



Behavioral Health 101

Learning Objectives

- Explain what behavioral health is, the prevalence of mental illness, and how it impacts daily life
- Dispel some common myths about mental illness
- Learn commonly used and misused mental health terminology
- Explore facts and data of some common mental health illnesses

Agenda

1. Behavioral Health Overview

2. Common Knowledge and Myths about Mental Illness

3. Mental Illness Diagnoses Overview:

- Anxiety Disorders
- Trauma and Stress Related Disorders
- Mood Disorders
- Neurodevelopmental Disorders
- Eating Disorders
- Personality Disorders
- Psychotic Disorders
- Substance Use Disorders

4. Additional Resources

Chapter

01

“We help people
live their lives
to the fullest
potential.”

Our Commitment

Behavioral Health Overview



© **Copyright Beacon Health Options, Inc. 2020**

No part of this training may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or electronic or mechanical methods without prior written permission from Beacon Health Options.

Behavioral Health Terminology

Behavioral Health

- **Study** of a person's emotions, biology and behaviors and how these impact his or her mental health
- Often used in the medical insurance world
- Behavioral health insurance covers mental health, substance use, social and behavioral issues

Mental Health

- The emotional, psychological, and social ***well-being of a person***
- involves effective functioning in daily activities resulting in
 - Productive activities, Healthy relationships, Ability to adapt to change and cope with adversity

Mental Illness

- Refers collectively to health conditions involving:
 - Significant changes in thinking, emotion and/or behavior
 - Distress and/or problems functioning in social, work or family activities

“Serious” Mental Illness

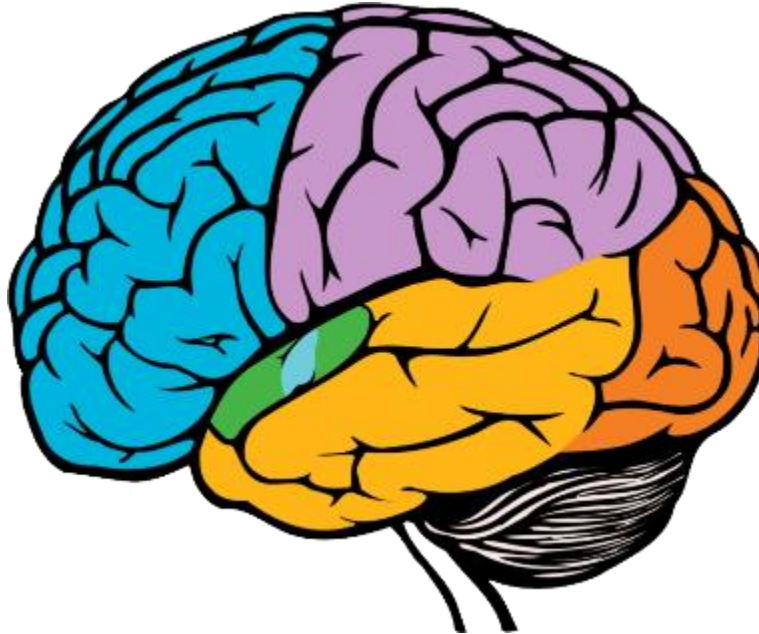
- Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.
(National Institute of Mental Health)

- Mental Illnesses can vary in impact on the individual from no impairment to mild, moderate or severe
- Severe impact = SMI
 - Schizophrenia
 - Severe Major Depressive Disorder
 - Severe Bipolar Disorder
 - Other disorders with “Severe” impact

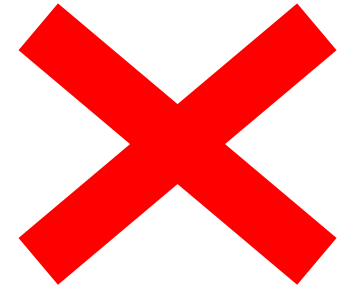


True or False

**Mental Illness
is always
caused by a
problem with
someone's
brain chemistry**



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)



FALSE

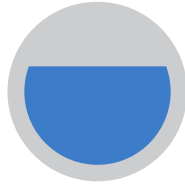
Mental illness has
many potential
causes!

What causes Mental Illness?



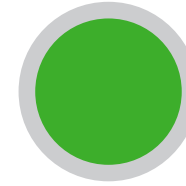
Biological

- Genetics
- Infections
- Brain abnormalities
- Brain injury
- Prenatal damage
- Other factors



Psychological

- Severe psychological trauma such as emotional, physical, or sexual abuse or neglect
- An important early loss, such as the loss of a parent
- Neglect
- Lack of healthy relationships/attachment
- Poor coping skills



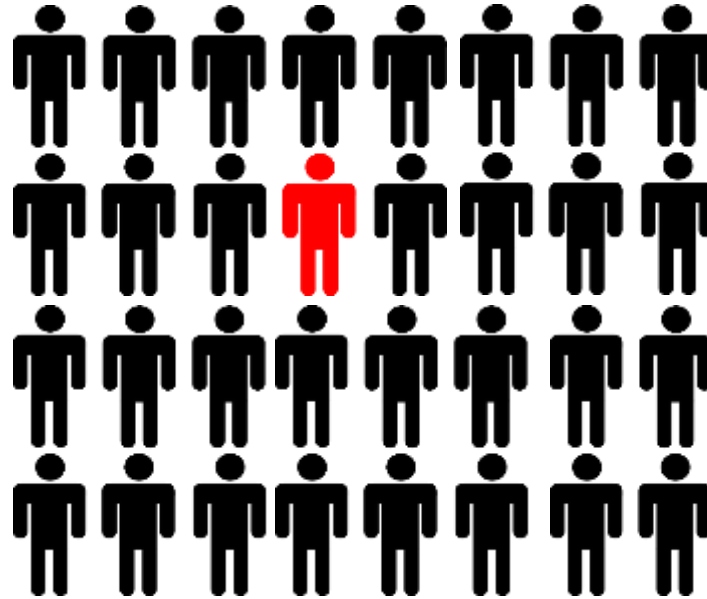
Environmental

- Changing jobs or schools
- Social or cultural expectations
- Substance abuse or mental illness within the family
- Poverty; Homelessness

What Do You Think?

