



Disclosure

- Learners must sign the attendance roster and complete online evaluations to successfully complete this program. This is needed for those requesting social work CEU's.
- There are no relevant financial relationships related to this presentation/program.
- There is no sponsorship/commercial support of the presentation/program.
- The content being presented will be fair, well-balanced and evidence-based.

Objectives

- Identify a variety of common challenges and barriers associated with mental health in the family.
- Increase understanding of the types of stigma that impacts services and recovery.
- Discuss how the family and society's attitude impacts those recovering from mental illness.
- Identify steps to begin to move toward a more balanced approach to support family members with mental illness.

Introductions

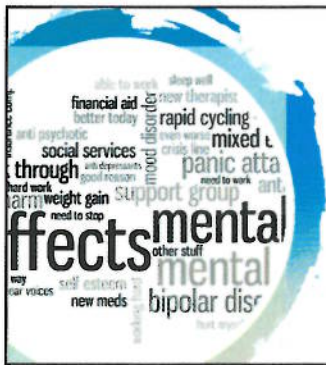
Please introduce yourself and use one word to describe why you're at this conference.

What is mental health and mental illness?

Mental Health

- Foundation for emotions, thinking, communication, learning, resilience and self-esteem.
- Key to relationships, personal and emotional well-being and contributing to community or society.
- Health conditions involving changes in emotion, thinking or behavior (or a combination of these).
- Associated with distress and/or problems functioning in social, work or family activities.

(American Psychological Association)



Mental Illness

- Mental illness is treatable.
- Many people who have a mental illness do not want to talk about it.
- It is a medical condition, just like heart disease or diabetes and can be treated.
- Mental illness does not discriminate.
- Can occur at any age, three-fourths of all mental illness begins by age 24.
- Takes on many forms which can be mild and only interfere in limited ways with daily life, such as certain phobias (abnormal fears, adjustment issues).
- Other mental health conditions are so severe (i.e., bipolar disorder, schizophrenia, major depression, personality disorders) that a person may need care in a hospital.

(American Psychological Association)

- The vast majority of individuals with mental illness continue to function in their daily lives.
- Refers collectively to all diagnosable mental disorders — health conditions involving:
 - Significant changes in thinking, emotion and/or behavior
 - Distress and/or problems functioning in social, work or family activities
- Involves effective functioning in daily activities resulting in:
 - Productive activities (work, school, caregiving)
 - Healthy relationships
 - Ability to adapt to change and cope with adversity

(American Psychological Association)

Mental Illness Cont.





Challenges & Barriers

Mental Health Challenges & Barriers for Families

- Family support is a key factor in helping people with illnesses cope and recover
- Mental illness may cause a variety of stressors and psychosocial challenges within the family.
- In many families that are struggling with mental illness there is:
 - Decreased quality of life
 - Resentment
 - Residual or direct trauma
 - Increased social distance
 - Lack of empathy
 - Shame/Embarrassment
 - Dual (or more) diagnoses
 - Emotional exhaustion
 - Financial stress
 - Lack of resources
 - Burnout
- Others?





- Many individuals who may benefit from mental health services choose not to pursue them or fail to fully engage once services have begun.
- One of the biggest reasons for this disconnect is **STIGMA**; namely, to avoid the label of mental illness and the harm it brings.
- Stigma creates the kinds of harm that may impede participation in treatment, diminishes self-esteem and robs people of social opportunities.

stig·ma

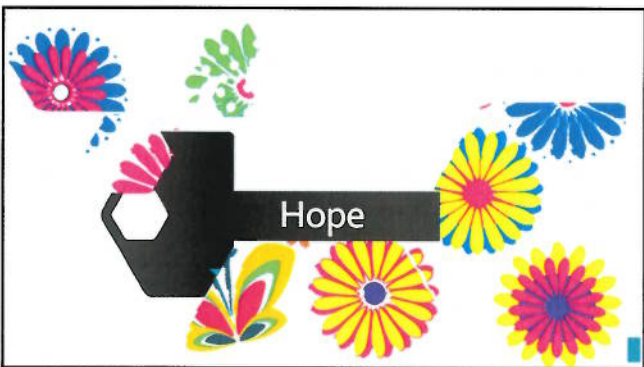
a mark of disgrace or shame; a pain or hardship; or one's reputation

Stigma erodes confidence that mental illnesses are real, treatable health conditions.

We have allowed stigma to erect barriers around effective treatment and recovery. It is time to take those barriers down.

End the stigma.
Change lives.





Community Resources


- Reach out to your local social service agencies
- Do your own research (but be careful that you are not diagnosing your family members)
- Understand your family's history of medical and mental disorders/conditions
- Go to community forums, family training/workshops, awareness and prevention fairs
- Checkout the National Alliance on Mental Illness (NAMI) and other supportive organizations
- Utilize your local Crisis Intervention
- Do not stop trying if one door (or more) closes
- Access these resources for yourself if needed as well
- Ask for help if needed!
- Others?

We can maximize resilience, renew advocacy and redefine the barriers!



ADVOCATE

ad-vo-ca-cy *noun* [ad-vuh-kuh-see]:
The act or process of supporting a cause or proposal.



What will you do to evoke change towards how society and family members view mental illness?



Thank You

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