



Date: 08/26/2024

Time: 10 AM until 12 PM

Location: 1750 West 103rd Street Chicago IL,60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

Community Topic: Mental Health And Cooccurring Disorders/What you Need to Know

Presenter/Trainer:

Darren Durham, PLE, MHP, CRSS

Instructor for CRSS/CRPS Recovery Credential for Dawson Institute

Supervisor for TRILOGY Health Services

Overview:

- What is Mental Wellbeing?
- What are some of the barriers to Mental Wellbeing?
- What is stigma and how does it impact?
- What is the role of Trauma in Mental well-being?
- Signs & Symptoms of Mental Illness
- Crisis De-Escalation 101
- Stress Management and self-care

What is Mental Illness?

- Characterized by alterations in thinking, mood, behavior, and impaired functioning.
- Disruption in an individual's ability to work, carry out other daily activities and responsibilities or interact within healthy relationships.

Factors that can contribute to Mental Illness:

- Biology, life experiences family history, and environmental factors

Mental Well-being is a continuum and ongoing: 5 Stages

1. **Crisis:** Homicidal/suicidal ideation, disengagement, inability to cope, panic, extreme symptoms, failure to thrive.

2. **Struggling:** Increased symptoms, lack of follow through, anxiety, depression, sleep issues, change in appetite, low energy.
3. **Surviving:** Worried, nervous, sad, irritable, withdrawn, distracted, motivated, maintaining.
4. **Thriving:** Positive, calm, content, healthy routines, ability to be social, increased self-awareness, goal progression.
5. **Excellence:** Highly Motivated, positive energy, flow, realizing full potential, increased independence, accomplishing goals.

Barriers that may impact healthy mental wellbeing:

- Accessibility
- Insurance
- Denial
- Lack of mental Health Literacy
- Distrust in the mental health profession
- Stigma

Facts about Stigma: Stigma hurts, and harms everyone

- 1 in 5 (20%) of people in America are living with active symptoms of a mental health disorder.
- 46% of adults will experience a mental health complication during their lifetime.
- There are more resources available in 2024 than ever before. However, stigma prevents people from asking for or accessing help.

Facts about Trauma: Trauma and its impacts

- Trauma is an emotional response to a deeply difficult or distressing event: For example, witness or victim of accidents, violence, natural disaster, etc.
- Past traumas affect how humans perceive, process, and interact with the world.

Mental disorders:

- **Major Depressive Disorder:** feeling sad or having a depressed mood
- **Anxiety Disorder:** Feelings of nervousness, panic, and fear
- **Psychosis:** Beliefs that are not grounded in reality
- **Bipolar Disorder:** Impaired judgment, mood swings, engaging in risky behavior
- **Post Traumatic Stress Disorders:** Angry outbursts, difficulty sleeping, easily startled

De-escalation skills/ tools 101:

- Engagement:
- Active listening
- Provide encouragement
- Affirm/ validate their feelings
- Do not argue or disagree with the individual in crisis
- Ask them what they would like to come of this interaction. Allow them to be a part of their care.
- Determining the outcomes:

- Listen
- Analyze
- Research
- Creativity
- Communication
- Teamwork

Self-care/ Stress managemt:

- Understanding stress and anxiety is a natural human response
- Recognize signs to identify stress
- Communicate your thoughts and feelings with someone you trust
- Release your thoughts
- Know when to ask for help
- Use tools to self-soothe without the use of substances to regulate oneself

Facts:

- Substance use and misuse can cause mental illness
- Not everyone who uses substances will have a disorder that is classified as a mental illness
- Mental illness can be addressed with medication or without
- If you are taking medication, it should be taken under a medical professional care
- People who suffer from mental illness are not overall violent or dangerous individuals.
- 1 out of 5 individuals will suffer from a form of mental illness
- Many factors can contribute to mental illness
- Mental health is important and must be addressed just like your physical health.

Guest Speaker Darren disclosed that he is a person who lives with mental illness. However, he shared that his mental illness was triggered by trauma. Darren disclosed that he was a good student and an athlete and that he was working on life goals. He said all this went downhill when he witnessed his mother who suffered from mental illness stab his father. Darren disclosed this was the beginning of his spiral downhill, moving into substance use to cover up the post-traumatic stress he was suffering. He stated this resulted from being told men do not cry and to move on. Many of the individuals in the audience related to Darren's story, sharing some things that took place before their addiction and now having a better understanding that mental illness is not just hereditary. In addition, one of the gentlemen spoke on how he has a mental illness and continues to grieve his brother's death which led to continued substance use and incarceration. Which he relates to a lack of knowledge and resources. He disclosed that coming to TEECH allowed him to identify what was going on with him, share what he is feeling, gain some coping skills and obtain a referral to Christian Community Health to start receiving mental health services.

