



Learning Objectives

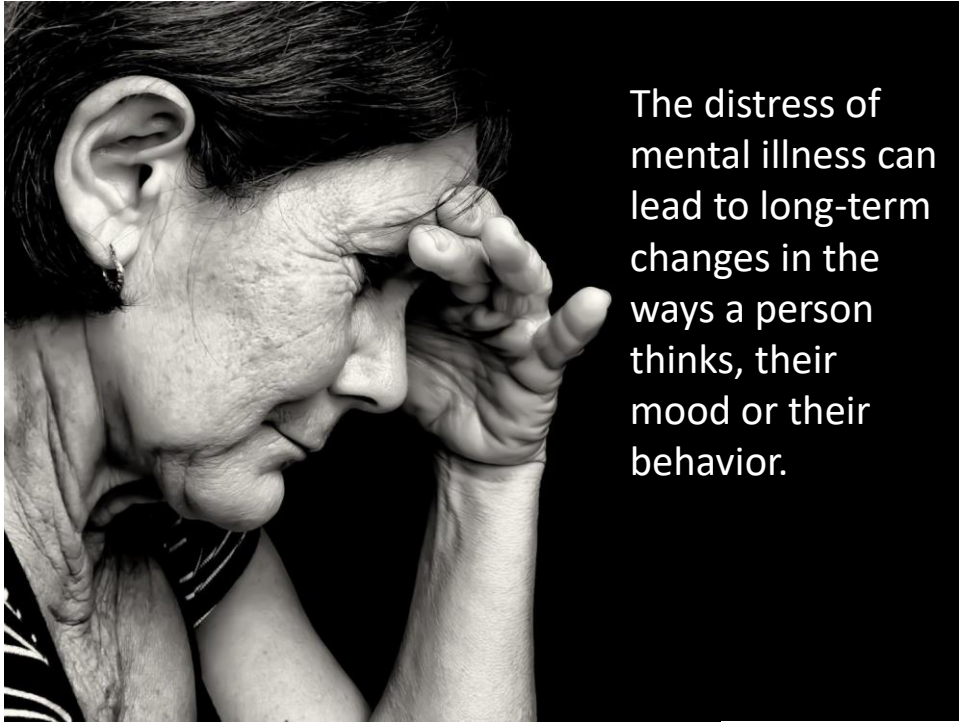
1. Define the term mental illness.
2. List at least two symptoms of depression.
3. Define the HRSA quality measure for depression screening
4. Understand at least one barrier in the control of diabetes and depression.



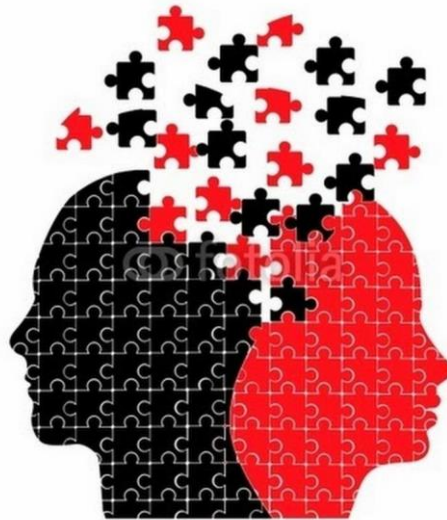


The term *mental illness* refers collectively to all diagnosable mental disorders.





Mental illness can interrupt daily activities and lead to difficulties in relationships, social interactions and the work environment. In some cases, it can result in premature death.





