



Supporting Mental Health in Rural Communities

2019 Flex Program Reverse Site Visit
July 11, 2019

Objectives

- Explain the concepts of mental health, mental illness, and recovery
- Describe the impacts of stigma at the community, organization, and individual level
- Locate low-cost or no-cost resources and opportunities to support rural mental health

What is NAMI?

National Alliance on Mental Illness



What does



NAMI

National Alliance on Mental Illness

do?

EDUCATION

SUPPORT

ADVOCACY

AWARENESS

We believe:

- YOU are the expert
- You don't need to know everything
- You can't know what no one has told you
- Mental health conditions are no one's fault
- Mental health conditions are biological
- Mental health conditions share universal characteristics

We offer you:

- Current information
- A variety of solutions
- Empathy and understanding
- Information and resources in your community

WHY is this important?

- **Anyone** can be affected by a mental health condition
- **Suicide** is the 2nd leading cause of death in the U.S. in people 15-24 years old
- **Recovery** is possible

Mental Health Facts MULTICULTURAL

Fact: Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.



1 in every 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.



What are mental health conditions?



- Mental health conditions **ARE:**
 - Medical illnesses that change how people think, feel and act
 - Something common and treatable
- Mental health conditions **ARE NOT:**
 - Anyone's fault or something to be ashamed of
 - The end – you can achieve goals

Anxiety Disorders

AGORAPHOBIA
Racing Heartbeat
NAUSEA
Panic Attack
FEAR
ANXIETY
Social Phobia
Sweating
Dizziness
HYPERVENTILATION

Depressive Disorders

HOPELESS
Indecisiveness
Changes in Sleep
GUILT
Isolation
SADNESS
FATIGUE
SUICIDAL
THOUGHTS
DISTRESS

Bipolar Disorder

IMPULSIVE

AGITATED

RACING THOUGHTS

Sleeplessness

PRESSURED SPEECH

MANIA

Sadness

GRANDIOSE

IDEAS

Elated Mood

Obsessive-Compulsive Disorder

Compulsions
Obsessions
GERM PHOBIA
REPETITIVE ACTS
COUNTING

FEAR
Intrusive
Thoughts
Or Impulses
CHECKING

Post-traumatic Stress Disorder (PTSD)

NIGHTMARES
EMOTIONAL
NUMBNESS
Intrusive Images or Thoughts
HYPERVIGILANCE

On Edge
ANGRY
OUTBURSTS

Schizophrenia

DISORGANIZED
THINKING

Flat Emotional
Delusions Response
HALLUCINATIONS
WITHDRAWAL

BIZARRE
BEHAVIORS

Borderline Personality Disorder

Fear of
Abandonment

CUTTING

Feelings of Emptiness

SUICIDAL
THOUGHTS

ANXIETY

DISTORTED

THINKING

Dangerously Impulsive Behavior

Dual Diagnosis

ARREST Supporting
a Habit ALCOHOL
SUBSTANCE ANXIETY
Meth **ABUSE** OPIATES
Sudden Behavior Changes Heroin
MARIJUANA Withdrawal

The Rock Slide



Facts



1 in 5 **ADULTS** in the U.S. experience a mental health condition in any given year and 1 in 5 **YOUTH** (aged 13-18) have experienced a mental health condition at some point in their life.



Nearly 60% of **ADULTS** and 50% of **YOUTH** (aged 8-15) with a mental health condition don't receive treatment

STIGMA

STIGMA is a major reason people don't seek help

stig·ma

/ˈstigmə/

noun

1. a mark of disgrace associated with a particular circumstance, quality, or person.