Resources and additional support:

NAMI (National ALLIANCE ON Mental Health Chicago chapter)

Call 988: National Suicide Prevention lifeline

Text line: TEXT HOME TO 741741

Illinois Helpline for opioids and other substances 833-234-6343

Housing Support: CALL 311/211 OR 312-361-1707

Trilogy mobile crisis team 1800- fact -400 or 800-322-8400

TRILOGY

Mental Wellbeing







**Mental Health Awareness
Training**





Mental Wellbeing

Setting the Stage

-  Please place yourself on mute.
-  Please use the chat/IM function if you have any questions.
-  Take space and time during the call for yourself if you need it.
-  This is safe and secure space.
-  Keep an open mind about varying perspectives.
-  Be present!



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Discussion Questions:

- What comes to mind when you think of mental health?
- What messages have you heard about mental health or illness that stuck with you?
- By a show of hands, how many people in this room have known someone who has struggled with mental health issues, either a friend, a family member, someone you've worked with or that lives in your community?
- Who wants to be part of the solution?



Mental Wellbeing

Overview

- **What is Mental Wellbeing?**
- **What are some of the barriers to Mental Wellbeing?**
- **What is Stigma and how does it impact?**
- **What is the role of Trauma in Mental Wellbeing?**
- **Signs & Symptoms of Mental Illness**
- **Crisis De-Escalation 101**
- **Stress Management and Self-Care**

What is Mental Illness?

Mental Disorders

- Characterized by alterations in thinking, mood, behavior, and/or impaired functioning
- Disrupts a person's ability to work or carry out other daily activities and engage in satisfying personal relationships
- **Marked by pervasiveness and persistence**
- **Factors that can contribute to Mental Illness:**
 - Biological, life experiences, family history and environmental factors





Mental Wellbeing

Mental Wellbeing is a Continuum





Mental Wellbeing

Mental Wellbeing can be impacted by barriers



ACCESSIBILITY



INSURANCE



DENIAL



LACK OF MENTAL
HEALTH LITERACY



DISTRUST IN THE
MENTAL HEALTH
PROFESSION



STIGMA



Mental Wellbeing

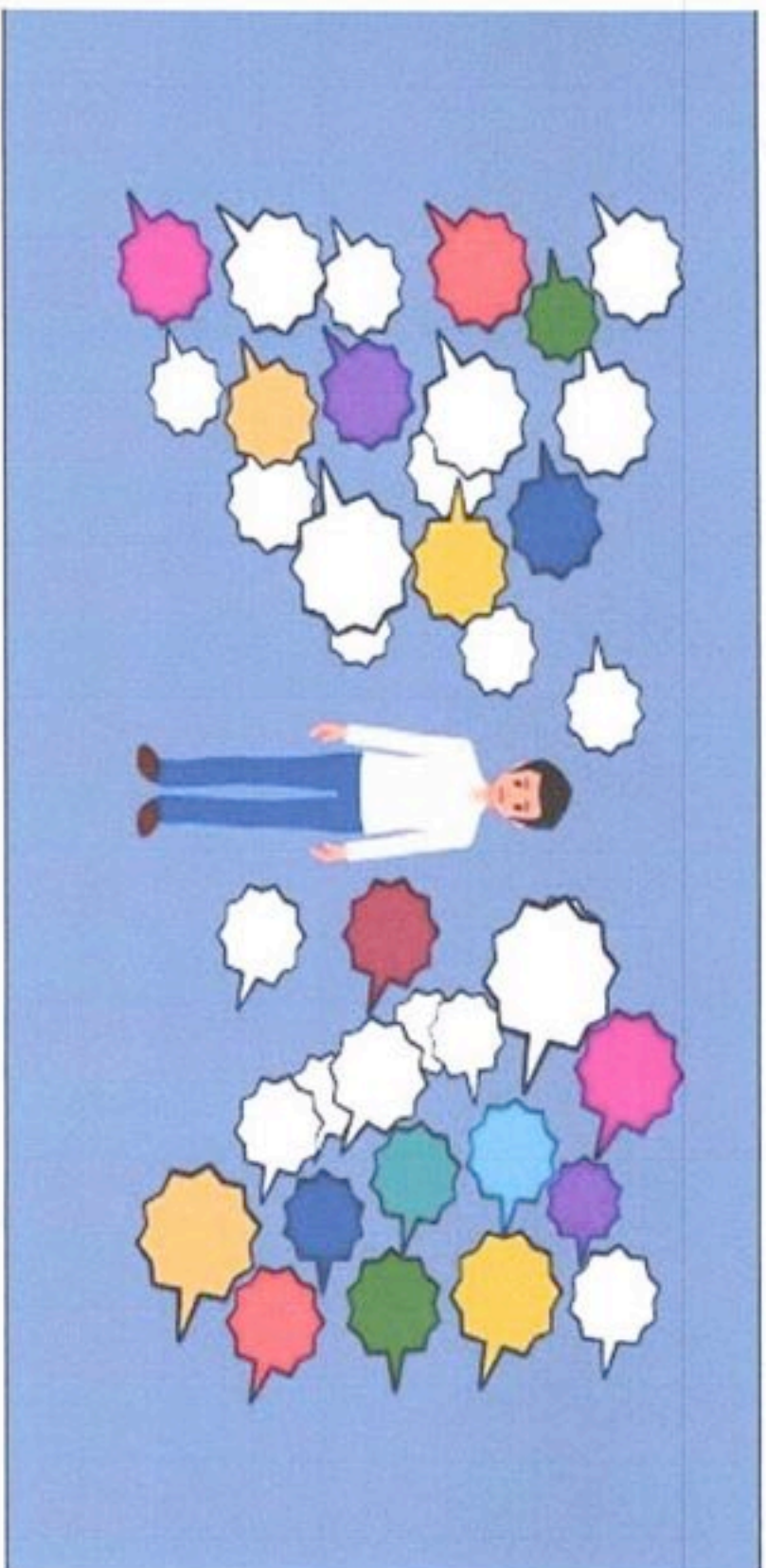
Stigma – Who does it hurt?