**Mental Illness
effects which
percent of the
Adult US
population?**

- A. 5%**
- B. 10%**
- C. 20%**
- D. 30%**



Mental Illness
effects 20% of the
US population
(1 in 5 adults)

Mental Illness Among US Adults

2020 National Survey of Drug Use & Health Report
People **18+** years old (via SAMHSA)

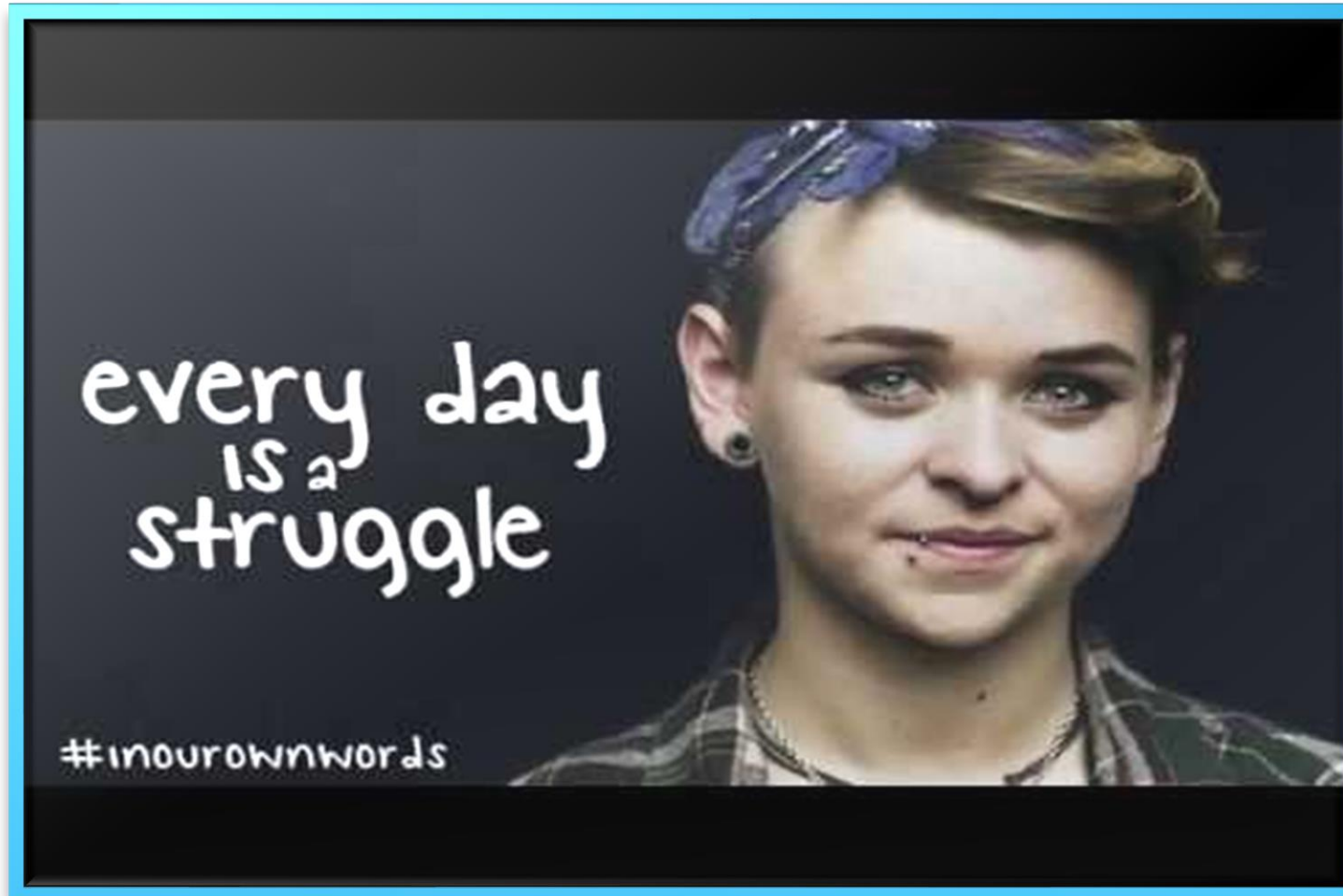
Over the past year...

- 21.0% had **any mental illness** (52.9 million people, about 1 in 5)
- 5.6% had a **serious mental illness** (14.2 million people)
- 8.4% had a **major depressive episode** (21 million people)
- 16.9% received inpatient or outpatient **mental health treatment**, including prescription medications (41.4 million people)



Click to watch:

Mental Illness: In Our Own Words



Burden of Mental Illness



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Physical Health

Family/ Caregiver Pressures

Interrupted Education

Employment Issues

Poverty

Homelessness

Culture and Mental Illness

Perception

- How Mental Illness is perceived; ie stigmatized or not

Symptoms

- How people talk about symptoms and which ones are okay to discuss

Support

- Level of support received from families and communities when someone is diagnosed with mental illness

Resources

- Ability to find treatment from someone who understands your cultural factors, background, or experiences

(Rubina Kapil, MHFA 2019)

Chapter

02

“We help people
live their lives
to the fullest
potential.”