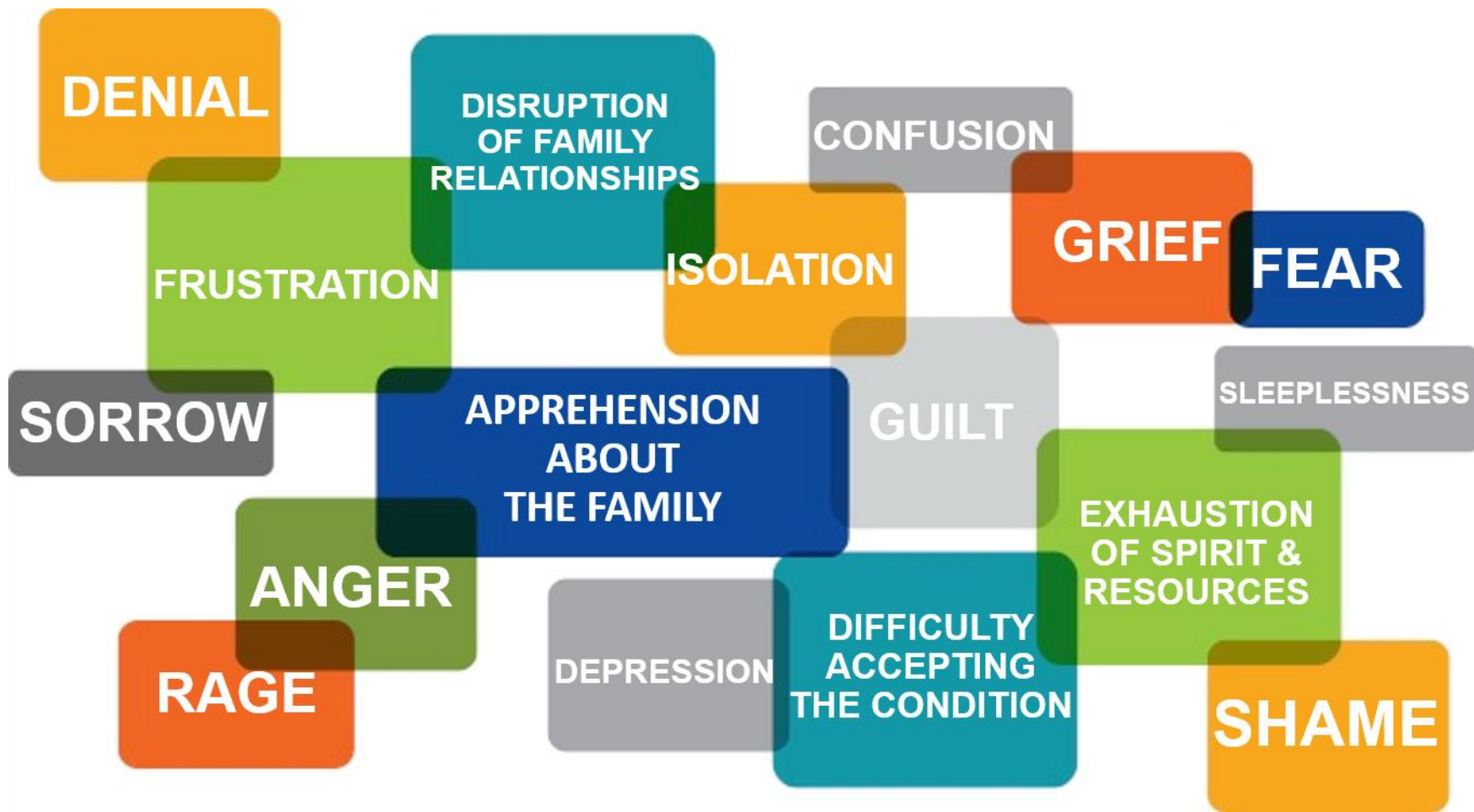
"the stigma of mental disorder"

synonyms: shame, disgrace, dishonor, ignominy, opprobrium, humiliation, (bad) reputation

"the stigma of bankruptcy"



FEELINGS Reported by Family Members as REACTIONS to a Loved One's Mental Health Condition



STAGES of Emotional Reaction



DEALING WITH CATASTROPHIC EVENTS

Crisis, chaos, shock, denial, hoping against hope



LEARNING TO COPE

Anger, guilt, resentment, recognition, grief



MOVING INTO ADVOCACY

Understanding, acceptance, advocacy, action

Important Points about the STAGES



None of these stages are “wrong” or “bad”

This process is ongoing - for most of us it takes years to navigate

Different family members are often at different places in the cycle

This cyclical process is not about expectations

With time, you will begin to recognize these stages and emotional reactions

Achieving **SUCCESS!**

Dwayne “The Rock” Johnson
Actor & Wrestler

Patrick Kennedy
Former Congressman

David O. Russell
Director & Screenwriter

Alicia Keys
Singer

Michael Phelps
Olympic Swimmer

Will Smith
Actor & Rapper

Brandon Marshall
NFL Wide Receiver

Demi Lovato
Singer & Actress

Buzz Aldrin
Astronaut & 2nd
Human to Walk
on the Moon

Carrie Fisher
Actress & Author

Cheryl Strayed
Author

Adele
Singer

Emma Stone
Actress

Abraham Lincoln
16th President of the U.S.

