



THE GOOD NEWS ABOUT MENTAL ILLNESS

D MOREHEAD

COPIES OF SLIDES:

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WHAT GOOD NEWS?

- You are not alone
- You are not making this up
- You are not to blame
- You are not hopeless
- We will make it together





MENTAL ILLNESS: YOU ARE NOT ALONE

SOCIAL DISTANCING?

NOTHING NEW
FOR SOME OF US
WITH MENTAL ILLNESS

**WHAT'S THE BIG DEAL
WITH SOCIAL DISTANCING**



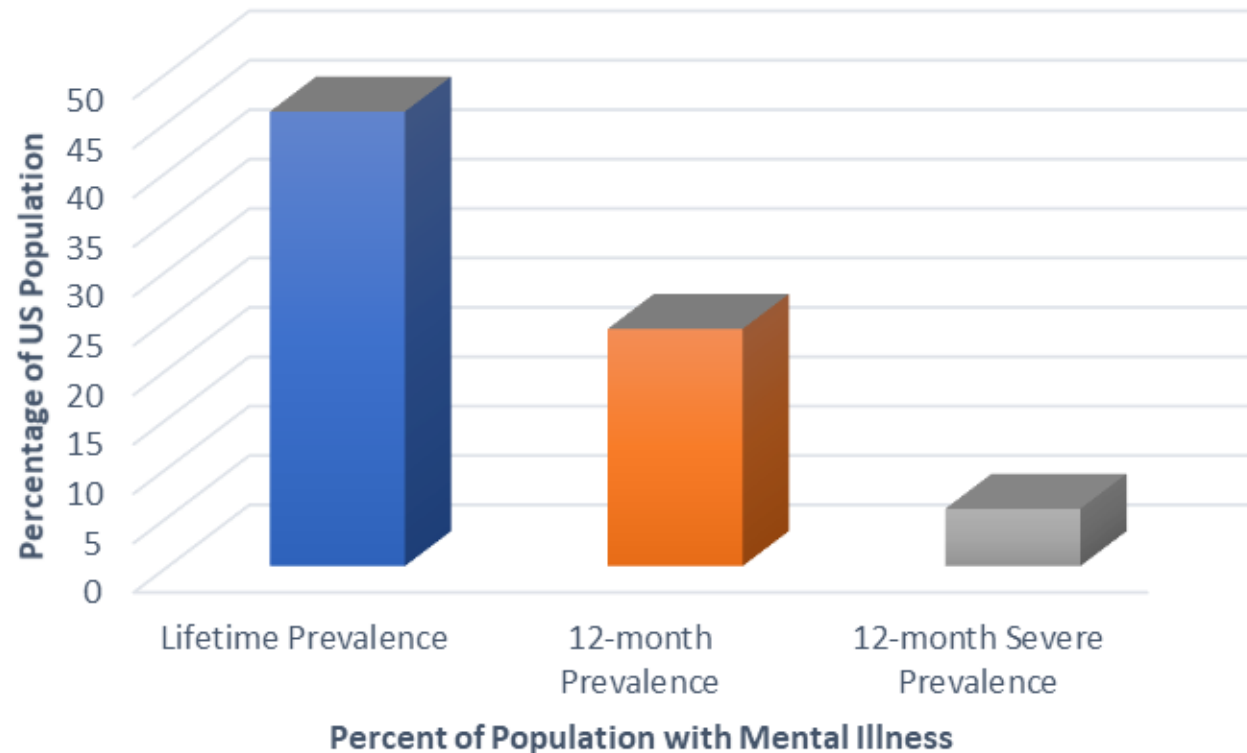
**BEEN DOING
IT FOR YEARS**

MENTAL ILLNESS IS ISOLATING



PREVALENCE OF MENTAL ILLNESS

How Common Is Mental Illness?



- **46%** of the U.S. population has experiences mental illness during the lifetime.
- **26%** have in the past year
- **5.8%** of the population has experienced severe mental illness in the past year.

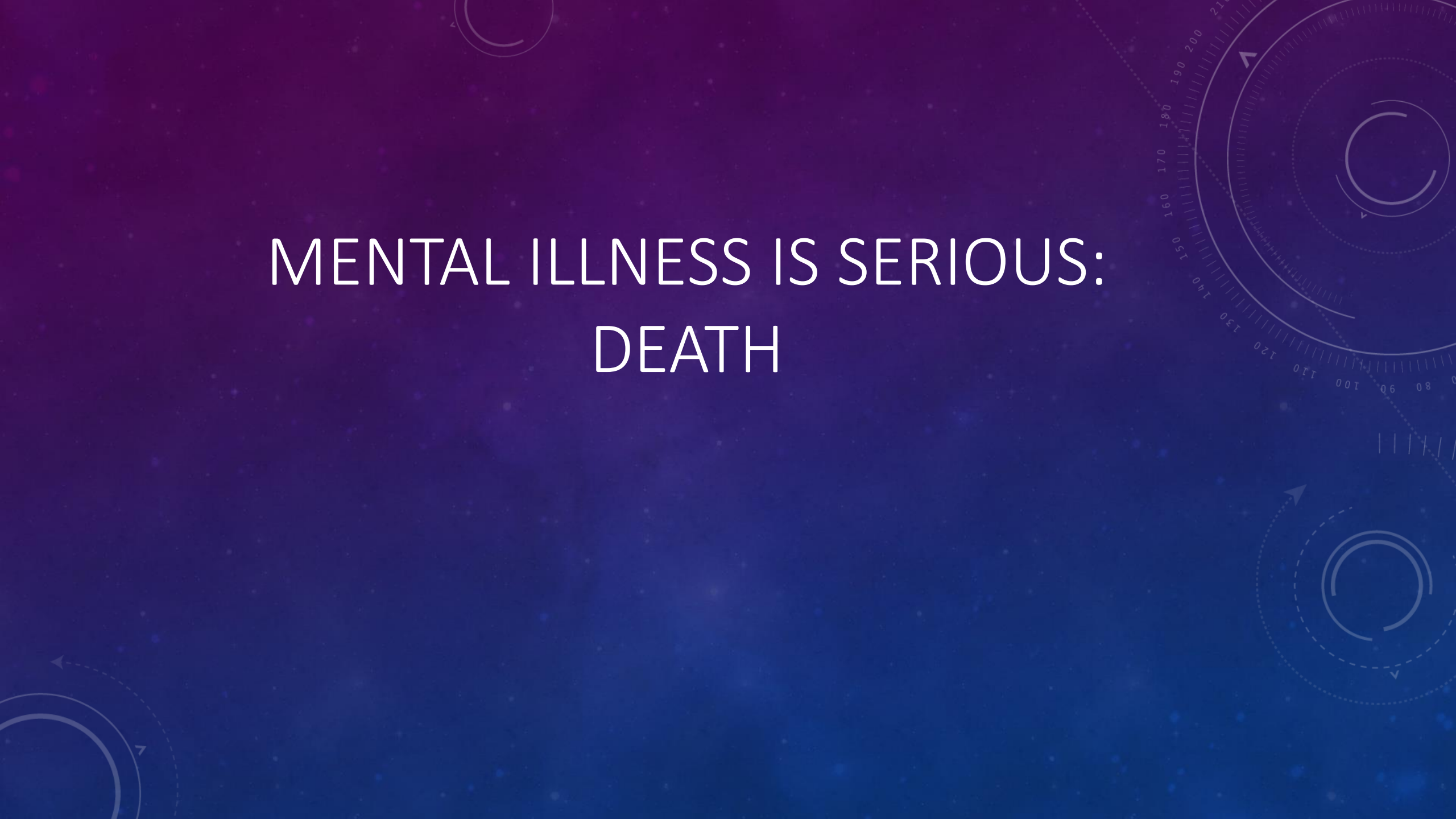
Data from the National Comorbidity Replication Study (Kessler et al. 2005a, Kessler et al. 2005b).

