



# Caring for Our Mental Health

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# Agenda

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- We will discuss:
  - Mental health
  - The warning signs of mental health issues
  - How it impacts our lives or the lives of those we serve
  - Local resources

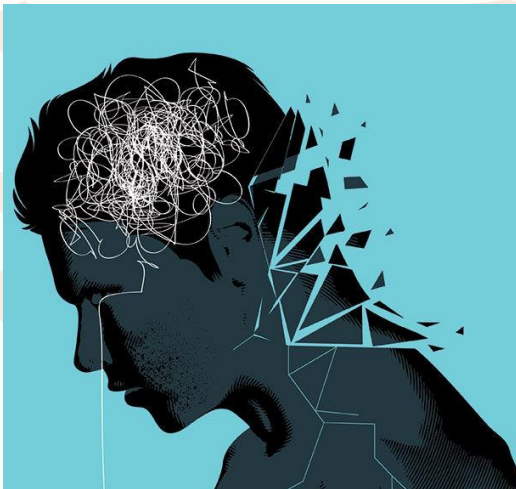
# What is mental illness?

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– A condition that affects a person's thinking, feeling, mood or behavior

## Examples:

- Depression
- Bipolar
- Anxiety
- Schizophrenia
- Eating disorder
- Substance Use



# Signs and Symptoms

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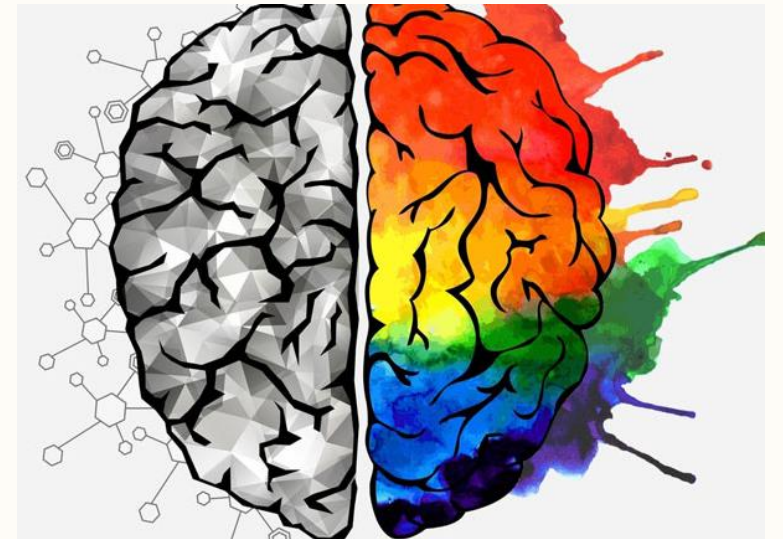
- Feeling sad or down
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations



# Signs and Symptoms

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- Inability to cope with daily problems or stress
- Problems with alcohol or drug use
- Major changes in eating habits
- Physical symptoms
- Excessive anger, hostility or violence
- Suicidal thinking



# Impact of Mental Illness

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- Both adolescents and adults with ID/DD are at high risk for developing mental health problems
  - Prevalence is 4x 's higher than that found in the general population
- Mental illness/ suicidal behavior is more **common** in persons with **mild-moderate** ID, while **extremely rare** in persons with **severe-profound** ID
- This form of dual diagnosis is often not understood by therapists

