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**Recovery College Kirklees**

# Mental Health Awareness: helpful attitudes and interventions

September 2018

# The facts and figures around Mental Health

**About one quarter of the population** will experience some kind of mental health problem in the course of a year, with mixed anxiety and depression the **most common mental disorder**

**Women are more likely to have been treated for a mental disorder than men** and about **10% of children have a mental disorder** at any one time

Depression affects **1 in 5 older people**

**Suicide rates** show that British men are three times as likely to die by suicide than British women and **self harm statistics** for the UK show one of the highest rates in Europe: 400 per 100,000 population

Only **1 in 10 prisoner do not have a mental health problem**

*(source mental health foundation)*

# Stress vulnerability

Zubin & Spring 1977 suggest that:

‘...as long as the stress induced by challenging events stays below the threshold of vulnerability, the individual... remains well within the limits of normality. When the stress exceeds the threshold, the person is likely to develop a psychopathological episode of some sort... when the stress abates and sinks below the vulnerability threshold, the episode ends.’

# Mental health definition

.....the emotional and spiritual resilience which allows us to enjoy life and survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own, and others' dignity and worth.

*Mental Health Promotion: A quality Framework. (1997). London, Health Education Authority*

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

World Health Organisation

# Medical Model

What is in a Diagnosis?

Decided and classified by Psychiatry - DSM 4 and World Health Organisation by a collection of symptoms

No test to prove “illness” like diabetes with the exception of Dementia/Organic mental illness

Homosexuality was classified as a Mental Disorder until 1986

Questions and concerns are being raised about the use of medication although many service users and professionals believe that medication can relieve symptoms. (Robert Whittaker)

# Psychosis

...refers to an abnormal condition of the mind described as involving a "loss of contact with reality". People with psychosis are often described as *psychotic*. People experiencing psychosis may exhibit some personality changes and thought disorder.

Psychosis is a descriptive term for the hallucinations, delusions and impaired insight that may occur.

May include: schizophrenia; bi-polar, psychotic depression, schizo- affective disorders

# Personality Disorder

Personality disorders are conditions that can cause a range of distressing symptoms and patterns of abnormal behaviour.

This could include:

- overwhelming feelings of distress, anxiety, worthlessness or anger
- difficulty managing such feelings without self-harming – for example, by abusing drugs and alcohol or taking overdoses
- difficulty maintaining stable and close relationships
- sometimes having periods of loss of contact with reality
- in some cases, threats of harm to others

There are 9 classifications of Personality Disorder including:

Anti-social, Avoidant, Unstable and Borderline

# Depression

.....is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and sense of well being. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless. They may lose interest in activities that were once pleasurable, experience overeating or loss of appetite, have problems concentrating, remembering details or making decisions, and may contemplate, attempt or commit suicide. Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy may also be present.



# Anxiety

...is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over anticipated events. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

# Autism/Asperger's Syndrome

is an autism spectrum disorder (ASD) that is characterized by significant difficulties in social interaction and nonverbal communication, alongside restricted and repetitive patterns of behaviour and interests. It differs from other autism spectrum disorders by its relative preservation of linguistic and cognitive development. Although not required for diagnosis, physical clumsiness and atypical (peculiar or odd) use of language are frequently reported.

# Medication

## Type of psychiatric medication

### Antidepressants

### Antipsychotics

### Mood stabilisers

### Sleeping pills and minor tranquillisers

## What it's prescribed for

- depression
- some forms of anxiety
- some eating disorders
  
- psychosis
- schizophrenia
- schizoaffective disorder
- mania and hypomania
- bipolar disorder
- sometimes severe anxiety
  
- bipolar disorder
- mania and hypomania
- sometimes recurrent severe depression
  
- severe insomnia (inability to sleep)
- severe anxiety

# Services in Kirklees

- IAPT – Intensive Adult Psychological Therapies  
users can self refer – for common MH problems.  
Use Cognitive Behavioural Therapy and brief  
counselling

# Service in Kirklees

Single Point of Access – SPA – 01924 284555

Care Programme Approach (CPA):

Care Co-ordinator; Assessment, Care Plan, Review

- Community Mental Health Teams
- Out-patient – Psychiatrist
- Specialist Teams – Early Insight & Assertive Outreach
- Psychology – longer term talking therapy

# Services in Kirklees

## **Acute services:**

- Home Based Treatment Team
- Hospital Wards – Ashdale Halifax and Priestley Unit Dewsbury
- AMHP service – Approved Mental Health Professional – use of the MH act – detention under section 2 or 3 use of CTOs and assessment of section 136 – places of safety

# Services in Kirklees

- Activity and person centred services and specialist services
- Pathways
- Recovery College
- Commissioned services – Hoot, S2R, CLEAR, Womens space, Life-Line, Basement project etc...

# Helpful Interventions

Remember:

- Listening is the best medicine – but follow through
- Don't try to fix it – show empathy and explore their resources
- Research suggests that what people value most is having a professional treat them seriously and with some care
- If you don't know say!



# Links to further information

<http://www.southwestyorkshire.nhs.uk/>

<http://www.mind.org.uk/>

<http://www.nhs.uk/livewell/mentalhealth/Pages>

<http://www.mentalhealth.org.uk/>

<https://www.rethink.org/>

<http://communitydirectory.kirklees.gov.uk/communityDirectory/>

<http://www.southwestyorkshire.nhs.uk/about-us/recovery/kirklees/>