YOU ARE NOT MAKING THIS UP



MENTAL ILLNESS
IS
SERIOUS!

MENTAL ILLNESS IS SERIOUS:
DEATH



MENTAL ILLNESS KILLS YOU

Medical Causes of Death in the United States, 2017 Ages 10-30 years old

1	Accident (29,529)	6	Congenital Abnormalities (803)
2	Suicide (11,577)	7	Diabetes Mellites (703)
3	Homicide (8,680)	8	Cerebrovascular Disease (485)
4	Cancer (3,462)	9	Complicated Pregnancy (475)
5	Heart Disease (2,628)	10	Chronic Lung Disease (441)

MENTAL ILLNESS KILLS YOU

Medical Causes of Death in the United States, 2017 Ages 18-65 years old

1	Cancer (184,943)	6	Chronic Lung Disease (26,683)
2	Heart Disease (137,677)	7	Diabetes Mellites (26,349)
3	Accident (110,001)	8	Cerebrovascular Disease (22,202)
4	Suicide (37,380)	9	Homicide (16,939)
5	Liver Disease (27,175)	10	Septicemia (Blood infection) (10,394)

MENTAL ILLNESS KILLS YOU

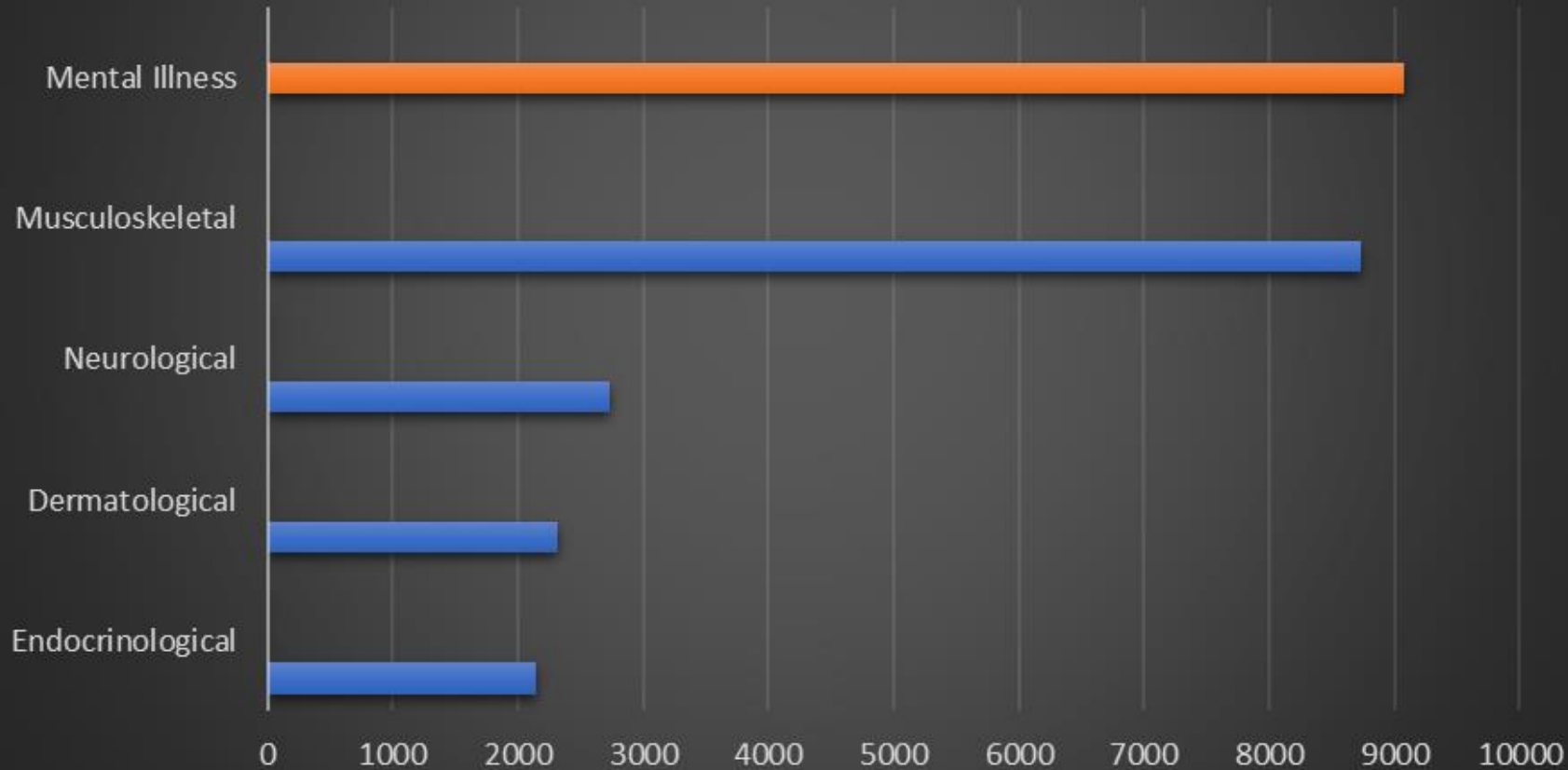
Medical Causes of Death in the United States, 2017 Ages 1-85+ years old