Margaret Cho
Comedian,
Actress & Author

Clark Gregg
Actor & Writer

Rick Warren
Pastor & Author

JK Rowling
Author

Mayim Bialik
Actress &
PhD Neuroscientist

Lady Gaga
Singer & Actress

John Nash
Mathematician
& Nobel Prize
winner

Terry Bradshaw
NFL Hall of Fame
Quarterback &
Analyst

Brian Wilson
Co-founder of
The Beach Boys

Glenn Close
Actress

Utkarsh Ambudkar
Actor & Singer

Bruce Springsteen
Singer

AJ Mendez Brooks
Retired WWE Star & Author

What makes **NAMI** different?

National Alliance on Mental Illness





NAMI

*Presentations
Support Groups
Classes*

I – Statements

- I am speaking in a very specific, direct manner
- I am at the center of the communication
- I take complete responsibility for my feelings and opinions
- I don't waiver
- I say what I mean

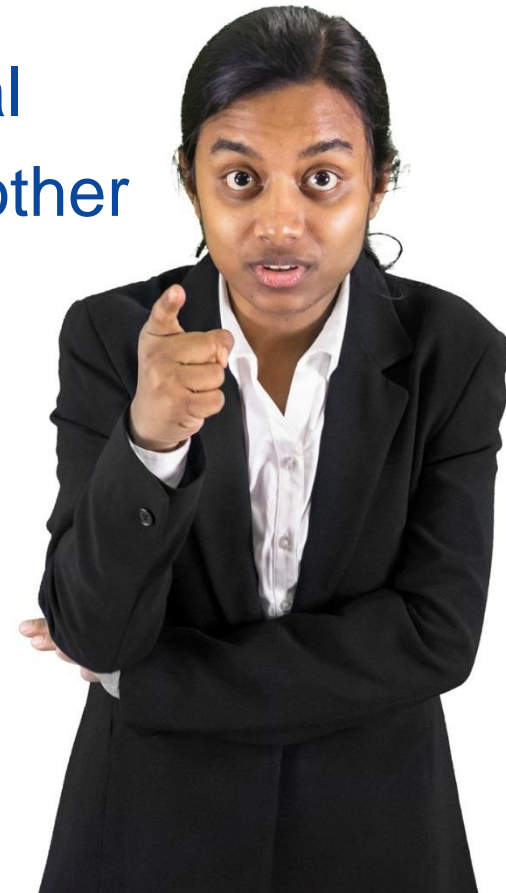
Example: “I don't like it when there's smoking in the house.”




YOU – Statements

When we move away from I-Statements with our loved one, we tend to:

- Feel defensive
- Blame and become judgmental
- Make assumptions about the other person's motives
- Generalize a specific problem to other situations and accusations begin to snowball
- Vent our negative feelings





Basic **STEPS** for Making Reflective Responses

1. Acknowledge the reality of your loved one's lived experience—that is, what is real and true to them (rather than to you)
2. Focus your response on what someone having this experience must be feeling (rather than what you are feeling)
3. Communicate that you understand what your loved one believes and how he or she feels

Reflective Response **EXERCISE**



- Listen for the feelings behind the words
- No invalidating or arguing the moment you hear the statement
- There is no one “right” response to any situation