- 1 in 5 (20%) of people in America are living with active symptoms of a mental health disorder.
- Almost half of adults (46%) will experience a mental health complication during their lifetime.
- Thankfully, more resources are becoming available than ever before. **HOWEVER**, stigma prevents people from asking for or accessing help.

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Stigma – It Harms **EVERYONE!**



Trauma and Its Impact

- Trauma is an emotional response to a deeply difficult or distressing event (witness or victim of accidents, violence, natural disaster etc).
 - Events that are traumatic are highly individualized
 - After the event, shock and denial can be experienced
 - Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea
- Past trauma affects the way humans perceive, process, and interact with the world
- It is highly probable that the individuals you come across in your setting have experienced devastating and immensely traumatic events



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Trauma Informed Care



Safety – assurance of emotional and physical safety



Trustworthiness – consistent boundaries and clear expectations



Choice – allowing individuals to have a sense of control in their treatment



Collaboration – genuine collaboration between you and those you serve



Empowerment – empower individuals to discover and build on existing strengths



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Mental Health & Substance Use

- Substance use disorder affects brain function and behavior
- Some signs & symptoms of Substance Abuse Disorder include:
 - Impairments in judgement/decision making
 - Changes in attitude/personality
 - Sudden changes in a social network
 - Dramatic changes in habits and/or priorities
- **People with mental health disorders are more likely to have a substance use disorder than those who do not.** Roughly half of individuals who have either a mental illness or a substance use disorder will develop the other at some point in their lives, according to the National Institute on Drug Abuse.





Mental Wellbeing

Mental Disorders

Major Depressive Disorder

Anxiety Disorder

Psychosis

Bipolar Disorder

Post-Traumatic Stress Disorder



Mental Wellbeing

Major Depressive Disorder

- **Negatively affects the way a person thinks, feels, and acts**
- Depression symptoms can vary from mild to severe and can include:
 - Feeling sad or having a depressed mood
 - Loss of interest or pleasure in activities once enjoyed
 - Changes in appetite — weight loss or gain unrelated to dieting
 - Trouble sleeping or sleeping too much
 - Loss of energy or increased fatigue
 - Feeling worthless or guilty
 - Difficulty thinking, concentrating or making decisions
 - Thoughts of death or suicide



