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

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

Statistics from the American College Health Association National College Health Assessment - Fall 2011
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...
Individuals with untreated severe psychiatric disorders were found to be \textbf{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.  

\textit{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.  

\textit{New York Daily News, November 14, 2004.}
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 L, 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

Dlid Hirsch Mental Health Services- Orange County Center
2021 East 4th Street, Ste 204, Santa Ana, CA
714-547-0883

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 1-877-724-7247

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

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

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