Our Commitment

Myths and Stigmas Surrounding Mental Illness



© *Copyright Beacon Health Options, Inc. 2020*

No part of this training may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or electronic or mechanical methods without prior written permission from Beacon Health Options.

What is Stigma?

Stigma = negative attitudes or discrimination against someone based on characteristics like mental illness

Can be public, institutional or self-stigma

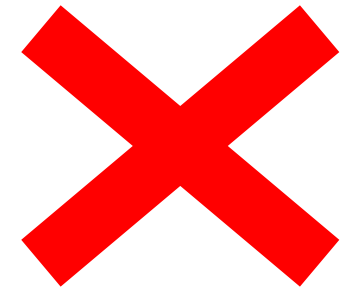
Negative impacts of stigma include:

- Reluctance to seek out treatment; delayed care
- Social rejection, avoidance, and isolation
- Harassment, violence, or bullying
- Poor quality of life, disability, and risk of poverty
- Increased feelings of shame and self-doubt



True or False

**People with
Mental Illness
are dangerous**



FALSE

Myth Busting: Crime & Mental Illness



People with mental health conditions are **more likely** to be victims of violence than perpetrators of violence

afsp.org



People diagnosed with a severe mental illness are....

8x more likely to be robbed

15x more likely to be assaulted

23x more likely to be raped

than the general population.

True or False

A normal life is possible after being diagnosed with a mental illness



TRUE

Mental illness can be short or long term but with treatment most people can live a *normal* life

Words Matter: Misuse of Terms



Ugh, I can't believe what a psycho my boss is being today. He is SO bipolar!!!

My sister is always saying she's depressed- what does she have to be sad about??



I always have to keep my kitchen spotless- I'm OCD like that.



Stigma - we've got it mapped

Regulations that stigmatise people with mental health problems around the world

time to change

let's end mental health discrimination
www.time-to-change.org.uk

UNITED KINGDOM



Until recently, laws prevented people with mental health problems from carrying out jury service or becoming a company director. This was only overturned in July 2013.

LITHUANIA



Some people with long term mental health problems are unable to own their own home.

JAPAN



A sign outside a museum in Japan reads 'Those with mental disease are declined to enter the museum'.

In some areas, certain leisure facilities imposed restrictions on those with mental health problems, forbidding them to use the fitness centre.

Anti-stigma campaigns

In order of initiation

1997 New Zealand
Like Minds Like Mine
mentalhealth.org.nz

2000 Australia
Beyond Blue
beyondblue.org.au

2002 Scotland
See Me
seemescotland.org

2007 England
Time to Change England
time-to-change.org.uk

2009 USA
BringChange2Mind
bringchange2mind.org

2009 Sweden
Hjärnkoll
hjärnkoll.se

2009 Canada
Opening Minds
mentalhealthcommission.ca

2010 Catalonia, Spain
Programa de Salud Mental
decada4.es

2010 Ireland
See Change
seechange.ie

2011 The Netherlands
Samen Sterk tegen Stigma
samensterktegenstigma.nl

2011 Denmark
One of Us
one-of-us.nu

2011 Wales
Time to Change Wales
timetochangewales.org.uk

KOREA



In certain areas, people with mental health problems are not permitted to enter a swimming pool.

ASIA



Three major airlines in asia refused to allow passengers with mental health conditions on to a flight unless they were accompanied by a psychiatrist.

USA



Starting in the 1970s is when the deinstitutionalization process began

National Programs and Campaigns



**StampOut
Stigma.com**



ManTherapy.org



MakeltOK.org



**Brain and
Behavioral
Research
Foundation**
Bbrfoundation.org



ActiveMinds.org



**Project
Semicolon.com**

Celebrities Opening Up



"I was so ashamed of how I felt because I had such a privileged upbringing. I'm very lucky. But I had depression. I had moments where I didn't want to carry on living. But then the guilt of feeling that way and not being able to tell anyone because I shouldn't feel that way just left me feeling blame and guilt."

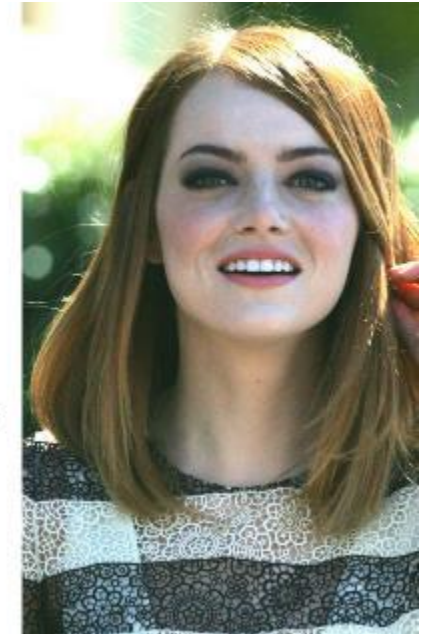
CARA DELEVINGNE



"Mental health is not a dirty word -- we all have mental health like we do physical health, good or ill."
-Prince William

"The first time I had a panic attack I was in my friend's house, and I thought the house was burning down. I called my mom and she brought me home, for the next three years it just would not stop."

EMMA STONE



“
Since that day [I opened up about my emotions], it's just been so much easier to live and so much easier to enjoy life.