1	Heart Disease (647,113)	6	Cerebrovascular Disease (146,281)
2	Cancer (599,042)	7	Diabetes Mellites (83,562)
3	Accident (168,603)	8	Influenza + Pneumonia (55,514)
4	Suicide + Alzheimer's Dementia (168,570)	9	Nephritis (50,554)
5	Chronic Lung Disease (160,179)		

MENTAL ILLNESS IS SERIOUS:
DISABILITY



U. S. Years Lived with Disability - YLD's (Thousands of Years in YLD's)



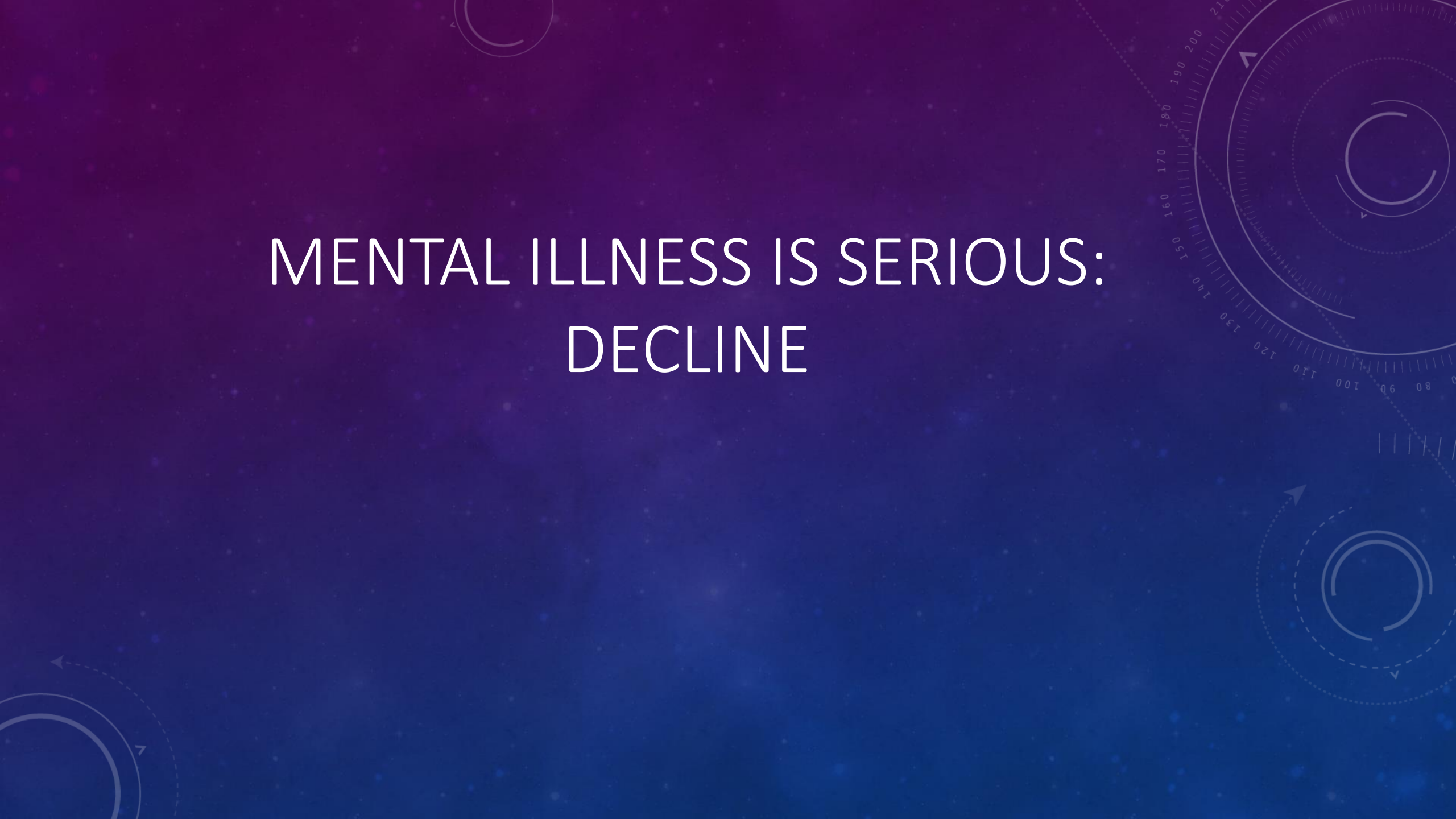
MENTAL ILLNESS DISABLES YOU

- Mental illness causes more years of life lost to disability than other types of medical illness. Causes listed by disease category, compiled from top 25 medical causes of disability in the United States (in Mokdad et al, 2018). YLD's are years live with disability, one standard medical measurement of disability.

MENTAL ILLNESS DISABLES YOU

According to the World Health Organization (WHO), Major Depression is now the single illness causing the most disability worldwide.

MENTAL ILLNESS IS SERIOUS: DECLINE



MENTAL ILLNESS SHORTENS YOUR LIFE

- For all cases of mental illness, over 200 studies have shown:
 - Mental illness shortens the lifespan by an average of 10 years
 - Mental illness more than doubles the risk of dying in any given time period (2.2x)
- Major depression *doubles* the risk of dying for those who have heart disease. It increases the risk of getting Diabetes by 38%.

(Chesney et al, *World Psychiatry*, 2014)

The background is a gradient of deep blue and purple, speckled with white dots resembling stars. On the right side, there are several faint, white geometric diagrams. These include concentric circles, some with arrows indicating a clockwise direction, and a larger circular scale with numerical markings from 0 to 210 in increments of 10. In the bottom left corner, there are more faint circular outlines, some solid and some dashed, with arrows. The overall aesthetic is scientific or technological.

MENTAL ILLNESS: ITS NOT YOUR FAULT

MENTAL ILLNESS: LET'S BLAME THE PARENTS!



"And years from now,
darling, you'll be able
to blame me for
EVERYTHING!

