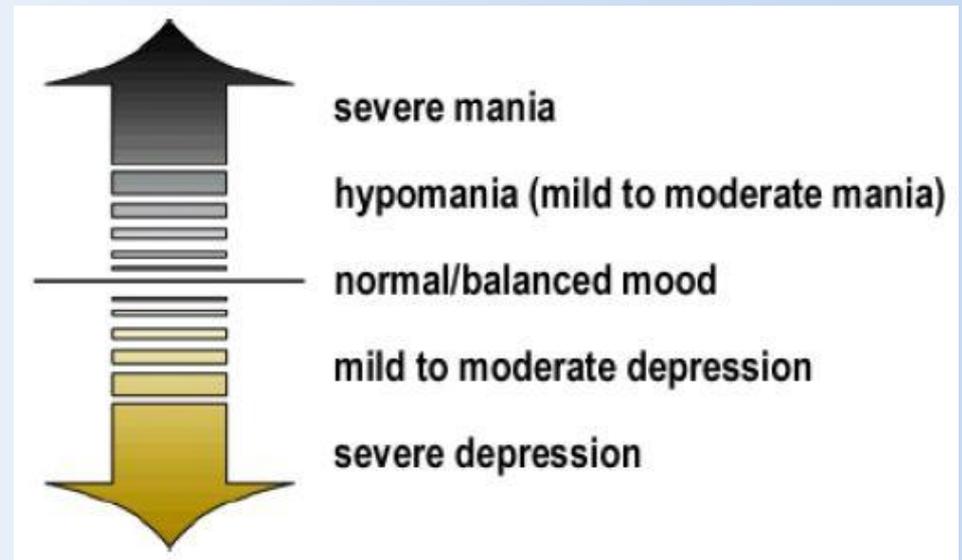


[http://wallpaperswa.com/Art\\_Design](http://wallpaperswa.com/Art_Design)

# Bipolar disorder

## Symptoms include:

- Elevated or depressed mood (mania and depression)
- Anxiety
- Irritability
- Intense imagination
- Oppositional behavior
- High activity
- Hypersensitivity
- Difficulties with sleep



