

THE KANE COUNTY MENTAL HEALTH COUNCIL

A Layperson's Guide to Mental Illness



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Living Successfully in the Community



“I have come a long way on my road to recovery over the past eleven years since hospitalization and have grown in self-discovery and awareness.”



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- KATHY

MENTAL ILLNESS - Definition

- Mental Illness is a biological disorder of the brain that disrupts a person's thinking, feeling, moods, and ability to relate to others.
- Just as diabetes is a disorder of the pancreas, mental illness is a brain disorder that often results in a diminished capacity for coping with the ordinary demands of life.



Mental Illness – Diagnoses

Reference NAMI.org

- Attention Deficit/Hyperactivity Disorder (ADHD)
 - 2-4% of adults, ages 18-44
- Bipolar Disorders - 2.6 %*
 - More than 10 million Americans
- Major Depression
 - Leading cause of disability in the U.S. for ages 15-44
 - 5-8% or about 25 million adults in U.S. (*anad.org*)
- Eating Disorders
 - 11 million people – 10-15% male
 - 1-20 people will experience symptoms
- Schizophrenia Spectrum and Psychotic Disorders
- Anxiety Disorders - 2.7 %
- Obsessive Compulsive Disorder - 2 %
- Post Traumatic Stress Disorder – 4% (*nimh.nih.gov 2010*)
- Addictive Disorders



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*Percentages refer to adults 18 years or older

What is Mental Illness ?

- Biologically-based brain disorders that cannot simply be “overcome” by will power
- Not related to a person’s weakness, lack of character, or intelligence
- 1 in 4 adults suffer from a diagnosable mental disorder (mentalhealth.gov, 2011)
- 1 in 5 adults experienced a mental health issue (mentalhealth.gov, 2011)
- 1 in 20 suffer from a serious mental illness (mentalhealth.gov, 2011)
- Untreated mental illness can lead to disability, unemployment, substance abuse, homelessness and suicide.
- Untreated, the cost to the U.S. is more than \$100 billion/year



Mental Illness - Illinois Statistics

(Reference: dhs.state.il.us, 2012)

- 20% of the Illinois population lives with mental illness in any year
- 5.4% of the population in Illinois are diagnosed with a serious mental illness (SMI)
- 7% of the children under the age of 18 in Illinois have a serious emotional disturbance
- More than 90% of persons who commit suicide have a mental disorder *(NAMI.org)*



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Mental Illness – National Economic Impact

(Ref: NAMI Policymaker's Fact Sheet No. 01-02, 9/26/2002)

- **\$70 billion** annually in direct costs, including hospitalizations and medications
- **\$80 billion** annually in indirect costs including lost wages, family care-giving and lost productivity due to suicide
- **53%** of all mental health and substance abuse treatment costs are publicly funded
- **77%** of adults with severe mental illness are unemployed (Illinois mental health Summit, U.I.C. 2007)
- **Global Impact - \$27 Trillion**
 - **#1 Economic burden** for direct medical costs, loss of income, disability and death (*mhai.org*, 2010)



Mental Illness – Economic Impact Continues

- Individuals with an existing mental illness consume
 - **38%** of all alcohol, **44%** of all cocaine, **40%** of all cigarettes
(To Improve Health and Health Care Vol XI The Robert Wood Johnson Foundation Anthology (J-B Public Health/Health Services Text). San Francisco: Jossey-Bass, 2007)
- Diversion of Law Enforcement resources
- Overcrowding of jails and shelters
 - 9664 persons with mental illnesses in Illinois state prison *(Ref: Illinois Department of Corrections, Annual Report 2012)*
 - 20% of state prison population have recent mental health issues (IDOC.org)
 - 21% local adult prisoners have a recent history of mental illness
 - 70% of youth in the juvenile justice system have at least 1 mental health condition
 - 20% of these youth have severe mental illness (SMI).
 - 26% of homeless adults in shelters have a SMI *(NAMI.org, 2014)*



Mental Illness – Problems of Stigma and Discrimination

- Labeling leads to stigma - it exists...and it hurts
- Two-thirds of people with a diagnosable mental illness do not seek treatment because of age-old fears and misinformation
- Denial discourages a person's/family's willingness to admit to having a mental illness and seeking treatment because of fear of rejection
- Delays members of the community from taking an interest in learning more about the illness and erodes confidence that mental illness is a real and treatable health condition
- Inadequate health insurance coverage of mental illnesses
- Has a negative influence on state funding of critical treatment and rehabilitation programs



