

IOWACASA 2020

# MENTAL HEALTH

Certification Training

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## Overview

### BY THE END OF THIS SESSION:

Be able to discuss the intersections of mental illness and sexual violence

List several barriers to accessing quality, appropriate, mental health treatment.

Explain an advocate's role in healing and promoting mental health recovery

Share helpful resources with colleagues and survivors




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## Mental Illness

### DEFINED BY NAMI AS:

- A medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning;
- Often result in a diminished capacity for coping with the ordinary demands of life.

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**Examples of Serious Mental Illnesses**

Major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder

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**Guiding Beliefs**

Individuals experiencing mental health challenges can and do get better, and use their strengths to stay well.

Survivors get to choose how they identify and we should mirror their language in our communication with them.

We each hold more than one identity, all of which, together, make up our personhood.

We believe survivors whom disclose sexual violence to us.

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**18.5%**

Approximately 1 in 5 adults in the U.S.—43.8 million—experiences mental illness in a given year.

**11 Times Higher**

The likelihood of violent crime victimization (including SA) in adults with serious mental illness compared to those without

2018 National Crime Survey

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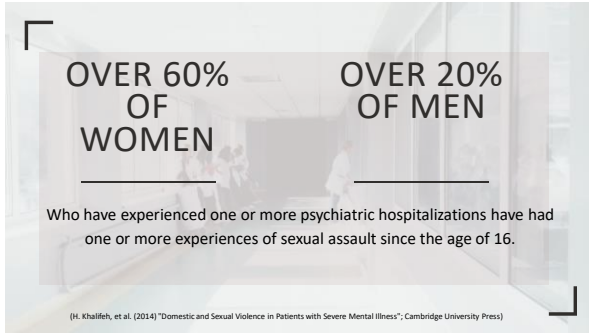
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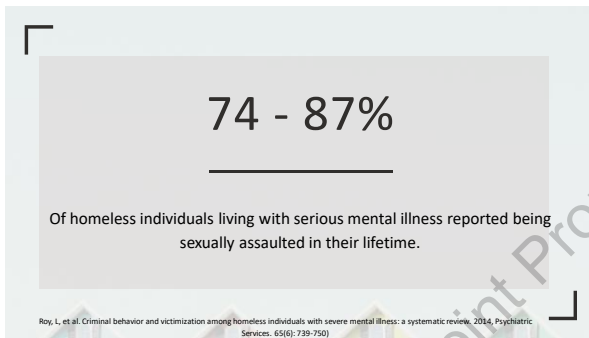
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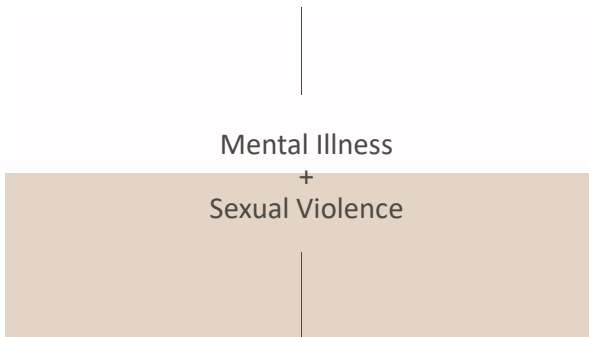
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MENTAL ILLNESS + SEXUAL VIOLENCE

Sexual assault can have a variety of short- and long-term effects on a victim's mental health.

- ANXIETY
- DEPRESSION
- PTSD
- EATING DISORDERS
- SUBSTANCE USE

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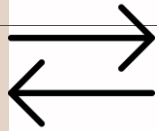
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MENTAL ILLNESS + SEXUAL VIOLENCE



Individuals with mental illness may be more vulnerable to instances of sexual abuse and assault.