# Bipolar disorder - continued

## What does a manic phase look like?



Racing thoughts;  
talking very **fast**



Impulsive behavior

Always on the go



Up late; less need  
for sleep

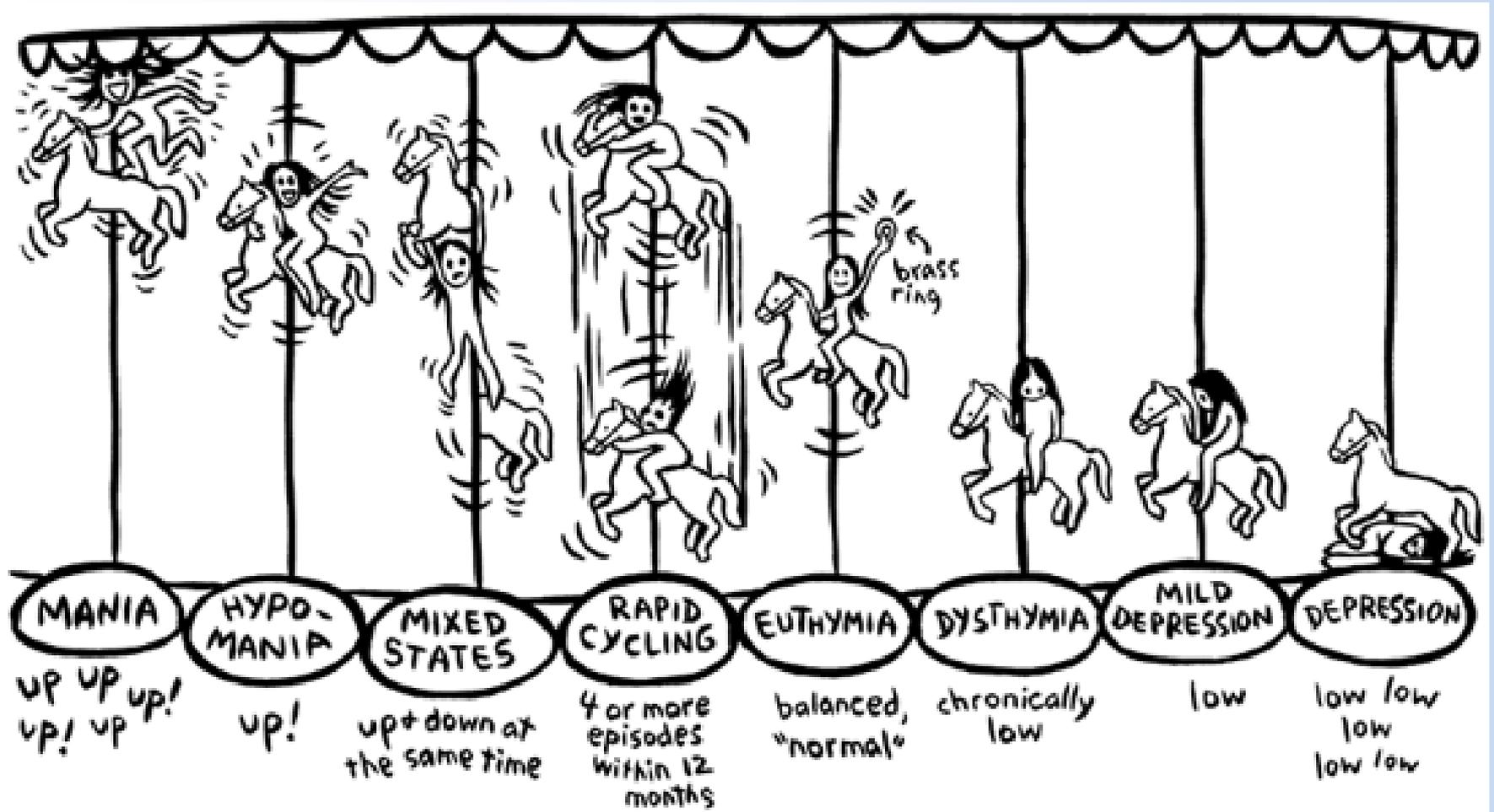
# Bipolar Depression



<http://www.helpguide.org/articles/bipolar-disorder/bipolar-disorder-signs-and-symptoms.htm>

- Feeling hopeless, sad, empty
- **Irritability**
- Inability to experience pleasure
- Fatigue or loss of energy
- Physical and mental sluggishness
- **Mood swings**
- **Weight gain**
- **Sleeping a lot**
- Concentration and memory problems
- Feeling worthless or **guilty**
- Thoughts of death or suicide

# Bipolar disorder



[http://www.dbsalliance.org/site/PageServer?pagename=peer\\_life\\_unlimited](http://www.dbsalliance.org/site/PageServer?pagename=peer_life_unlimited)

## Two or more of the following symptoms occur persistently:

- Delusions
- Hallucinations
- Disorganized way of thinking
- Disorganized speech
- Confusing or catatonic behavior
- Lack of emotion/motivation

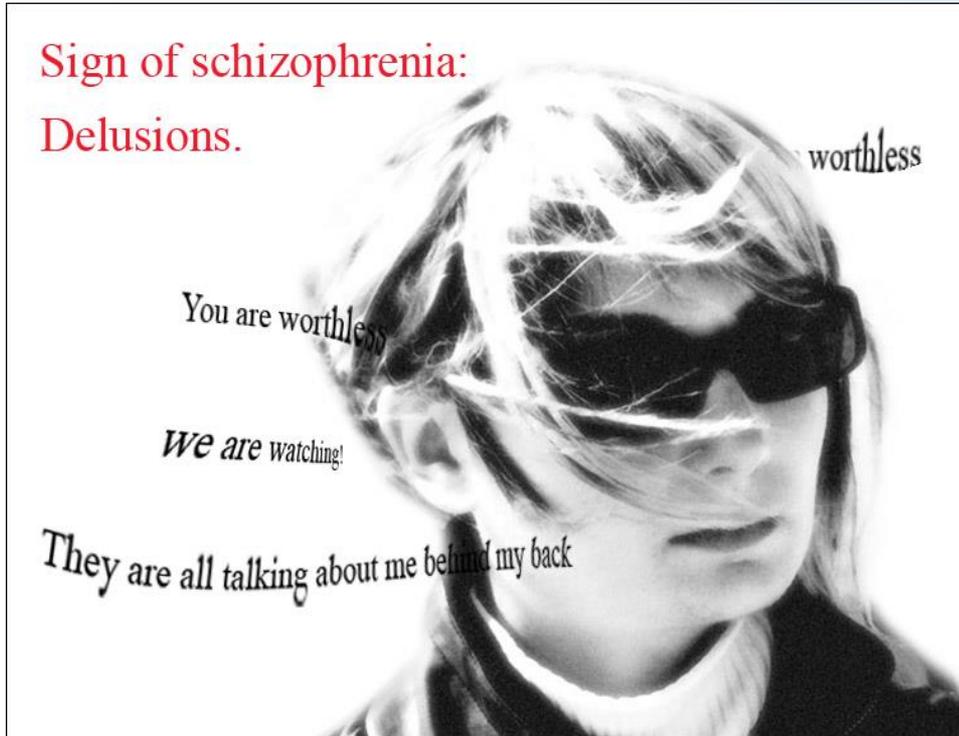
## Social/occupational dysfunction in:

- Work or school
- Interpersonal relations
- Self care

# Schizophrenia



# Schizophrenia



Paranoia



Grandeur

# Schizophrenia

## Hallucinations

**“It’s incredibly distracting on the street to have somebody talking in your head, and it makes you feel completely isolated... They’re constantly being really negative and talking to you. Everything they’re saying relates to things that you’re actually doing... It’s eye-opening because it really shows you what other people must be going through who deal with this on a regular basis... I cannot wait to take these headphones off... It’s very creepy. I want it to stop.”**



The image is a screenshot of a web browser. The address bar shows the URL: <http://www.allthingsandersoncooper.com/2014/06/anderson-cooper-experiences.html>. The browser tabs include "NAMI: National Alliance", "All Things Anderson: A", "Famous Faces of Depress...", and "Bipolar Disorder Signs &...". The page content features a video player with a thumbnail of Anderson Cooper wearing a simulation device. Below the video, the text reads: "Anderson Cooper wore a simulation device to find out what it's like for people who have schizophrenia hear voices in their head. Tonight, on AC360, he sat down with the woman who created the device." The video player has a "360°" logo and a "LIVE CNN" logo.

**Anderson Cooper Experiences A Schizophrenia Simulator**

Anderson Cooper wore a simulation device to find out what it's like for people who have schizophrenia hear voices in their head. Tonight, on AC360, he sat down with the woman who created the device.

<http://www.allthingsandersoncooper.com/2014/06/anderson-cooper-experiences.html>