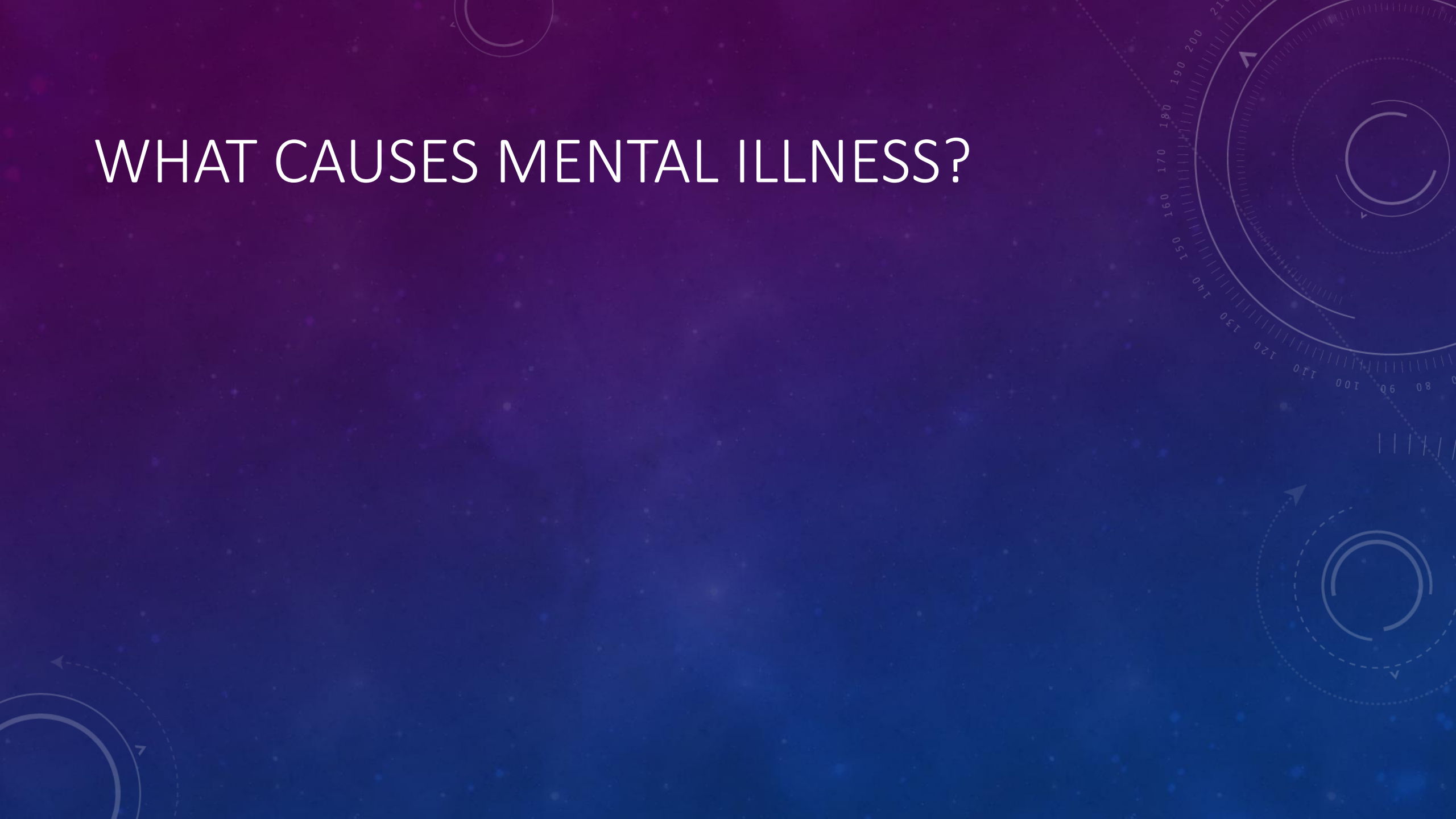
"Won't that be fun!"

MENTAL ILLNESS: BLAMING THE VICTIM

**IMAGINE IF YOU GOT BLAMED
FOR HAVING CANCER.**

END THE STIGMA & DISCRIMINATION OF MENTAL ILLNESS @ bringchange2mind.org

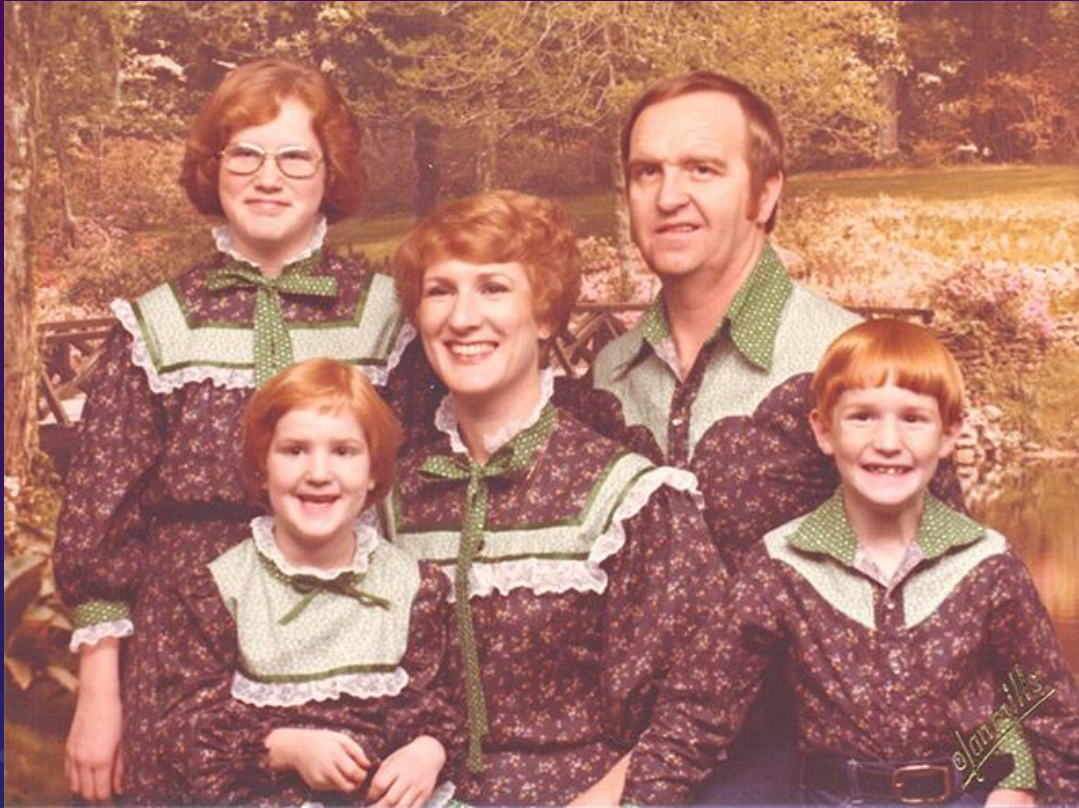
WHAT CAUSES MENTAL ILLNESS?