- Michael Phelps



"I think it's extremely important to speak about all of our individual stories so we can help break down the negative stigmas mental illness has in our society and our world."

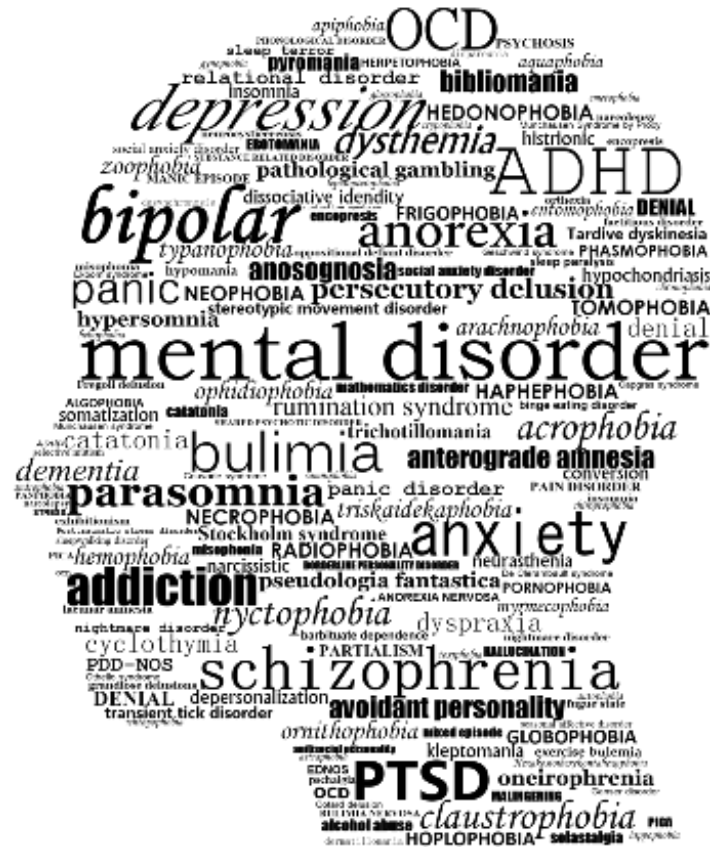
DEMI LOVATO



"I just was in a funk. Mostly, I felt like I was not a good mom. I read several articles that said postpartum emotions can last up to 3 years if not dealt with. And I like communication best. Talking things through with my sisters, my friends, let me know that my feelings are totally normal. It's totally normal to feel like I'm not doing enough for my baby."

SERENA WILLIAMS

Ways to Fight Stigma



- Talk Openly
- Educate Yourself and Others
- Encourage Equality between Physical and Mental Illness
- Show Compassion & Empathy

*Adapted from Luna Greenstein on NAMI.org 2017

Chapter

03

“We help people
live their lives
to the fullest
potential.”

Our Commitment

Mental Illness Disorders Overview



© *Copyright Beacon Health Options, Inc. 2020*

No part of this training may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or electronic or mechanical methods without prior written permission from Beacon Health Options.

Warning Signs Should Always be Taken Seriously

Warning Signs May Be Subtle

- Small changes in individual's personality or behavior
- Listen for changes in thinking or feelings
- General feeling something is “off” or not right



Two Types:

Psychological

Behavioral

Common Warning Signs: **PSYCHOLOGICAL** (internal changes)

- Mood changes (irritability, depression, mania)
- Cognitive problems (memory, concentration, confusion)
- Excessive worry or fear
- Difficulty perceiving reality / disconnectedness
- Heightened sensitivity



Common Warning Signs: **BEHAVIORAL** (external changes)



- Sleep pattern changes
- Weight/appetite changes
- Social isolation / withdrawal
- Trouble functioning at work or school
- Trouble caring for oneself
- Uncharacteristic or unusual behavioral

Categories of Mental Disorders

Anxiety

Mood

Trauma &
Stressor
Related

Neuro-
Developmental

Psychotic

Personality

Eating

Substance Use

Poll:

Which type of Mental Illness do you think is the most prevalent in Adults?

- A. Mood Disorders
- B. Anxiety Disorders
- C. Trauma /Stress Disorders
- D. Substance Use Disorders

Prevalence of Mental Illnesses in U.S. Adults

- **31%** of US Adults will experience an **anxiety disorder** in their life
- **Post-Traumatic Stress Disorder** has a lifetime prevalence of **6.8%**
- **4.4%** of Adults will experience **Bipolar Disorder** in their life
- In a 2020 survey, **8.4%** of US Adults had a Major Depressive Episode during the past year
- In a 2020 survey, **10.2%** had an Alcohol Use Disorder in the past year



(<https://www.nimh.nih.gov/health/statistics>)

Anxiety Disorders

- Excessive fear and/or anxiety; related behavioral disturbances
 - Disorders differentiated by objects or situations that induce fear/anxiety and by reactions
 - High comorbidity rates
-

Anxiety Disorders

Generalized Anxiety

- Persistent anxiety & worry about everyday things
- 6+ months in length
- Uncontrollable
- Causing significant distress or impairment

Panic Disorder

- Recurrent, unexpected panic attacks- periods of unexplainable fear & physical fear response
- Persistent worry about future attacks
- Avoidant behaviors

Social Anxiety Disorder

- Fear/anxiety around one or more social situations
- Fear of scrutiny, rejection, humiliation
- Avoidance of or intense anxiety throughout social situations