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Anxiety Disorders

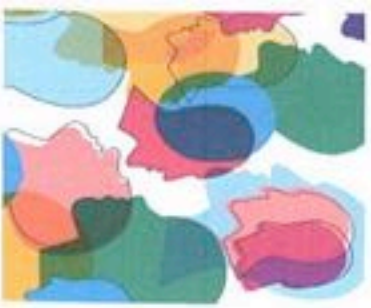


- **Anxiety is a normal reaction to stress - alerts us to danger**
- Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve **excessive fear or worry** that impacts one's ability to function normally
- Symptoms include:
 - Feelings of nervousness, panic, and fear
 - Feeling restless, wound-up, or on-edge
 - Easily fatigued, difficulty concentrating
 - Headaches, muscle tension, stomachaches
 - Increased irritability

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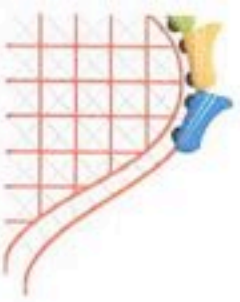
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Psychosis



- **The term psychosis refers to a syndrome**, or a collection of symptoms, rather than a diagnosis itself
- Psychosis can manifest as a symptom in a variety of mental health diagnoses
- Presentation may look like:
 - Beliefs that are not grounded in reality
 - Responding to internal stimuli
 - Difficulty engage with the external world

Bipolar Disorder



- **Bipolar disorder is considered a mood disorder** and it affects a person's energy, mood, and cognition
- People with bipolar disorder experience extreme mood swings, ranging from depression to mania, with long periods of normal moods.
- Presentation may look like:
 - Pressured speech
 - Lack of sleep
 - Engaging in risky behavior
 - Can present with psychosis
 - Depression
 - Lethargy and withdrawal
 - Impaired judgement

Post Traumatic Stress Disorder

Psychiatric disorder that may occur in individuals that have experienced or witnessed a traumatic event, series of events, or set of circumstances

Re-experiencing

- Flashbacks
- Nightmares
- Frightening thoughts

Avoidance

- Avoiding reminders of the trauma
- Feeling emotionally numb
- Feeling strong guilt, depression or worry
- Losing interest in activities
- Trouble remembering the traumatic event

Hyper arousal

- Easily startled
- Feeling tense or "on edge"
- Difficulty sleeping
- Angry outbursts



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De-Escalation 101

Engagement

De-escalation

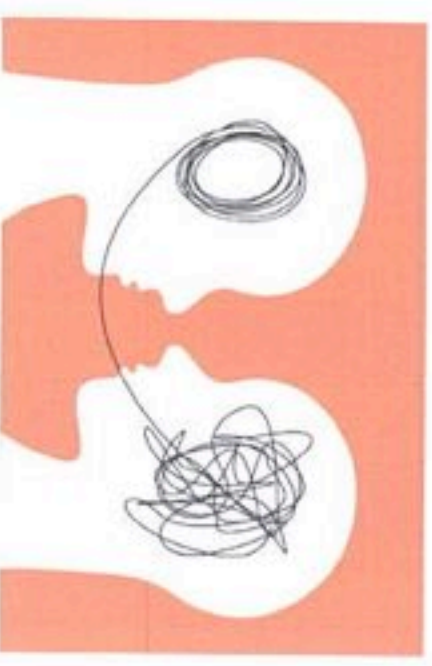
Problem Solving

Follow up/seek additional support



Engaging in a Crisis

- **Introduce yourself** and your role
- **Explore:** “Can you tell me what happened?”
- **Listen carefully** and empathically from a respectful distance
- Allow them to **vent** but set limits if needed
- **Affirm** the person’s feelings
- **This is not the time to argue or disagree** – this includes refuting false beliefs based in delusion
- **Ask** “What would you like to come of this interaction today?”



De-Escalation Skills

Active Listening Skills



Expected Outcomes

- Person gives more information
- Person elaborates on topic
- Person feels heard and validated
- Person feels more understood
- Person sees new meaning in his story



Mental Wellbeing

Determining the Outcome

1. LISTEN



2. ANALYSE



3. RESEARCH



4. CREATIVITY



5. COMMUNICATION



6. TEAMWORK



PROBLEM SOLVING SKILLS



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When You Need Support

- NAMMI (National Alliance on Mental Illness) Chicago Chapter
 - NAMI Chicago provides the services needed to support wellness in our community, from lending a listening ear to a concerned family member, to working with individuals long-term connecting to resources for legal and housing assistance

namichicago.org

Helpline: 833- NAMMI-CHI

- National Suicide Prevention Lifeline: 988
- Textline: Text HOME to 741741
- **Illinois Helpline for Opioids and Other Substances**
 - 833-234-6343 OR Text HELP to 833234
- **Housing Support**
 - City Services: 311
 - Coordinated Entry System: 312-361-1707