WHAT CAUSES MENTAL ILLNESS?

GENES
+
STRESS

YOU DON'T PICK YOUR PARENTS OR YOUR GENES



YOU DON'T PICK YOUR STRESSES

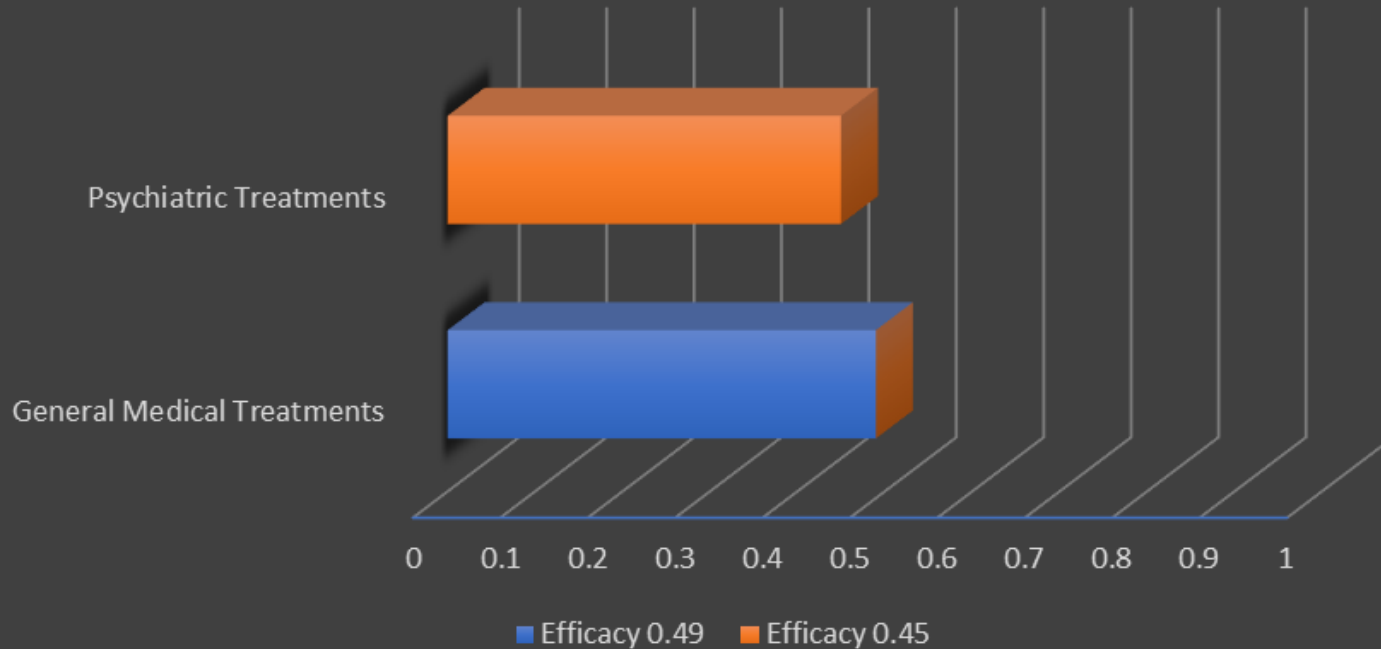


IT'S NOT HOPELESS



MENTAL HEALTH TREATMENTS

Efficacy of Mental and General Medical Treatments



- Comparing general medical to mental health medications: In this large study, psychiatric medications had an average efficacy of 0.45, while medications for common general medical problems had an average efficacy of 0.49. The difference between them was not statistically significant, meaning that it was within the study's margin of error. In other words, psychiatric medications were equally effective to those used in general medicine. (Data from Leucht et al. 2012).

MAJOR MENTAL ILLNESSES WITH FDA APPROVED MEDICATION TREATMENTS :

- *Schizophrenia* – 22 medications
 - *Bipolar Disorder* – 14 medications
 - *Major Depression* – 33 medications
 - *Panic Disorder* – 7 medications
 - *Obsessive-Compulsive Disorder* – 5 medications
 - *Substance Use Disorders* – 8 medications
 - *Generalized Anxiety Disorder*—7 medications
 - *Post-Traumatic Stress Disorder* – 2 medications
 - *Eating Disorders* – 2 medications
 - *Attention Deficit Hyperactivity Disorder* – 9 medications
- Note: Many other indicated medication treatments are supported by scientific data but have not undergone the FDA approval process.

NEWER MEDICINE TREATMENTS FOR SCHIZOPHRENIA

- **Caplyta** (lumateperone) – Recently approved. It has one of the best side effect profiles of it's class; has a new mechanism of action (modulating glutamate) which may make it more effective for some
- Other recent medications – **Vraylar** (2015), **Rexulti** (2015), **Secuado** (Saphris) patch (2019)
- Long Acting Injectables (LAI) – **Abilify**, **Zyprexa**, **Risperdal**, **Invega**. These work better than pills at preventing relapses and hospitalizations.

