

Working as One:

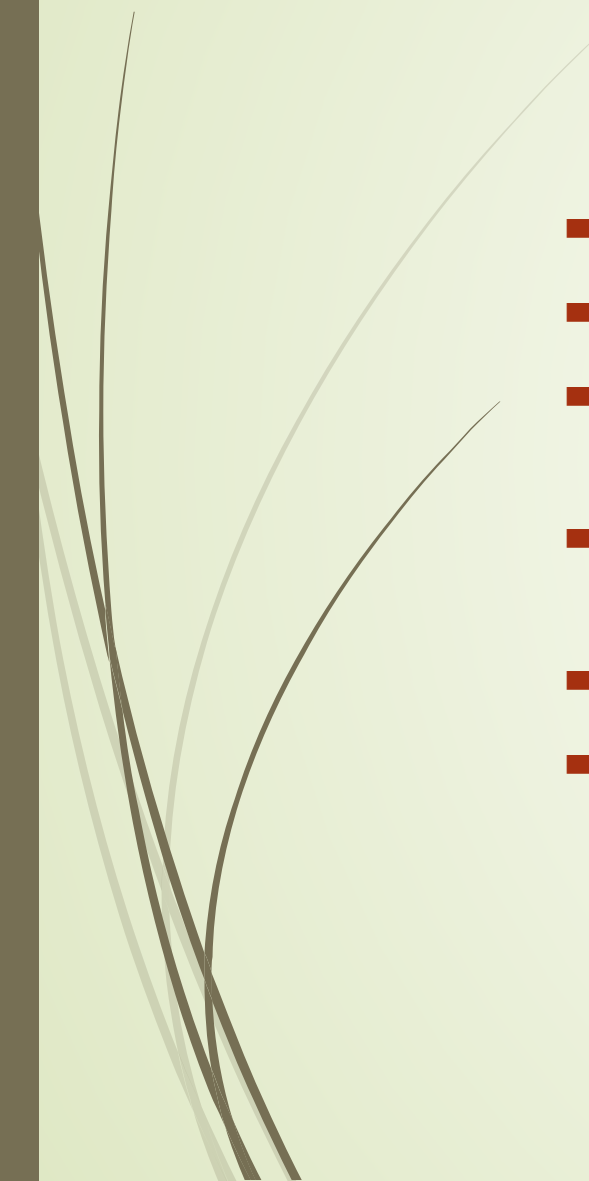
How to Support Someone Experiencing a Mental Health Crisis

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Presentation Outline:

- What is mental health? What is a mental health disorder?
 - What do statistics say about mental health and college students?
 - What are some possible “triggers” that may affect a student’s mental health negatively?
 - What are the most common mental health disorders diagnosed in college students?
 - What can we do to help?
 - Resources
- 