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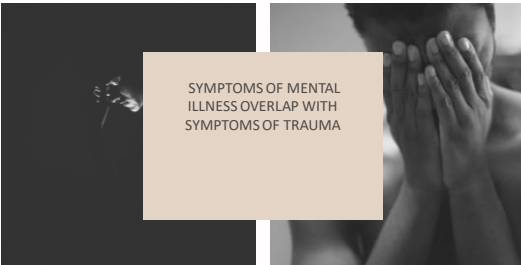
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SYMPTOMS OF MENTAL ILLNESS OVERLAP WITH SYMPTOMS OF TRAUMA




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DISPARITIES IN ACCESS  
& TREATMENT

African Americans and Latin Americans access mental health services at about one-third the rate of Caucasian Americans and Asian Americans at about one-half the rate.

Mental Health Services Received in Past Year Among U.S. Adults with Any Mental Illness (2017) Data Courtesy of SAMHSA

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Holding an identity of mental illness affects us all differently depending on the other identities we hold.



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Activity:

BREAK OUT ROOMS  
What barriers do survivors run into in accessing mental health services?

LARGE GROUP DISCUSSION



BARRIERS/CHALLENGES

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Break!

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- Shelter Worker
- Sibling
- Crisis Line Advocate
- Forensic Nurse
- Psychiatrist
- Therapist
- Police Officer
- Friend
- Case Manager
- Person who caused harm

Activity:  
Disclosing sexual  
violence

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How can I be of support?

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## Dimensions that Support Recovery

**Health**—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.

**Home**—having a stable and safe place to live.

**Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.

**Community**—having relationships and social networks that provide support, friendship, love, and hope.

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## Advocates CAN:

### Give Reassurance and Information

Approach the conversation with respect and dignity.

### Listen Free From Judgement

Develop skills and self awareness about your verbal & nonverbal social cues and active listening. Check your fatigue.

### Explore self-help and peer-support options

support groups, grounding, cognitive reframing, identify support systems, relaxation methods

### Help Create a Recovery Plan

Identify goals for achieving wellness, identify triggers, identify supports, etc.

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## Advocates CAN:

### Self-Educate

Mental Aid First Aid Classes, NAMI

### Learn about insurance systems

### Navigate systems

Systems advocacy is tough work and exhausting for those who interact with systems everyday.

### Honor Confidentiality

Mental Illness does not equal unsafe. Gossip vs. debriefing

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## De-escalation

- Respect personal space
- Engage at eye-level, appropriate eye contact
- Tone of voice
- Actively listen
- Undivided attention
- Blame institutions (depersonalize), if applicable
- Validate feelings, express empathy
- Develop a plan

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## Suicide Risk Assessments

Ideation: frequency, intensity, duration—in last 48 hours, past month, and worst ever

Plan: timing, location, lethality, availability, preparatory acts

Behaviors: past attempts, aborted attempts, rehearsals (tying noose, loading gun) vs. non-suicidal self-injurious actions (cutting)

Intent: extent to which the patient, one, expects to carry out the plan and, two, believes the plan/act to be lethal vs. self-injurious. Explore ambivalence: reasons to die vs. reasons to live.

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## COVID-19 ADAPTATIONS

Supporting survivors complex needs during a global pandemic...




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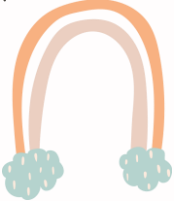
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## Online Tools & Resources

FOR SURVIVORS



**THE ICARUS PROJECT**

<https://theicarusproject.net/welcome-to-the-crisis-toolkit/>

**NAMI IOWA**

<https://namiowa.org/>

Resource & Referral Line, Virtual Support Groups, Education

**IOWA WARM LINE**

Call 844-775-9276 from 5pm to 10pm

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## Questions?

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Email  
membership@iowacasa.org



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## References

- National Alliance on Mental Illness - Iowa, Inc. (2020, February 18). Retrieved from <http://www.namiowa.org/>
- Working with Survivors of Sexual Violence: Issues of Mental Illness. (2012). Retrieved from [https://www.youtube.com/watch?v=Lcqfx-\\_Ot\\_g](https://www.youtube.com/watch?v=Lcqfx-_Ot_g)
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