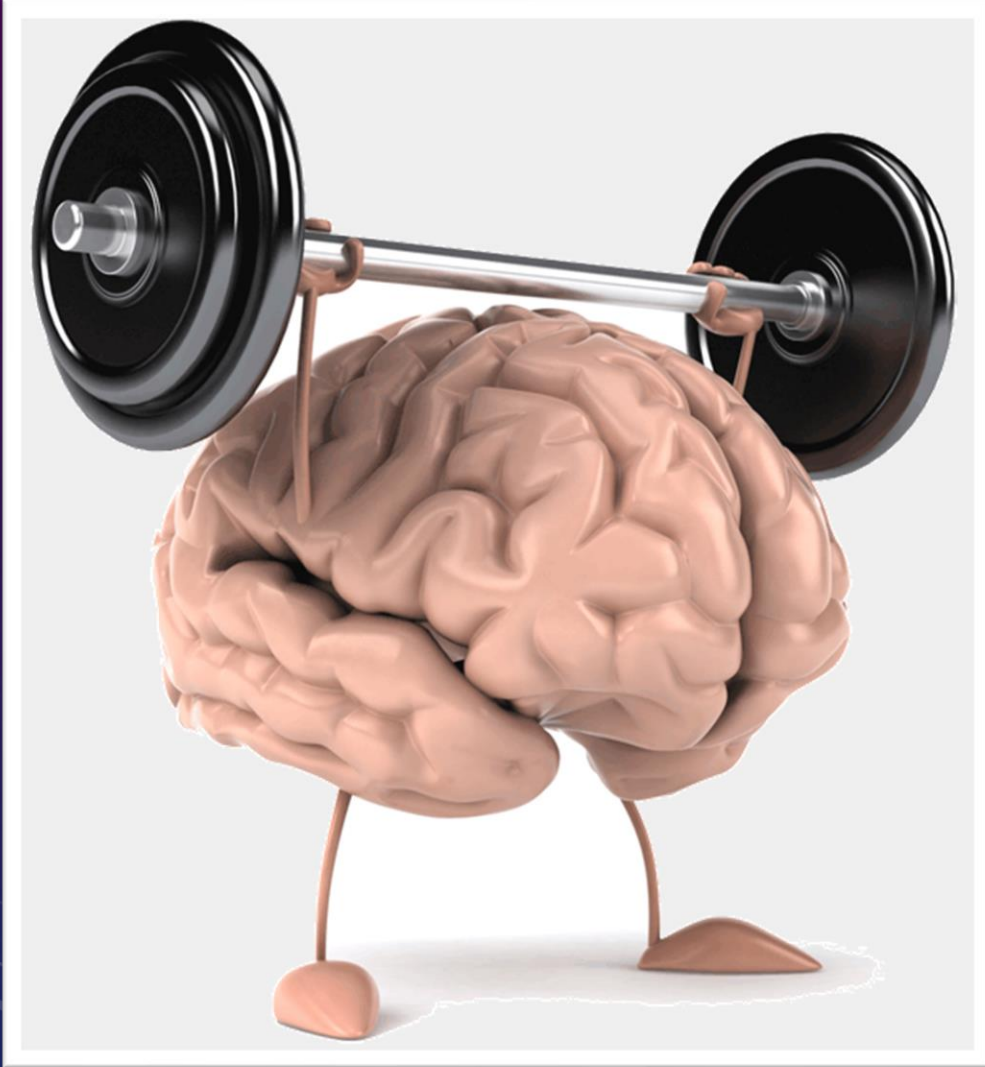
NEWER TREATMENTS FOR MAJOR DEPRESSION

- **Spravato** – Esketamine nasal spray. FDA approved for major depression.
- **Zulresso** (bexanolone) – FDA approved IV treatment for severe post-partum depression
- **TMS** – transcranial magnetic stimulation. Technology continues to improve for Major Depression. Now FDA approved for OCD. Studies are showing promise for PTSD.

TMS - TRANSCRANIAL MAGNETIC STIMULATION



EXERCISE!



- Helps depression!
- Helps anxiety and stress!
- Helps schizophrenia!
- Helps memory and focus!
- Releases nerve growth factors!

SCIENTIFICALLY SUPPORTED PSYCHOTHERAPIES - A PARTIAL LIST:

- Cognitive-Behavioral Therapy (CBT)
- Psychodynamic Therapy (PDT)
- Interpersonal Therapy (IPT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness-Based Therapy (MBT)
- Acceptance and Commitment Therapy (ACT)
- Motivational Interviewing & Motivational Enhancement Therapy (MET)
- Eye Movement Desensitization Retraining Therapy (EMDR)

From the American Psychological Association, 2016

WE HAVE PROVEN TALK THERAPY FOR:

- Schizophrenia
- Major Depression
- Bipolar Disorder
- Addictions
- All Anxiety Disorders
- Eating Disorders
- PTSD





SPIRITUAL AND RELIGIOUS 'TREATMENTS'

- Religious service attendance
- Meditation
- Prayer

RELIGION AND HEALTH

- **Mental Health Benefits**

- Better outcomes in Major Depression
- Less substance abuse
- Lower rates of suicide
- Higher levels of happiness
- Greater life satisfaction
- Increased positive personality traits