THE MENTAL HEALTH CONTINUUM



SELF CARE & SOCIAL SUPPORT

PROFESSIONAL CARE

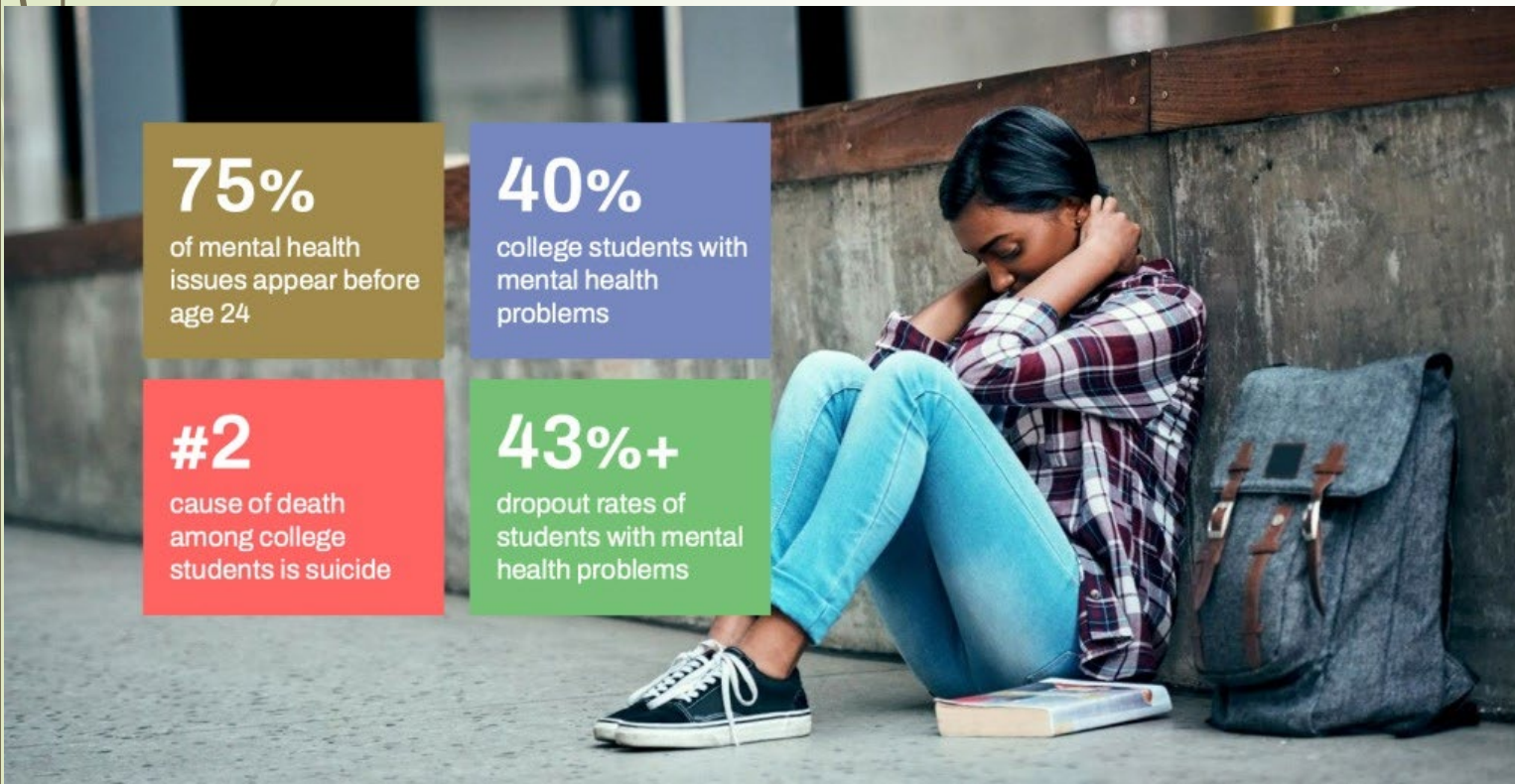
	HEALTHY	REACTING	INJURED	ILL
	Normal Functioning	Common & Reversible Distress	Significant Functional Impairment	Clinical Disorder. Severe & Persistent Functional Impairment
MOOD	Normal mood fluctuations Calmness and the ability to take things in stride	Being irritable or impatient Being nervous Being sad or overwhelmed	Anger Anxiety Pervasive sadness or hopelessness	Angry outbursts or aggression Excessive anxiety or panic attacks Depression or suicidal thoughts
ATTITUDE	A good sense of humour Good performance Being in control	Expressing displaced sarcasm Procrastination Forgetfulness	A negative attitude Poor performance or workaholic behaviour Poor concentration or decisions	Excessive insubordination An inability to perform duties, control behaviour or concentrate
SLEEP	Normal sleep patterns Few sleep difficulties	Having trouble sleeping Having intrusive thoughts Having nightmares	Restless or disturbed sleep Recurrent images or nightmares	An inability to fall asleep or stay asleep Sleeping too much or too little
PHYSICAL HEALTH	Being physically well Having a good energy level	Having muscle tension or headaches Having low energy	Increased aches and pains Increased fatigue	Physical illnesses Constant fatigue
ACTIVITY	Being physically and socially active	Decreased activity or socializing	Avoidance Withdrawal	Not going out or not answering phone
HABITS	Limited or no alcohol use or gambling.	Regular but controlled alcohol use or gambling.	Increased alcohol use or hard-to-control gambling	Alcohol or gambling addiction Other addictions

ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM

<ul style="list-style-type: none"> Focus on task at hand Break problems into manageable chunks Identify and nurture support systems Maintain healthy lifestyle 	<ul style="list-style-type: none"> Recognize limits Identify and minimize stressors Engage in healthy coping strategies Get adequate food, rest, and exercise 	<ul style="list-style-type: none"> Identify and understand own signs of distress Seek social support and talk with someone instead of withdrawing Seek help 	<ul style="list-style-type: none"> Seek consultation as needed Follow health care provider recommendations Regain physical and mental health
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What are statistics telling us?

- Mental Illness Age of Onset - Researchers supported by the National Institute of Mental Health (NIMH) have found that half of all lifetime cases of mental illness begin by **age 14**, and that despite effective treatments, there are **long delays — sometimes decades — between first onset of symptoms and when people seek and receive treatment.**
- 20% of total student population have considered suicide at some point in their lives.



75%

of mental health issues appear before age 24

40%

college students with mental health problems

#2

cause of death among college students is suicide

43%+

dropout rates of students with mental health problems

- Only 40% of students with mental illness seek help.
- A 2016 study at 10 community colleges across the nation reveals that half of the more than 4,000 community college students surveyed are experiencing a current or recent mental health condition. **Less than half** of these students are receiving any mental health services.

https://resources.kognito.com/downloads/Return_On_Investment_Kognito_WhitePaper.pdf
National Institute of Mental Health (NIMH)
wihopelab.com

What triggers crisis in college students:

- ▶ Extreme feelings of anxiety, panic, depression about school and life
- ▶ Difficulty adjusting to a new routine and environment
- ▶ Feelings of homesickness, loneliness and/or isolation
- ▶ Posttraumatic stress disorder episode triggered by class content
- ▶ Stop taking prescribed medications or medications stop working
- ▶ Use of non-prescribed medications or other drugs and alcohol
- ▶ Onset of mental illness (unaware and untreated)

College Students Speak: A Survey Report on Mental Health ©2012 by NAMI

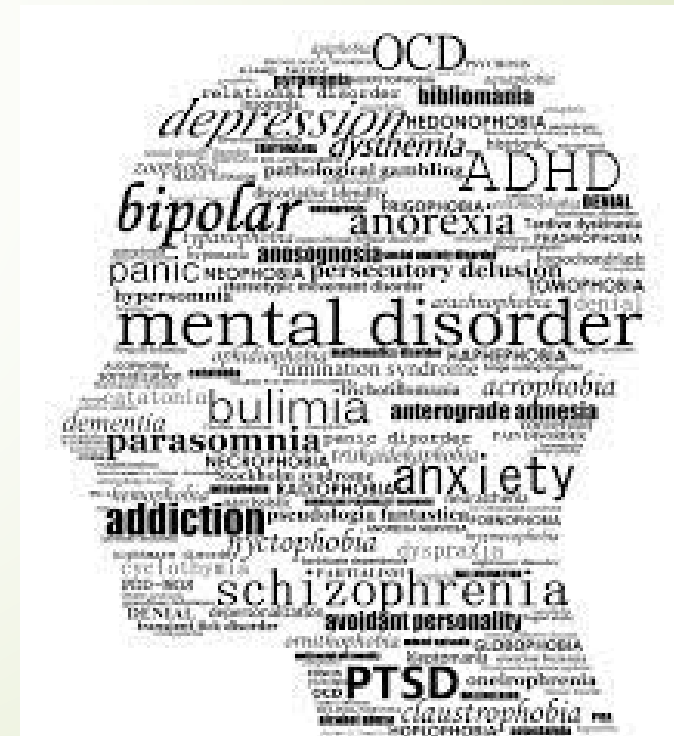


Mental Health Disorders most often seen in College Students:

- Depression – most common mental health problem for college students
- Anxiety
- ADHD/ADD
- Substance Use Disorders

Less common, but significant to mention:

- Bipolar Disorder
- PTSD
- Eating Disorders



Depression-Signs and Symptoms

- ▶ Persistent sad, anxious, or “empty” mood
- ▶ Feelings of hopelessness, pessimism
- ▶ Feelings of guilt, worthlessness, helplessness
- ▶ Loss of interest or pleasure in hobbies and activities
- ▶ Decreased energy, fatigue, being slowed down
- ▶ Difficulty concentrating, remembering, making decisions
- ▶ Difficulty sleeping or oversleeping
- ▶ Appetite and/or unwanted weight changes
- ▶ Thoughts of death or suicide; suicide attempts
- ▶ Restlessness, irritability
- ▶ Persistent physical symptoms, such as muscle pain or headaches

Anxiety-Signs and Symptoms

- ▶ Restlessness or feeling wound-up or on edge
- ▶ Being easily fatigued
- ▶ Difficulty concentrating or having minds go blank
- ▶ Irritability
- ▶ Muscle tension
- ▶ Difficulty controlling the worry
- ▶ Sleep problems

Panic Disorder – Sudden and repeated attacks of intense fear

Social Anxiety Disorder – Have a marked fear of social or performance situations in which they expect to feel embarrassed, judged, rejected, or fearful of offending others.

ADD/ADHD-Signs and Symptoms

Inattention –

- Wanders off task
- Lacks persistence
- Has difficulty sustaining focus
- Is disorganized
- These are not due to defiance or lack of comprehension

Hyperactivity –

- Moves constantly
- Fidgets, taps, or talks excessively
- Extreme restlessness


Impulsivity –

- Means a person makes hasty actions that occur in the moment without first thinking about them OR
- A desire for immediate rewards or inability to delay gratification

Substance Use Disorder

Some facts:

- ▶ Addiction to drugs or alcohol is a mental illness
- ▶ Substance use disorder changes normal desires and priorities
- ▶ Substance use changes normal behaviors and interferes with the ability to work, go to school, and to have good relationships with friends and family
- ▶ Comorbidity – having two mental illnesses at the same time (this can make treating each disorder more difficult)



What are ways you have found to be a support to students?

Discussion





How can we help each other?

- ▶ Be aware of sudden changes in behavior
- ▶ Listen without judgment
- ▶ Be empathetic and supportive
- ▶ Initiate the conversation – “I’ve noticed.....”
- ▶ Ask questions
- ▶ Persuade the person to seek help
- ▶ Refer to a college or community counselor
- ▶ Instructors can invite a counselor to class to share information about support services or a specific topic (i.e. stress management, procrastination)
- ▶ Do “check-ins” with students
- ▶ Continue to learn more about mental health
 - ▶ For example, attend a QPR training (suicide awareness) or Mental Health First Aid

Consider a Campus Awareness Campaign

HI.

More than 60% of college students say they feel alone.
We're here to talk: Counseling and Advising room E121

Help is available 24/7 EVERYDAY @ 1-920-832-4646
or Text "HOPELINE" to 741741

Fox Valley
TECHNICAL COLLEGE
Knowledge. Put It to Work.



Mental Health Resources

- County crisis numbers
- Put phone numbers in your contacts and share



CRISIS TEXT LINE |
Text **HELLO** to **741741**
Free, 24/7, Confidential

NATIONAL SUICIDE PREVENTION LIFELINE™
I-800-273-TALK
www.suicidepreventionlifeline.org



988 SUICIDE & CRISIS LIFELINE

If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**

There is hope.

Talk with us.

Be the lifeline.