Mood Disorders

- Conditions that severely impact mood and related functions; cause distress
 - “Mood disorder” = broad term, includes all types of depressive & bipolar disorders
 - Moods may range from very “high” to very “low”
-

Mood Disorders

Major Depressive Disorder

- Episodic (2+ weeks)
- Single or recurrent episodes
- Sadness, low energy, irritability, inability to feel pleasure, lack of interest in activities

Persistent Depressive Disorder

- Chronic (2+ years)
- Same symptoms as MDD; sometimes at lower intensity
- Harder to diagnose; “I’ve always been like this”

Bipolar Disorder

- Intense cyclical shifts in mood & energy levels
- Episodes of Depression and Mania
- Mania = “high” mood, impulsivity, agitation, little need for sleep

Trauma and Stressor Related Disorders

- Psychological distress triggered by exposure to a traumatic or stressful event
 - Various responses include fear, anxiety, mood, behavioral or dissociative symptoms
 - Close relationship with anxiety, obsessive-compulsive & dissociative disorders
-

Trauma and Stressor Related Disorders

Post-Traumatic Stress Disorder (PTSD)

- Brought on by exposure to traumatic or disturbing event or threat
- Lasts more than 1 month
- Nightmares; flashbacks
- Hyperarousal; mood disturbances
- Dissociative episodes

Acute Stress Disorder

- Symptoms similar to Post-Traumatic Stress Disorder
- Impaired functioning in daily life due to psychological distress
- Resolves within 1 month of onset

Adjustment Disorder

- Emotional / behavioral symptoms in response to identified stressor
- Distress is out of proportion with severity of stressor
- Functional impairment
- Lack of coping skills or poor support system

Neurodevelopmental Disorders

- Developmental deficits leading to impairments in functioning
 - Usually manifest in childhood, many have genetic component
 - Often co-occur with each-other
-

Poll:

Which Neurodevelopmental Disorder do you think is the most prevalent?

- A. Autism Spectrum Disorder
- B. Intellectual Disability
- C. Learning Disability
- D. Attention-Deficit Hyperactivity Disorder

Neurodevelopmental Disorders

Attention-Deficit Hyperactivity Disorder

- Unusual difficulty concentrating on tasks, sitting still, controlling impulses
- Predominantly inattentive, hyperactive or combined

Autism Spectrum Disorder

- Deficits and delays in communication and social skills, restricted or repetitive behaviors.
- Wide range of symptoms & severity of symptoms

Tic Disorders

- Involuntary movements or sounds called “tics”
- Blinking, twitching, repetitive sounds, etc.
- Motor/ Vocal Tic Disorder
- Both = Tourette’s

Psychotic Disorders

Psychotic Disorder Domains

- Abnormalities within these 5 domains:



Delusions

Fixed, false beliefs not open to contradictory evidence; variety of content themes

Hallucinations

Perception / sensory experience of something not there; auditory & visual most common

Negative Symptoms

Diminished emotional expression; Avolition (decrease in self-motivated activity)

Disorganized / Abnormal Motor Behavior

Unpredictable agitation, childlike behaviors, Catatonia (decreased reactivity to stimuli)

Disorganized Thinking / Speech

Thought process inferred from speech; tangential, incoherent, derailed

Psychotic Disorders

Schizophrenia

- 2 or more of: delusions, hallucinations, disorganized speech/behavior, negative sx
- 1+ months of symptoms, 6+ months of disturbance
- Impacts level of functioning

Delusional Disorder

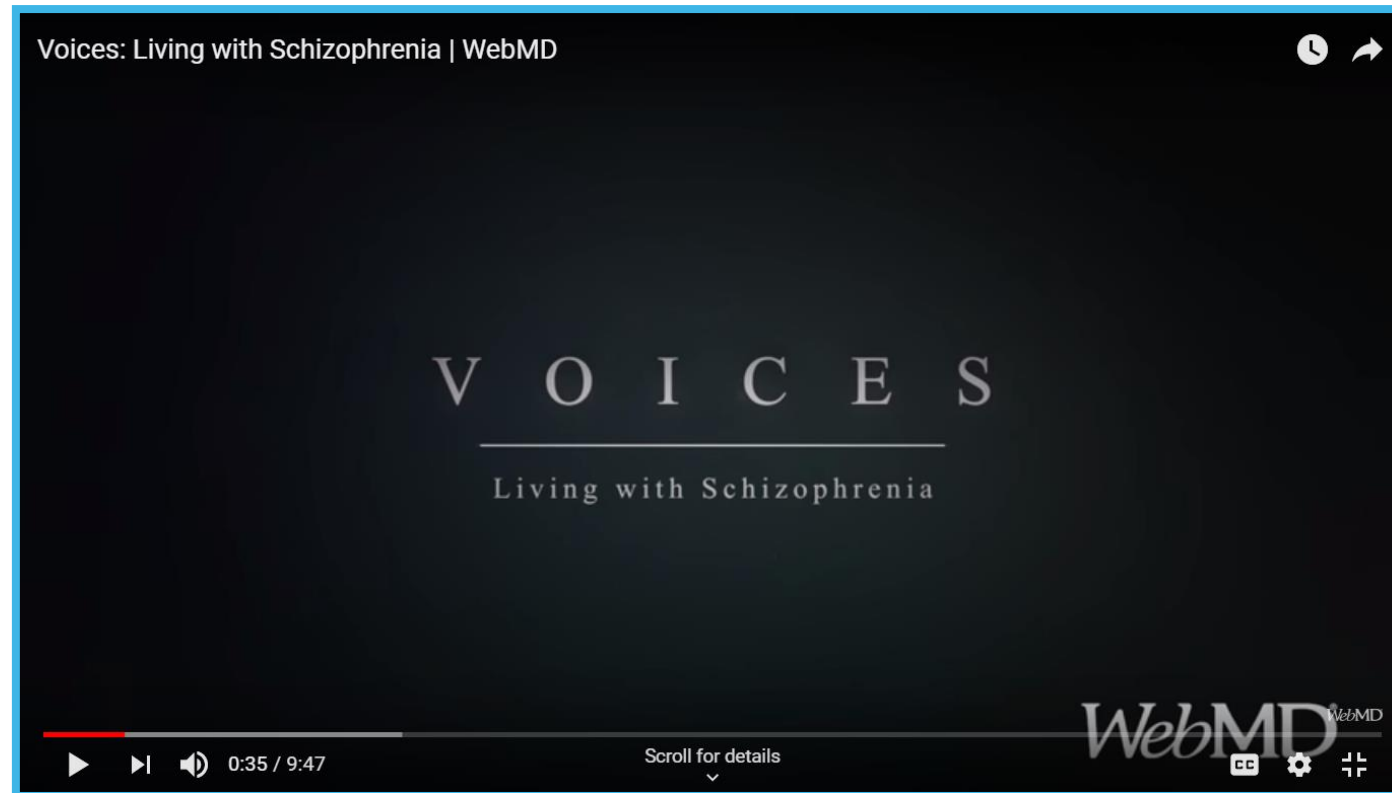
- 1 or more delusions last 1+ months
- Delusion does not have significant effect on functioning & behavior
- May cause distress due to social consequences