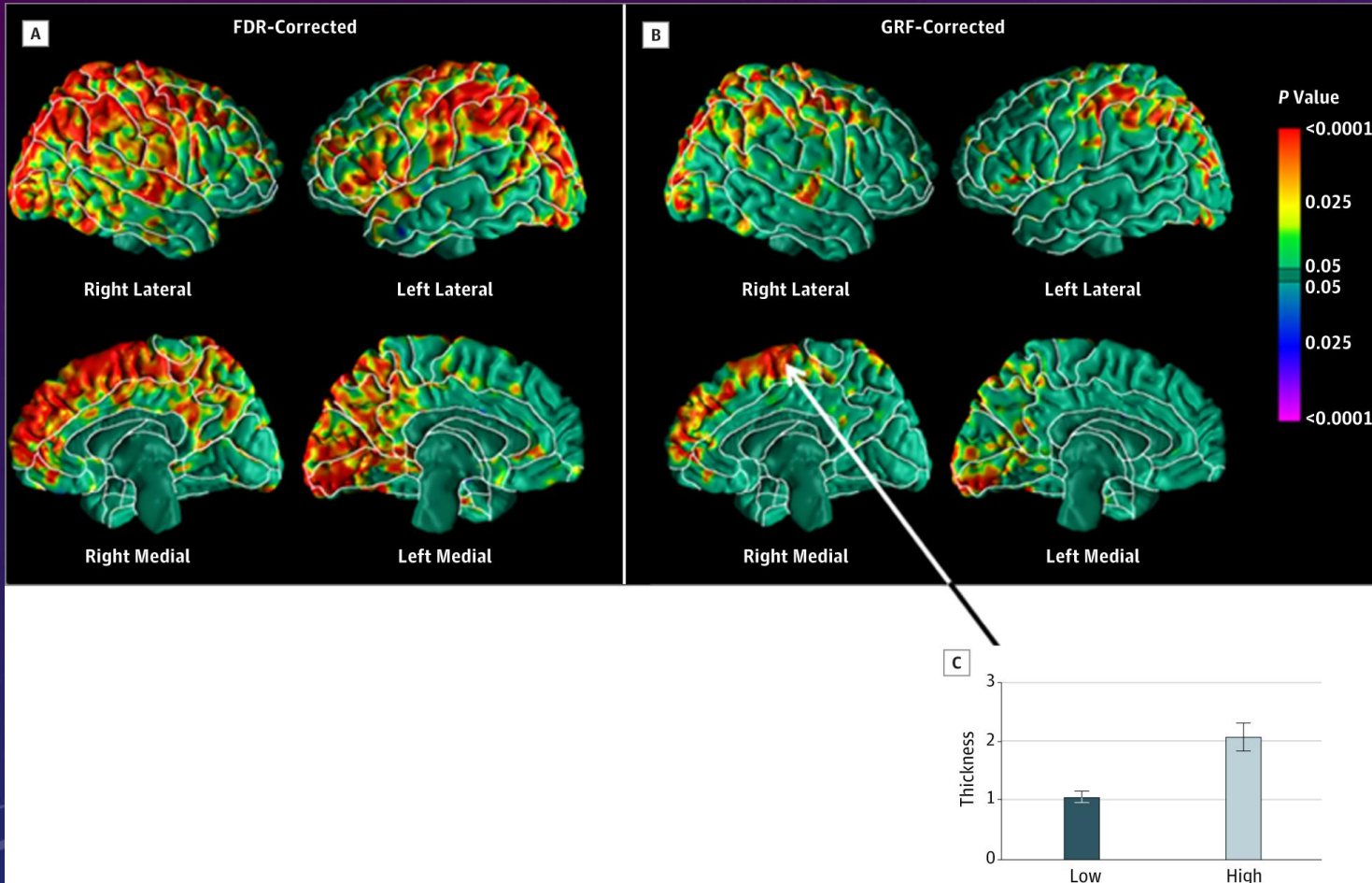
- **Physical Health Benefits**

- Decreased mortality (longer life)
- Lower levels of disability with aging
- Less high blood pressure
- Better physical and functional well-being in cancer survivors
- Better outcomes for heart disease
- Lower overall levels of inflammation
- Lower levels of stress hormones
- Better immune function

RELIGIOUS SERVICE ATTENDANCE



RELIGION AND INCREASED GREY MATTER



- Looked at a group of 67 people at high genetic risk of depression
- Those who described religion as important to them were 90% less likely to get depressed
- This correlated to increased grey matter. This effect was seen in those at risk for depression but not in a control group.

Miller et al. Neuroanatomical correlates of religiosity and spirituality: a study in adults at high and low familial risk for depression. JAMA psychiatry. 2014 Feb 1;71(2):128-35.



MEDITATION

PART OF ALL MAJOR RELIGIOUS TRADITIONS

MEDITATION AND HEALTH

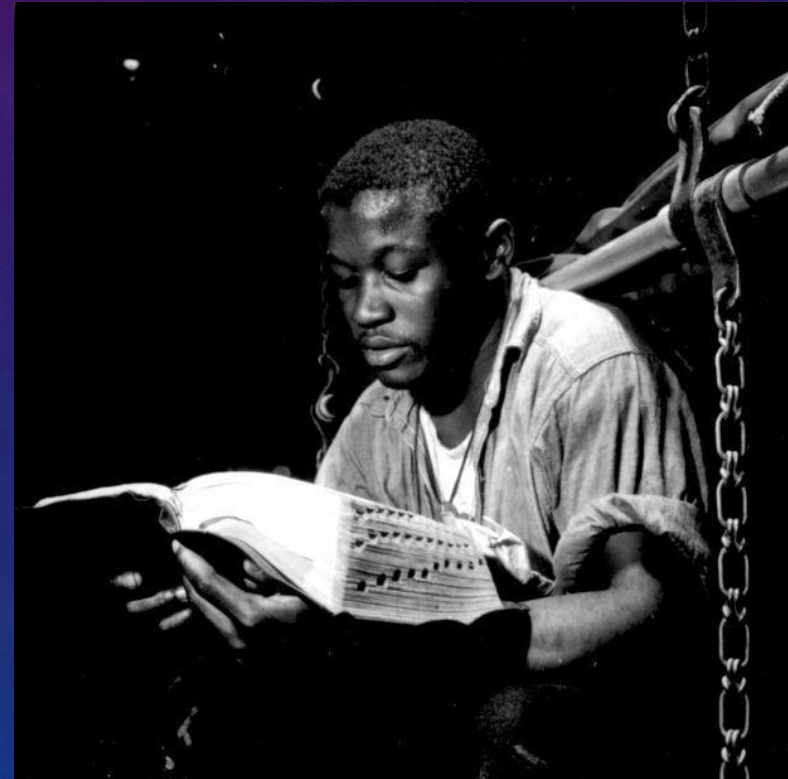
MENTAL HEALTH

- Major Depression treatment and prevention
- Generalized anxiety
- Post-traumatic stress disorder
- Chronic pain (including fibromyalgia)
- Increased empathy
- Decreased stress
- Increased positive emotions
- Increased emotional stability
- Improved concentration and alertness
- Decreased anger

PHYSICAL HEALTH

- Increased thickness in cortex (grey matter) in important areas of the brain
- Decreased degenerative white matter changes with aging in the brain
- Decreased cortisol and other stress hormones and neurotransmitters
- Improved immunity and decreased whole body inflammation
- Decreased cellular aging (telomere length)

PRAYER AND HEALTH



PRAYER AND HEALTH

MENTAL HEALTH

- Depression and Anxiety
- Alcoholism
- Better Overall Mental Health
- Greater Life Satisfaction
- Decreased anger
- Increased gratitude
- Better cognitive function under stress
- Greater sense of well being
- Increased forgiveness
- Decreased tension and conflict in relationships
- Increased relationship satisfaction, acceptance of partner

PHYSICAL HEALTH

- HIV and Cancer
- Chronic Pain
- Hypertension (high blood pressure)
- Coping with Open Heart Surgery
- Lower General Mortality