IMPACT of NAMI Programs



Sustaining **POSITIVE** Outcomes

Improved coping

Reduced family stress

Improved problem solving skills

Increased knowledge

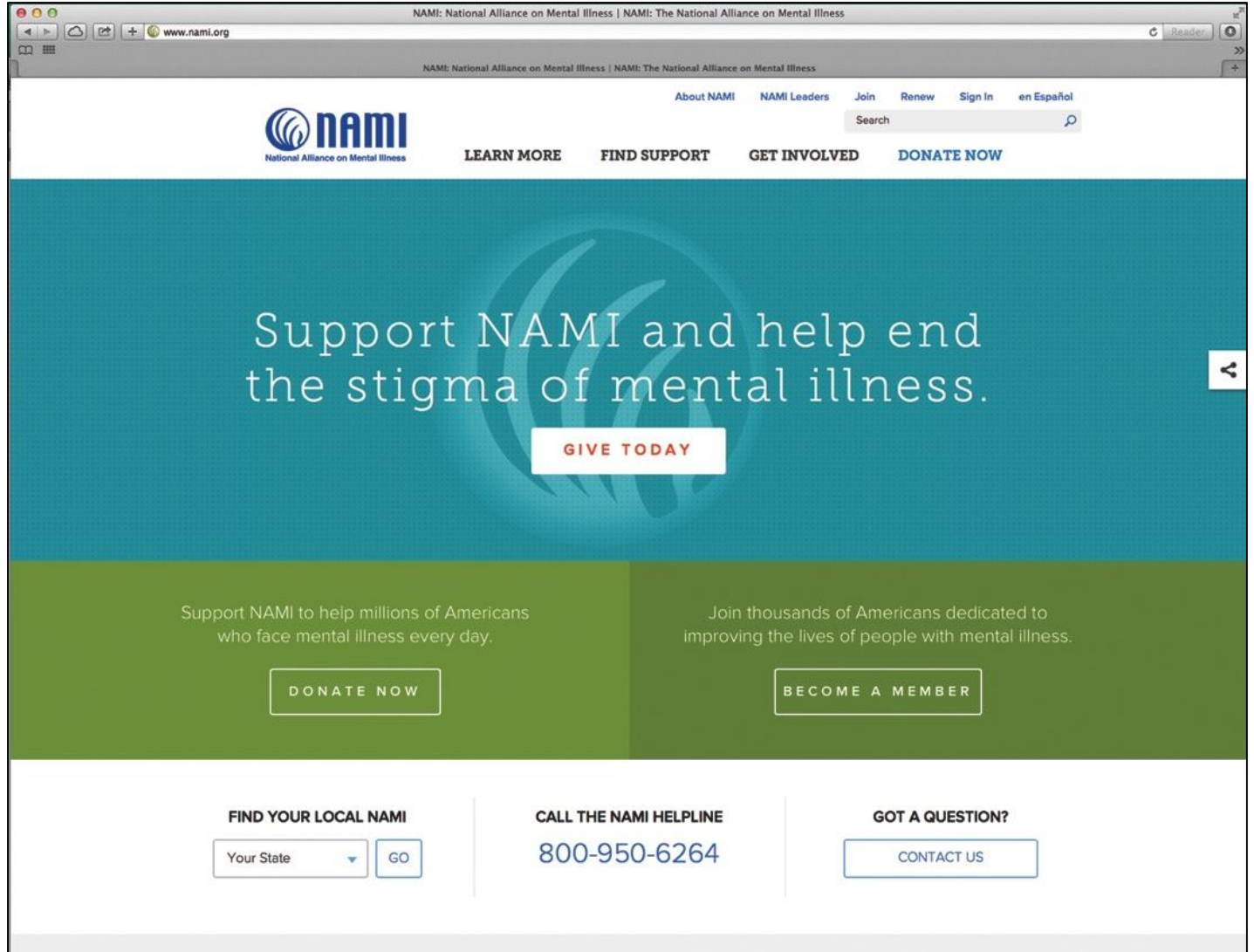
Increased help-seeking behaviors

Changed attitudes toward mental health

Empowerment

What's NEXT?

www.nami.org



The screenshot shows the NAMI website homepage. At the top, the browser address bar displays "www.nami.org". The page header includes the NAMI logo (National Alliance on Mental Illness) and navigation links: "About NAMI", "NAMI Leaders", "Join", "Renew", "Sign In", and "en Español". A search bar is also present. Below the header, there are four main navigation buttons: "LEARN MORE", "FIND SUPPORT", "GET INVOLVED", and "DONATE NOW". The main content area features a large teal background with the text "Support NAMI and help end the stigma of mental illness." and a prominent "GIVE TODAY" button. Below this, there are two columns of text: "Support NAMI to help millions of Americans who face mental illness every day." with a "DONATE NOW" button, and "Join thousands of Americans dedicated to improving the lives of people with mental illness." with a "BECOME A MEMBER" button. At the bottom, there are three sections: "FIND YOUR LOCAL NAMI" with a dropdown menu for "Your State" and a "GO" button; "CALL THE NAMI HELPLINE" with the number "800-950-6264"; and "GOT A QUESTION?" with a "CONTACT US" button.

NAVIGATING a mental health CRISIS

A NAMI resource guide for those experiencing
a mental health emergency



Like any other health crisis, it's important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

CALL THE NAMI HELPLINE

[800-950-NAMI](tel:800950NAMI)

info@nami.org

M-F, 10 AM - 6 PM ET

OR TEXT "NAMI" TO 741741

CRISIS TEXT LINE |

Remember

Never lose
HOPE

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