Brief Psychotic Disorder

- One or more of: delusions, hallucinations, disorganized speech or behavior
- Lasts at least 1 day but less than 1 month
- Potentially recurrent

Click to Watch:

Voices: Living With Schizophrenia



Eating Disorders

- Persistent disturbance of eating behaviors
 - Altered consumption/ absorption of food; impaired health & functioning
 - Most common in adolescent & college-age females
-

Eating Disorders

Anorexia Nervosa

- Severe weight loss / dangerously low body weight
- Food restriction / purging to maintain low weight
- Distorted body image; fear of weight gain

Bulimia Nervosa

- Binge / purge cycles: vomiting, laxative abuse
- Can be “healthy” weight or overweight
- Purging causes physical & dental problems

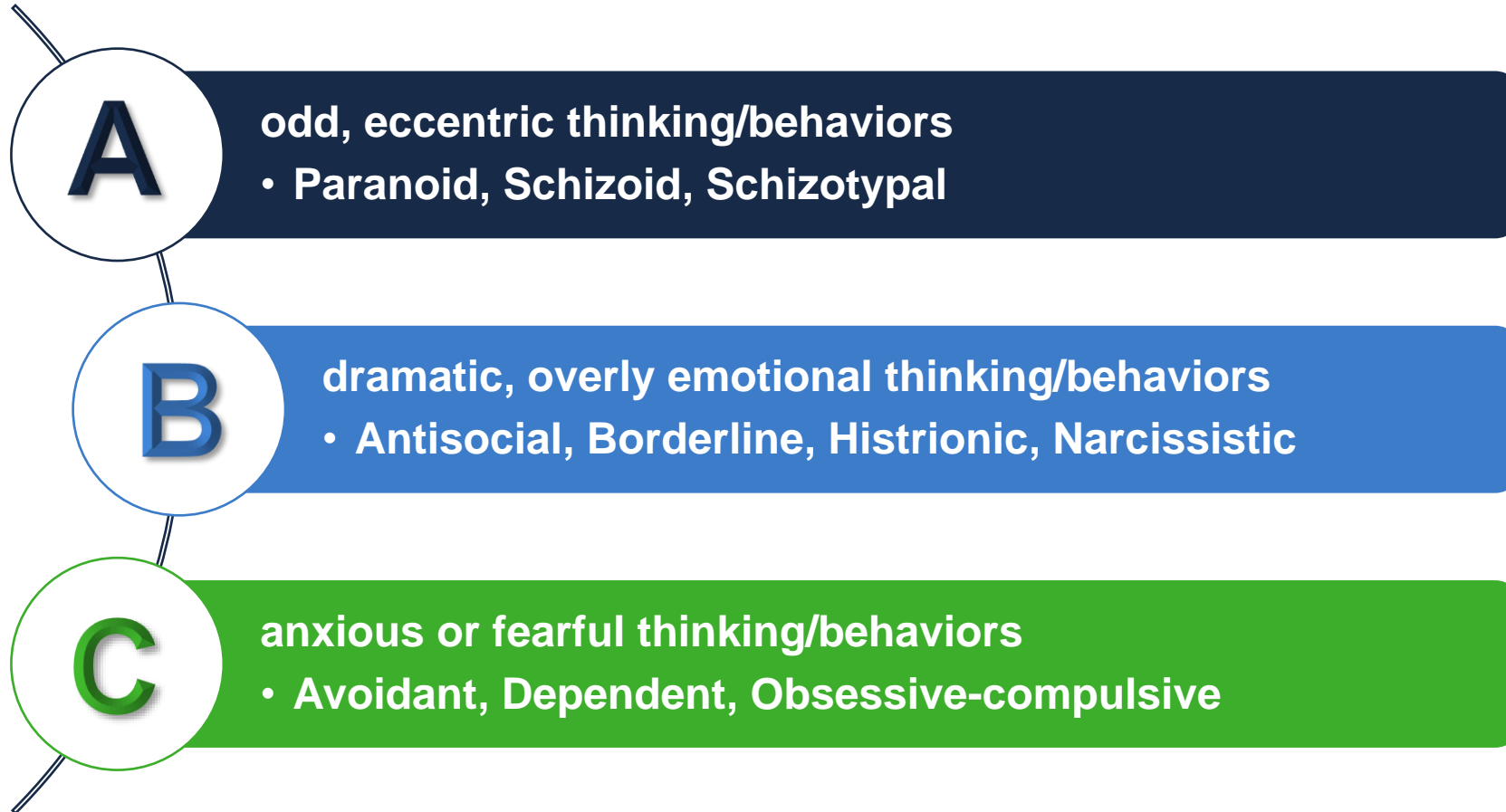
Binge-Eating Disorder

- Episodes of eating very large amounts of food in short periods
- Compulsive, uncontrollable eating
- Feelings of guilt, shame following binges

Personality Disorders

- Maladaptive, pervasive, rigid thought patterns that impair functioning in society
 - Those affected are generally unaware of symptoms, only aware of social consequences
 - DSM-5 groups in clusters based on similar characteristics
-

Personality Disorder Clusters

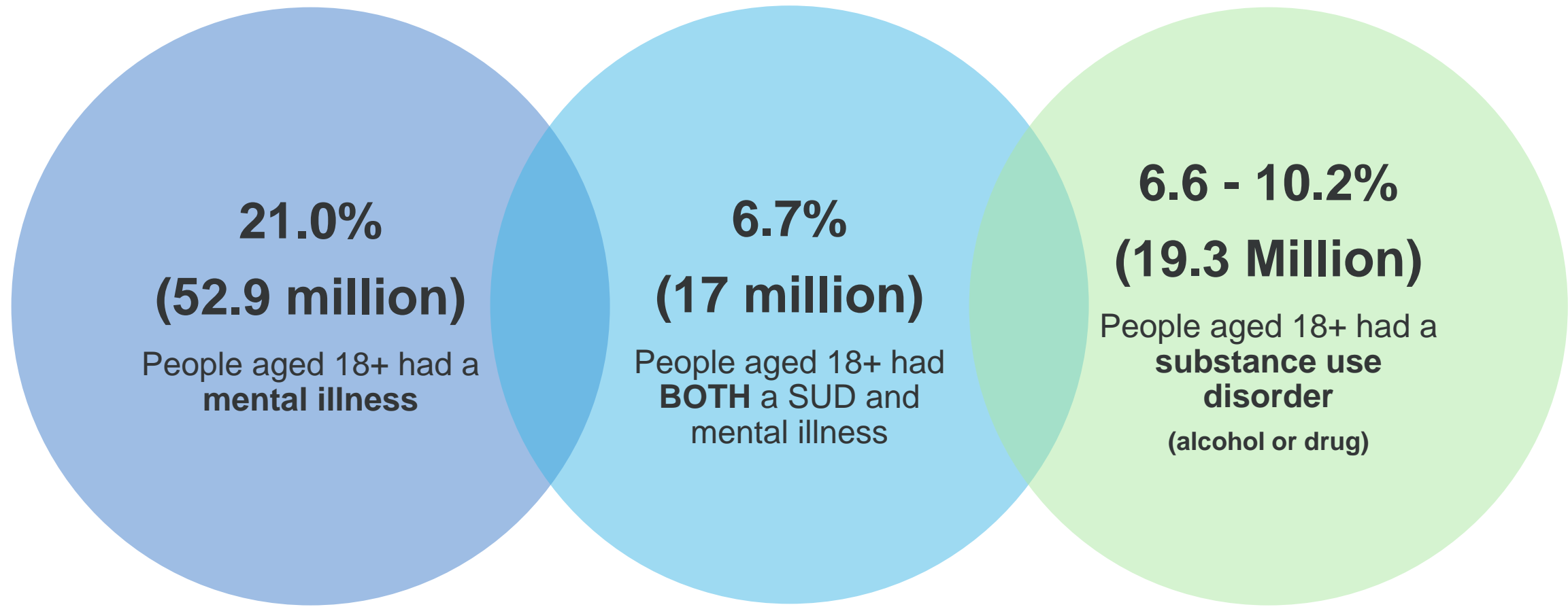




Substance Use Disorders

Mental Health and Substance Use Disorders in America

According to the 2020 National Survey on Drug Use and Health (NIMH / SAMHSA) :



Substance Use Disorders

- Use of substance is excessive, uncontrollable, affecting functioning, causing risky or dangerous behaviors
- May or may not involve tolerance / addiction
- **30-50% of Substance Use Disorders begin in childhood or adolescence**

Alcohol Use Disorders

- Drinking in large amounts
- Persistent desire or craving to drink
- Continued use despite negative effects
- Significant physical danger

Drug Use Disorders

- Caffeine; cannabis; hallucinogens; inhalants; opioids; sedatives, hypnotics; stimulants; tobacco; and other/ unknown
- Chronic over-use, persistent cravings
- Continued use despite negative effects & danger

Dual Diagnosis

- Existence of Mental Illness and a Substance Use Disorder(s)
- Common with mood, anxiety, & trauma disorders
- “Self-medicating”
- Negative cycle

Chapter

04

“We help people
live their lives
to the fullest
potential.”

Our Commitment

Conclusion & Resources



© **Copyright Beacon Health Options, Inc. 2020**

No part of this training may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or electronic or mechanical methods without prior written permission from Beacon Health Options.