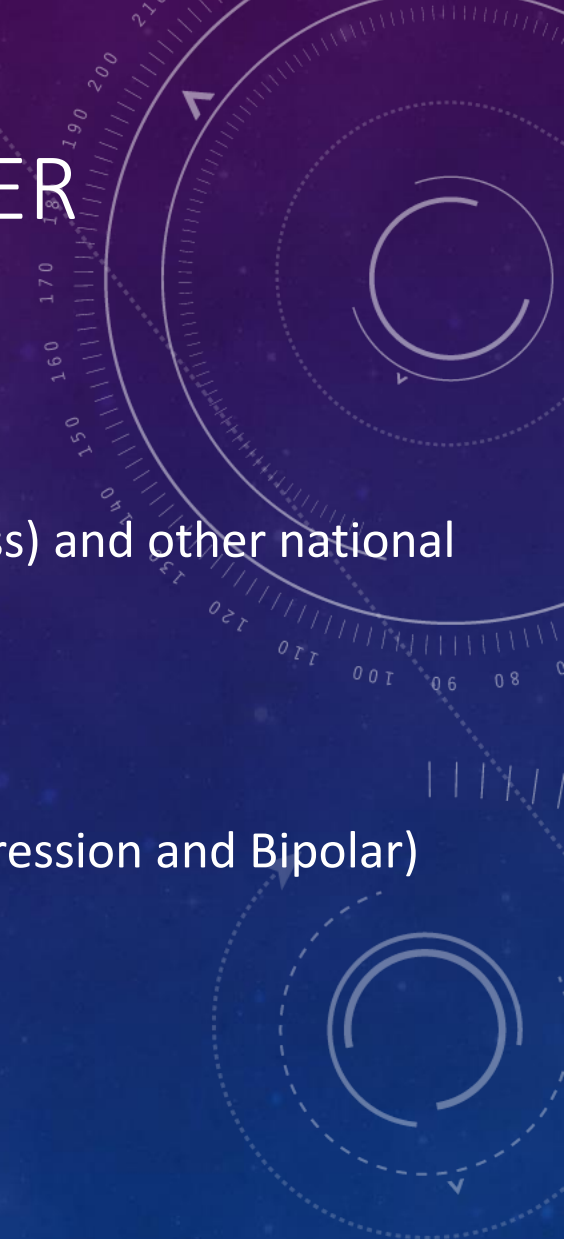


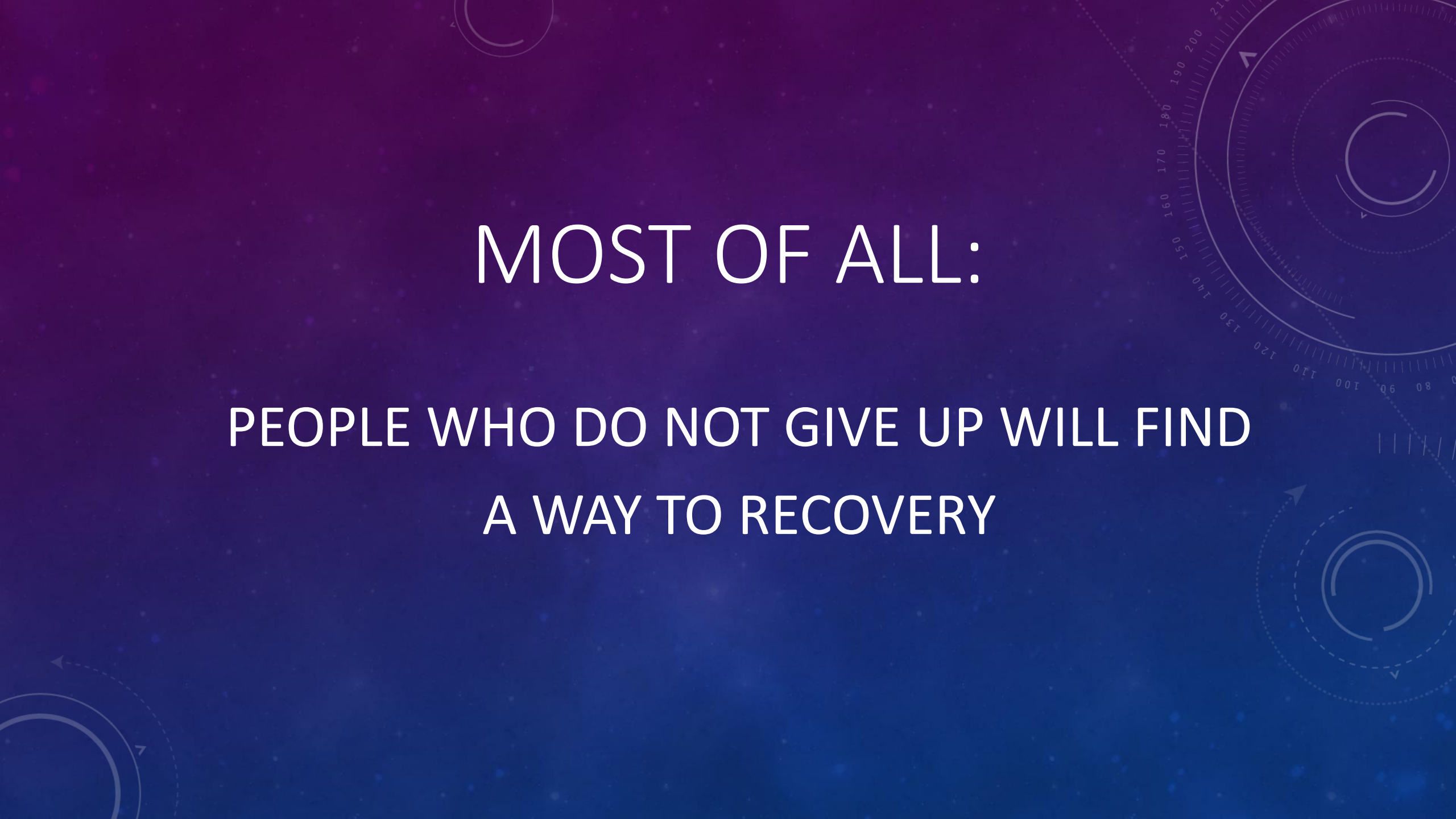
WE WILL MAKE IT TOGETHER



WE WILL DO IT TOGETHER – YOU ARE NOT ALONE

- Conferences (like this one)
- NAMI (National Alliance on Mental Illness) and other national organizations
 - Peer to Peer Groups
 - Family to Family Groups
- Support Groups (AA, other 12-step, Depression and Bipolar)
- Online chatrooms and support groups
- Faith communities
- Psychotherapy
- Psychiatry
- Spiritual connection through prayer & meditation





MOST OF ALL:
PEOPLE WHO DO NOT GIVE UP WILL FIND
A WAY TO RECOVERY



FINALLY:

In our deepest suffering, we are never alone



THANKS FOR
PAYING
ATTENTION



COPIES OF SLIDES:

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