Today is our last lecture

Thursday March 10th: In class FINAL EXAM
Mental Health: Social and Cultural Issues
What constitutes a mental disorder?
A mental disorder is a condition marked by sufficient disorganization of personality, mind, and emotions to impair the normal psychological functioning of the person.
450 million people worldwide
MORE THAN 58 MILLION AMERICAN ADULTS suffer from a diagnosable MENTAL DISORDER

26% OF THE WORKFORCE
Anxiety Disorders

- Social anxiety disorder
- Generalized anxiety disorder
- Panic disorder
- Specific phobias
- Obsessive compulsive disorder
- Post-traumatic stress disorder
Schizophrenia

- Broad Impairments
- Thought disorder
- Delusions
- Hallucinations
- Disorganized speech
- Inappropriate emotions
- Catatonia or immobility
- Loss of touch with reality
Clinical Depression

• Depressed mood or loss of interest in activities for **more than 2 weeks**

• **Deviates** from the person’s baseline

• **Impaired function**: social, occupational, educational

• **Specific symptoms** such as: irritability, anhedonia, weight loss/gain, change in sleep habits, fatigue/loss of energy, guilt/feelings of worthlessness, trouble concentrating, suicidal ideation
86% of college students have felt overwhelmed.

81% of college students have felt exhausted.

30% of college students have felt too depressed to function.

6.6% of college students have seriously considered suicide.

Statistics from the American College Health Association National College Health Assessment - Fall 2011
ROBIN WILLIAMS
1951 - 2014
Quit being such a downer!

You're making a big deal out of nothing.

You're just looking for attention.

You'll get over it. Just try harder.

Just snap out of it!

You'd never say, "It's just cancer, get over it."

So why do some say that about depression?
What are the myths?

- Mental illnesses have **no physiological basis**. They are purely behavioral manifestations (i.e. it’s a choice).

- For young adults, some think they are simply “acting out” and that they will “grow out of it”.

- Belief that those with mental illness are **more violent** than the general population.

- People fear what they **don’t understand**.

- Use of **stigmatizing language**, e.g. “psycho, schizo, crazy, retard, nuts, mad, loony, mental” is very prevalent and serves to reinforce the stereotype.
Mental illness is not a choice

• Mental disorders have nothing to do with being weak-willed. They are caused by **physiological changes** in brain chemistry and brain function.

• **Intelligence** has nothing to do with mental disorders. Someone who is more capable or intelligent cannot just make it go away! In fact, many people with mental disorders are brilliant, productive and creative.

• Mental illness **does not lead to violence**. It turns out that in fact only 1% of those with mental illness are actually violent...
46% of Americans believe people with serious mental illness are FAR MORE DANGEROUS than the general population.

FACT: ONLY 4% of violence is attributable to serious mental illness.
Individuals with untreated severe psychiatric disorders were found to be 2.7 times more likely to be the victim of a violent crime (assault, rape, or mugging) than the general population.
A man living in a Gospel Mission was found stabbed to death in an alley in Oregon. His mother said he had no money and nowhere to go and that even if he wanted to call, he couldn't have remembered the numbers, he was so cognitively impaired.

Oregon Herald, September 12, 2005.
Underneath the Grand Central Parkway in Queens, New York, a delusional 44-year-old homeless man was fatally shot by a fellow homeless man whom he had befriended.

In New York, a graduate of Brown University who had suffered from a "nervous breakdown" and was homeless was stabbed to death in a robbery attempt.

In New York, seriously mentally ill individuals living in homeless shelters are said to be “easy marks for thieves and other criminals who live there. . . . Those who receive social security disability checks become targets for muggers. . . . There is a hierarchy among the shelter clients, and the visibly mentally ill are the lowest caste, untouchables among the outcasts.”

In New York, a homeless man experiencing auditory hallucinations was attacked by four teenage boys and jumped to his death to escape them.

How do we fight the stigma?

• **Education**: Know the Facts and dispel the myths

• **Educate others**: Disseminate correct information about mental illness

• Be aware of your **attitudes** and **behaviors** towards others

• **Eliminate prejudice** and judgmental thinking in the same way you try to reduce it when it comes to other issues e.g. racial bias.

• **Support** people and treat them with dignity and respect.

• **Include everyone** without discrimination. It’s basic human rights!
Mental Illness is nothing to be ashamed of, but stigma and bias shame us all.

Bill Clinton
Speak up.
Spread the word.
On Campus Resources:

UCI Counseling Center
Monday- Friday: 8:00-5:00
*If you need emergency help after hours, call Campus Police at (949)824-5223
Student Service I, Room 203
(949)824-6457

Off Campus Resources:

UC Irvine Medical Center
Level One Trauma Center, 101 City Dr. South, Orange, CA
714-456-6011

Hoag Memorial Hospital- Irvine
16200 Sand Canyon Avenue, Irvine CA
949-764-4624

Hoag Memorial Hospital- Newport Beach
One Hoag Drive, Newport Beach, CA
949-764-4624

Didi Hirsch Mental Health Services- Orange County Center
2021 East 4th Street, Ste 204, Santa Ana, CA
714-547-0885

Access California Services
2180 W. Crescent Avenue, Suite C, Anaheim CA
714-527-6561

Depression and Bipolar Support Alliance- Orange County: 714-744-8718

Crisis Hotline Numbers:

24 Hour Crisis Suicide Prevention Hotline
1-877-7-CRISIS or 1-877-724-4747

The OC Warmline
1-877-910-WARM or 1-877-910-9276

HOPE or Suicide Prevention Hotline
1-800-273-TALK or 1-800-273-8255

Los Angeles Department of Mental Health Crisis Line
1-800-854-7771