Key Takeaways

- Mental illness can have a profound impact on all aspects of a person's life, and is often present with other diseases
- Mental illness is common, and yet varies from one individual to another
- Recognizing signs of the most common mental illness symptoms is important to identify appropriate care and support
- Minimizing stigmas is important to reduce barriers to appropriate care



National Resources

- National Alliance on Mental Illness (NAMI):
 - <https://www.nami.org/>
- American Psychiatric Association (APA)
 - <https://www.psychiatry.org/>
- Mental Health America (MHA)
 - <https://mhanational.org/>
- Beacon Health Options
 - <https://www.beaconhealthoptions.com>





Thank You!

If you have any questions or concerns, please email:

ClinicalTrainingDepartment@beaconhealthoptions.com

References

- Couch, R. (2016 Dec 20). 31 celebrities who smashed the stigma surrounding mental illness in 2016. Retrieved on 1/24/17 from http://www.upworthy.com/31-celebrities-who-smashed-the-stigma-surrounding-mental-illness-in-2016?c=utw2&utm_content=bufferabc5b&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
- Dantic, D. C-Mental Illness. *Foundations of Public Health*. <https://www.peoi.org/Courses/Coursesen/phfoundation/ch/ch5c.html>
- Depression and Bipolar Support Alliance. Biopolar Disorder Statistics. <https://www.dbsalliance.org/education/bipolar-disorder/bipolar-disorder-statistics/>
- Galbicsek C (2019). Warning Signs of Alcoholism. <https://www.alcoholrehabguide.org/alcohol/warning-signs>
- Greenstein, L (2017). 9 Ways to Fight Mental Health Stigma. <https://www.nami.org/blogs/nami-blog/october-2017/9-ways-to-fight-mental-health-stigma>
- HealthLine (2005-2020). Amphetamine Dependence. <https://www.healthline.com/health/amphetamine-dependence#diagnosis>
- Heathline (2005-2020). Cluster A Personality Disorders and Traits. <https://www.healthline.com/health/cluster-a-personality-disorders>
- Healthline (2005-2020). Cluster B Personality Disorders and Traits. <https://www.healthline.com/health/cluster-b-personality-disorders>
- Healthline (2005-2020). Cluster C Personality Disorder and Traits. <https://www.healthline.com/health/cluster-c-personality-disorders>
- Holmes, L. (2016 Sept 27). Let's call mental health stigma what it really is: Discrimination. The Huffington Post. Retrieved on 1/24/17 from http://www.huffingtonpost.com/entry/mental-health-discrimination_us_57e55d07e4b0e28b2b53a896?slideshow=true#gallery/5617e5b2e4b0e66ad4c78c38/0
- National Alliance on Mental Illness (2015) ADHD. Retrieved 1/4/2021 from <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/ADHD-FS.pdf>
- National Alliance on Mental Illness (2020) Autism. Retrieved 1/4/2021 from <https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Autism>
- National Alliance on Mental Illness (2020) Statistics. Retrieved 9/1/2021 from https://www.nimh.nih.gov/health/statistics/mental-illness#part_2539

References continued

- Holmes, L & Williams, A. (2016 Dec 29, updated). A reminder that Carrie Fisher was an O.G. mental health hero. Retrieved on 1/28/17 from http://www.huffingtonpost.com/entry/carrie-fisher-mental-health-princess-leia_us_562795dbe4b0bce347031e34.
- Howell, M (2018). Are we trivializing our mental health by misusing the terminology?. *The Telegraph*.
- John Hopkins Medicine. Signs of Opioid Abuse. <https://www.hopkinsmedicine.org/opioids/signs-of-opioid-abuse.html>
- Kapil, R (2019). <https://www.mentalhealthfirstaid.org/2019/07/four-ways-culture-impacts-mental-health/>
- Leon C, et al. (2019). Posttraumatic Stress Disorder (PTSD). [https://www.theravive.com/therapedia/posttraumatic-stress-disorder-\(ptsd\)-dsm--5-309.81-\(f43.10\)](https://www.theravive.com/therapedia/posttraumatic-stress-disorder-(ptsd)-dsm--5-309.81-(f43.10))
- King, K. & Park, H. (2015 September 30). How people treat mental illness vs. how they treat physical illness. Retrieved on 2/9/17 at https://www.buzzfeed.com/kirstenking/have-you-tried-herbal-tea?utm_term=.loPvJBBYrq#.vxJXeji0Yr
- Mental Health. *Healthpeople.gov*. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health>
- Mental Illness. *National Institute of Mental Health*. <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>
- Mental Illness Basics. *Medicine Net*. https://www.medicinenet.com/mental_illness/article.htm#what_causes_mental_illness
- Module 1: Introduction to Global Mental Health: Effects of Mental Health on Individuals and Populations. *Unite for Sight*. <https://www.uniteforsight.org/mental-health/module1>
- National Institute on Drug Abuse (2019). Drug Addiction. <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>
- Tartakovsky, M; Grohol, J (Jan 9 2020). Schizophrenia Treatment. <https://psychcentral.com/schizophrenia/schizophrenia-treatment/>
- Zablotsky B, et al. (2019)“Prevalence and Trends of Developmental Disabilities among Children in the U.S: 2009-2017,” *Pediatrics*. <https://doi.org/10.1542/peds.2019-0811>
- Zimmerman, Mark (2021). Overview of personality disorders. Retrieved on 9/1/21 from <https://www.merckmanuals.com/professional/psychiatric-disorders/personality-disorders/overview-of-personality-disorders>