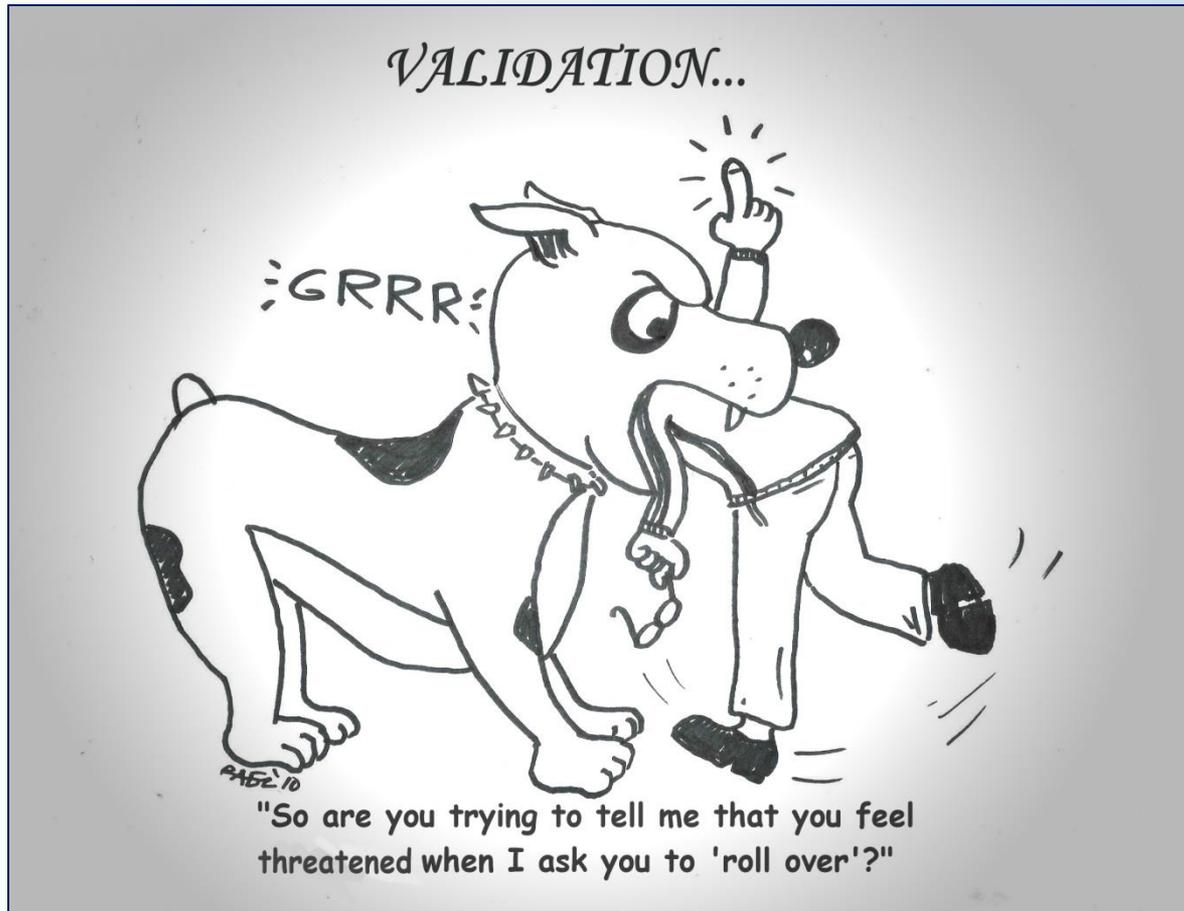
# Substance Abuse and Mental Illness

- More than 60% of those with mood disorder have a substance disorder
- 50% of persons with schizophrenia
- 37% of those addicted to alcohol have a mental illness
- More than 50% of people with drug addiction have a mental illness

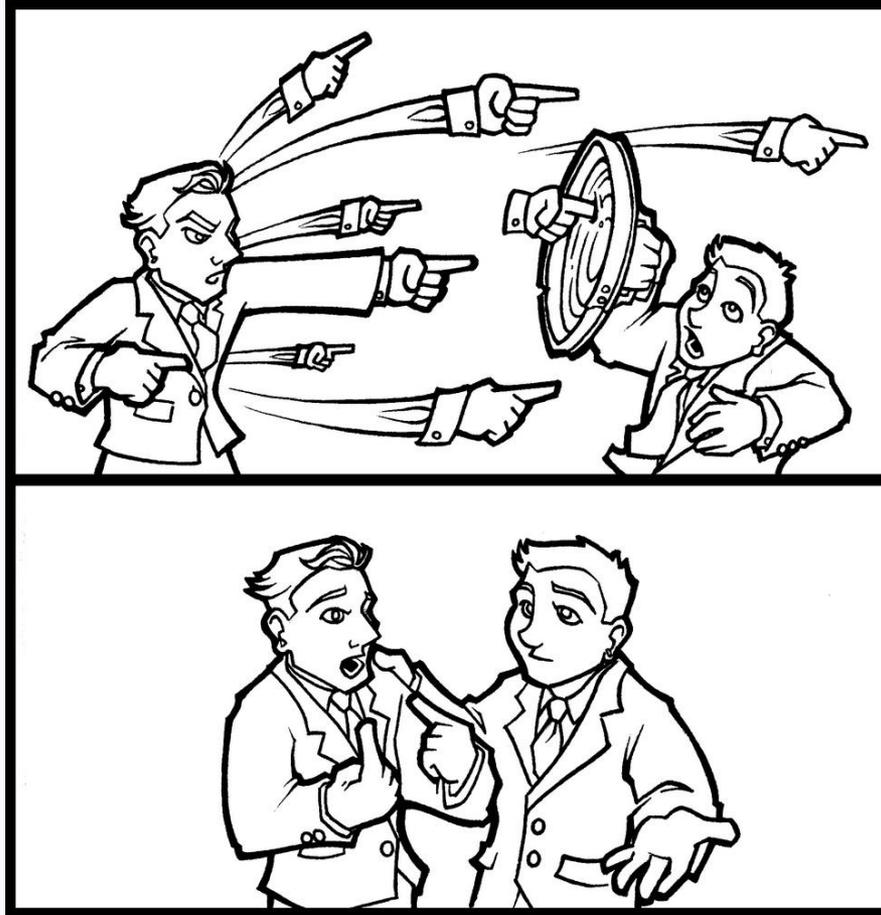
# Guidelines for responding to a person with disorganized thinking

- Keep the message simple
- Repeat the message
- Tone of voice is important: Passive, low-key, friendly
- Give commands or make a request; too many choices may be confusing
- Never demean or ridicule the person
- Do not tell them their experience isn't real; it's very real to them

# Emotional Validation



# “I” Statements



# What does recovery look like?

- Peer & family support
- Therapy/professional help
- Medication
- Exercise and self care
- Accepting “life on life’s terms”

*“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”*

***-Substance Abuse & Mental Health Services Administration***



**Treatment works. People recover.**

# MI/DD Coordinating Center of Excellence & Ohio's Telepsychiatry Project



Department of  
Developmental Disabilities



















# MUI Data



Department of  
Developmental Disabilities







# Accessing Crisis Services



Department of  
Developmental Disabilities









































