Mental Illness – Treatment Works

Reference: (kanecountymentalhealth.org)

- What does treatment look like?
 - Early Identification
 - Medication
 - Counseling
 - Peer Groups
 - Support
 - Family
 - Peers
 - Community



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Mental Illness - TREATMENT Works

- 70-90% of people who are in treatment have:
 - Reduction in Symptoms
 - Improved quality of life
- Early Intervention is key to recovery
- Treatment Saves money
 - In U.S., for each \$1.00 invested in TREATMENT, **\$4.00 - \$7.00** is saved on crime-related costs
 - In Illinois, for every \$1.00 spent on TREATMENT, **\$5.00** is saved in overall health care
 - (Ref: Mental Health Summit, University of Chicago, IL 8-30-2007)*
 - Kane County Treatment Alternative Court (TAC) **80% success rate** (suntimes.com, 2014)



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Mental Illness – Treatment Works

(The Presidents New Freedom Commission on Mental Health))

RECOVERY

- *Recovery refers to the **process** in which persons are able to live, work, learn, and participate fully in their communities.*
- Supportive Atmospheres:
 - Work, housing, education and community acceptance
- *Hope* plays an integral role.
- Early identification and TREATMENT increases the possibility for maximal recovery
- By ensuring access to TREATMENT and recovery supports that are proven effective, further harm related to the course of the illness is minimized



Thoughts from an adult who manages the symptoms of her mental illness



“I believe strongly with the view that Recovery can occur even though symptoms of mental illness may reoccur.”

- CORINNE



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Mental Illness - Actions

WHAT WE NEED TO DO TO DE-STIGMATIZE MENTAL ILLNESS

- Work to replace denial, fears, misunderstandings with knowledge, understanding and hope
- Recognize that mental disorders are definable, diagnosable and treatable
- What we say makes a difference. Avoid using words that are stigmatizing and dehumanizing, such as “psycho” - “crazy” - “loco”



Mental Illness - Actions

WE NEED TO EDUCATE

- Promote “TREATMENT Works”
 - Encourage media to cover the successes, not just the sensational episodes
- Educate families through NAMI’s Family-to-Family education program
- Educate our legislators by calling and writing
 - They need to understand how critical the demand is for expansion of mental health services
- Learn warning signs and how to help people find mental health services
 - Classes available in Mental Health First Aid



Mental Illness – Actions

WE NEED TO ADVOCATE

- Listen and provide information – utilize resources
- Encourage the individual to speak on his or her own behalf
- Partner with different agencies
- Mediate so people understand each other
- Represent or act on behalf of someone in need
- Be their voice

GRADING PERIOD		2	3	4
READING	A			
WRITING/COMMUNICATION	A			
MATHEMATICS	C			
SCIENCE/HEALTH	B			
SOCIAL STUDIES	B			
ART	A			
MUSIC	A			
PHYSICAL EDUCATION	C			

Attendance: _____ Grade: _____
Excellent • B = Good • C = Satisfactory • N = Needs Improvement
U = Unsatisfactory • I = Insufficient / Incomplete
Student: _____ Grade: _____
Year: _____



MENTAL ILLNESS - AWARENESS

- EACH OF US has an opportunity to *make a difference* in the workplace and in the community by becoming better informed about the facts that are now known about the causes, symptoms and TREATMENT of mental illness.



Recovery and Beyond



“I have gone beyond our four walls, and I am dedicated to educating the public about what mental illness really is.”

- GUY



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Mental Illness - Resources

- Kane County Mental Health Council <http://www.kanecountymentalhealth.org>
- NAMI Kane-south, DeKalb, and Kendall Counties www.namikdk.org
- NAMI Kane County North <http://www.namikcn.org>
- Employees Assistance Programs (EAP) Human Resources
- National Mental Health Information Center www.samhsa.gov
- Mental Health America <http://www.mentalhealthamerica.net>
- Mental Health First Aid www.mentalhealthfirstaid.org
- NAMI - National Alliance On Mental Illness <http://www.nami.org>
- Illinois Human Services, Division of Mental Health
- Illinois Mental Health Collaborative www.IllinoisMentalHealthCollaborative.org
- Treatment Advocacy Center www.treatmentadvocacycenter.org
- Bazelon Center www.bazelon.org
- Narpa.org www.narpa.org/webdoc6.htm



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