# COVID-19's Affect on Mental Illness

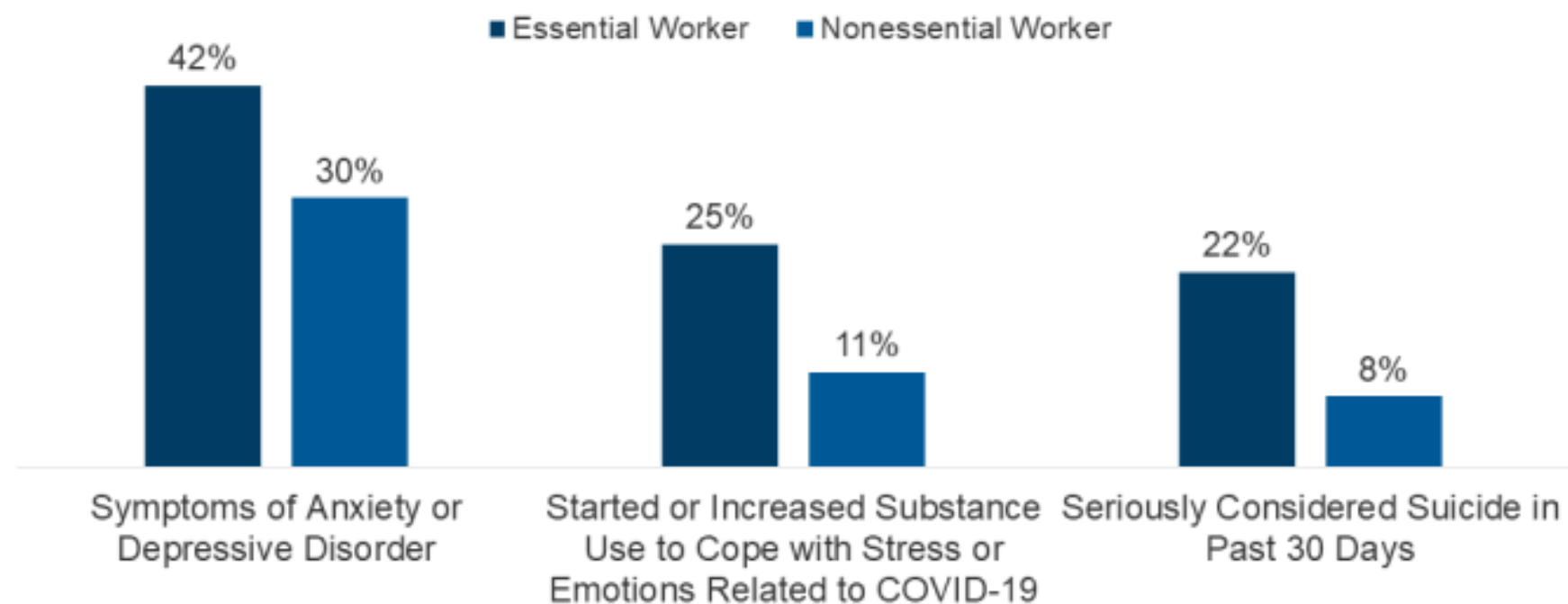
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CDC reported that **essential workers and unpaid adult caregivers** are among those who appear to be the highest risk for suicide ideations.



Figure 8

## Among Essential and Nonessential Workers, Share of Adults Reporting Mental Distress and Substance Use, June 2020



NOTES: Data is among adults ages 18 and above. Essential worker status was self-reported.

SOURCE: Czeisler ME, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1>

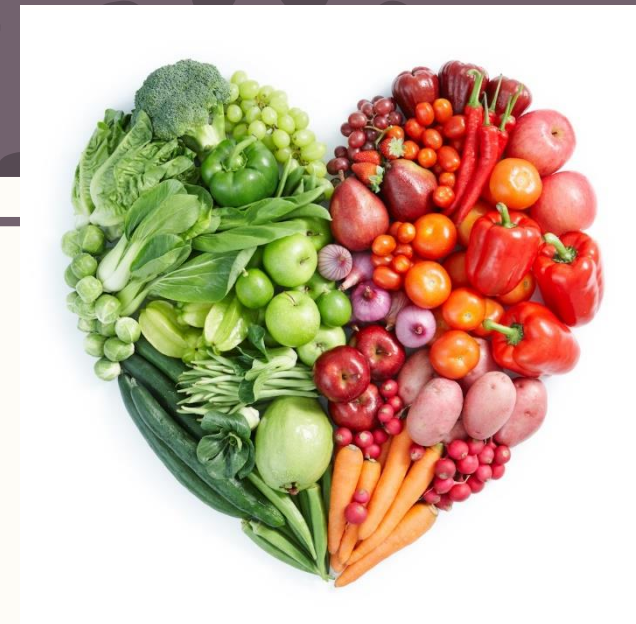


# Unpaid Adult Caregivers

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- Stress increased due to providing **critical aid** to those at increase risk of severe illness from COVID-19, or caring for someone who has contracted COVID-19.
- In May 2020, caregivers did not report seriously considering suicide, but became **3x's more likely** to report it to the CDC in June of 2020.
- **66%** of unpaid caregivers reported one adverse mental or behavioral health problem and had an **increase** in substance use.



Therapy  
Exercise

Nutrition  
Medication

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## Potential Treatments



# RESOURCES

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- **Medina County ADAMH Board**
  - <https://www.medinamentalhealth.com/>
- **Relink**
  - [Relink.org](https://www.relink.org)
- **24/7 Medina County Crisis and Behavioral Health Helpline**
  - 330-725-9191
- **Suicide Prevention Life line**
  - 1-800-273-TALK
- **Crisis Text Line**
  - Text “Home” to 741-741