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Follow-up/If You Need Additional Support

- 988 – Suicide & Crisis Line
- The Illinois Warm Line is a free phone support line for Illinois residents who are experiencing mental health and/or substance use challenges. The line is available Monday through Saturday, 8 AM–8 PM CT, except holidays. The phone number is (866) 359-7953, and you can also call (800) 322-3722 or email the line.
- FACT is Trilogy's Mobile Crisis Team for the Rogers Park, Edgewater, West Ridge, and Uptown neighborhoods, as well as Skokie and Evanston. We respond to a range of Mental Health crises in the community, but most commonly calls from folks seeking help for someone who is very symptomatic, unable to access resources, or a risk to themselves or others.



800 - FACT - 400
800 - 322 - 8400

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Additional Support & Resources

- **Blackline Hotline: (800)604-5841**
Provides a space for peer support, counseling, reporting of mistreatment, witnessing, and affirming the lived experiences for BIPOC (Black, Indigenous, and People of Color) who are most impacted by systematic oppression.
- **Friendship Line: (800)971-0016**
Provides emotional support and crisis intervention for adults 60+ or Disabled 18+ and Caregivers – operated by the Institute on Aging.
- **National Domestic Violence Hotline: (800)799-7233**
Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Highly trained, expert advocates offer free, 24/7/365 confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.
- **National Maternal Mental Health Hotline: (833)852-6262**
Provides free, confidential, 24/7 mental health support for moms and their families before, during, and after pregnancy.
- **Screening, Assessment and Support Services (SASS): (800)345-9049**
Provides intensive mental health services for children and youth (under 18) who may need hospitalization for mental health care. Services include crisis intervention, linkage, and coordination of services to other community-based mental health agencies for aftercare and outpatient treatment
- **Trans Lifeline: (877)565-9860**
Provides direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
- **Trevor Project: (866)468-7386**
Provides suicide prevention and 24/7/265 crisis intervention for LGBTQ+ young people.
- **Veteran's Crisis Line: 988**
Connects Veterans and Service members in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text.



Mental Wellbeing

Be alert for:

- Vicarious Trauma:
 - The result of hearing individuals' traumatic experiences and being witnesses to the pain, fear, and terror that trauma survivors have endured.
 - Working with individuals that are constantly in a state of crisis.
 - Vicarious trauma can lead to burnout and compassion fatigue
- Compassion Fatigue:
 - The result of taking on others' stress and trauma
 - Mental, physical, and emotional exhaustion
 - "The cost of caring"
- It is important to practice self-care regularly to prevent and combat the effects of vicarious trauma and compassion fatigue – this is crucial to your wellbeing and effectiveness in your role!

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Mental Wellbeing

Self-Care: Stress management

- Understand that stress and anxiety are natural human responses
- Recognize signs to help identify stress proactively
- Share your feelings with someone you trust
- Release your thoughts
- Know when to ask for help





Mental Wellbeing

The Red zone: Crisis Planning

- At this point, we're using self-care to triage
- In this stage, we're utilizing self-soothing techniques first to regulate ourselves, and self-care after to begin recharging
- Assess the need for occupational or professional support

■
IN CRISIS

Extreme
Anxiety/Sadness
Avoidance
Inability to Cope
Absenteeism
Diminished
Patience/Empathy



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The Yellow zone: Restoration



- When we're in this space, we need to use self care to restore our depleted energy and emotional space
- In this space we may be utilizing some self-soothing techniques as well as self-care



Mental Wellbeing

The Green Zone: Maintenance

- When we're thriving and excelling, our self-care focus is in maintenance
- In this phase, we're not recovering with self-care, but using it as a force to keep us in a good spot

A graphic of four vertical bars of increasing height from left to right, representing a 'THRIVING' state.

THRIVING

A graphic of four vertical bars of increasing height from left to right, representing an 'EXCELLING' state.

EXCELLING

Positive

Calm/Content

Healthy Routines

Ability to be Social

Engaging in Self-Care

Functioning in Job

Highly Motivated

Positive Energy/Flow

Realizing Full Potential

Professional and Personal

Accomplishment



Mental Wellbeing

Mental Wellbeing is a Continuum



TRILOGY

Mental Wellbeing

Q&A



Thank You!

Contact: MHAT@trilogyinc.org

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[Or Control+Click here for the Survey Link](#)