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?
What does NAMI do?

EDUCATION

SUPPORT

ADVOCACY

AWARENESS
Belief System and Principles

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
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
Anxiety
FEAR
Panic Attack
Social Phobia
Racing Heartbeat
Anxiety
Fainting
Sweating
Dizziness
HYPERVENTILATION
Nausea
Depressive Disorders

Indecisiveness

Changes in Sleep

GUILT

SADNESS

FATIGUE

SUICIDAL THOUGHTS

DISTRESS

HOPELESS

Isolation
Bipolar Disorder

RACING THOUGHTS
Sleeplessness
PRESSURED SPEECH
AGITATED
IMPLICATIVE
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
- Hyper vigilant
- On edge
- Angry outbursts

NAMI
National Alliance on Mental Illness
Schizophrenia

- Disorganized Thinking
- Delusions
- Hallucinations
- Flat Emotional Response
- Bizarre Behaviors
- Withdrawal
Borderline Personality Disorder

- Fear of Abandonment
- Feelings of Emptiness
- Cutting
- Suicidal Thoughts
- Anxiety
- Distorted Thinking

Dangerously Impulsive Behavior
Dual Diagnosis

Supporting a Habit

ARREST

ALCOHOL

Meth

SUBSTANCE ABUSE

ANXIETY

OPIATES

Heroin

Sudden Behavior Changes

MARIJUANA Withdrawal
The Rock Slide
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** is a major reason people don't seek help.
**stigma**

/ˈstɪgːmə/

*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"
The Best Way to Combat Stigma
FEELINGS Reported by Family Members as REACTIONS to a Loved One’s Mental Health Condition

DENIAL
FRUSTRATION
SORROW
ANGER
RAGE

DISRUPTION OF FAMILY RELATIONSHIPS
ISOLATION
APPREHENSION ABOUT THE FAMILY
DEPRESSION
DIFFICULTY ACCEPTING THE CONDITION

CONFUSION
GRIEF
FEAR
GUILT
SLEEPLESSNESS
EXHAUSTION OF SPIRIT & RESOURCES
SHAME
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
What makes NAMI different?

National Alliance on Mental Illness
Presentations
Support Groups
Classes
• 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.”
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
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
- Increased knowledge
- Empowerment
- Reduced family stress
- Improved problem solving skills
- Increased help-seeking behaviors
- Changed attitudes toward mental health
www.nami.org
Navigating a mental health crisis

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
info@nami.org
M-F, 10 AM - 6 PM ET
OR TEXT "NAMI" TO 741741
Remember

Never lose HOPE
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