Mental Illness by the Numbers^{2, 3}

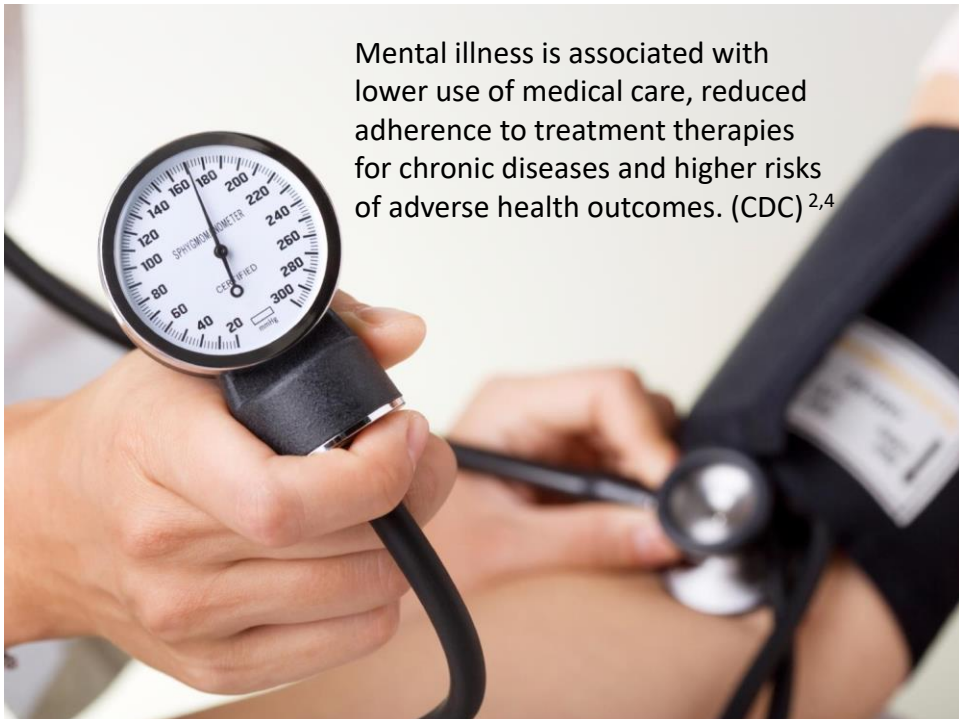


Over **8.9 million persons** in the U.S. have both a mental health and substance use disorder. (SAMHSA)

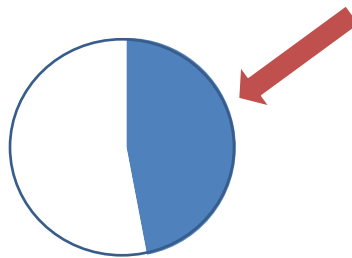
Mental illness is associated with increased occurrence of chronic diseases such as cardiovascular disease, diabetes, obesity, asthma, epilepsy and cancer. (CDC) ^{2,4}



Mental illness is associated with lower use of medical care, reduced adherence to treatment therapies for chronic diseases and higher risks of adverse health outcomes. (CDC) ^{2,4}



Abnormalities in the interactions between neurotransmitters and hormones in the brain (HPA); elevated cortisol ¹



Nearly 50% of U.S. Adults will develop at least one mental illness at sometime or another

Most Common Types of Mental Illness^{7,8}

Anxiety is a worry about future events and fear is a reaction to current events. These feelings may cause physical symptoms, such as a fast heart rate and shakiness.

Anxiety is normal in many cases. It is considered a mental illness when it is excessive, difficult to control and causes significant distress.



PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

PTSD

Symptoms of PTSD¹⁵

Reliving the event (also called re-experiencing symptoms). Some examples are:

- Nightmares.
- Feeling like the event is happening again (flashback)
- Sounds, smells or other events can make people relive the event. This is called a trigger. News reports, seeing an accident, or hearing a car backfire are examples of triggers.

Avoiding situations that are reminders of the event. Some examples are:

- Avoiding crowds, because they feel dangerous.
- Avoiding driving if it brings back memories of trauma.
- If a person was in an earthquake, he or she may avoid watching movies about earthquakes.
- People may keep very busy or avoid seeking help because it keeps them from having to think or talk about the event.

Negative changes in beliefs and feelings. Some examples are:

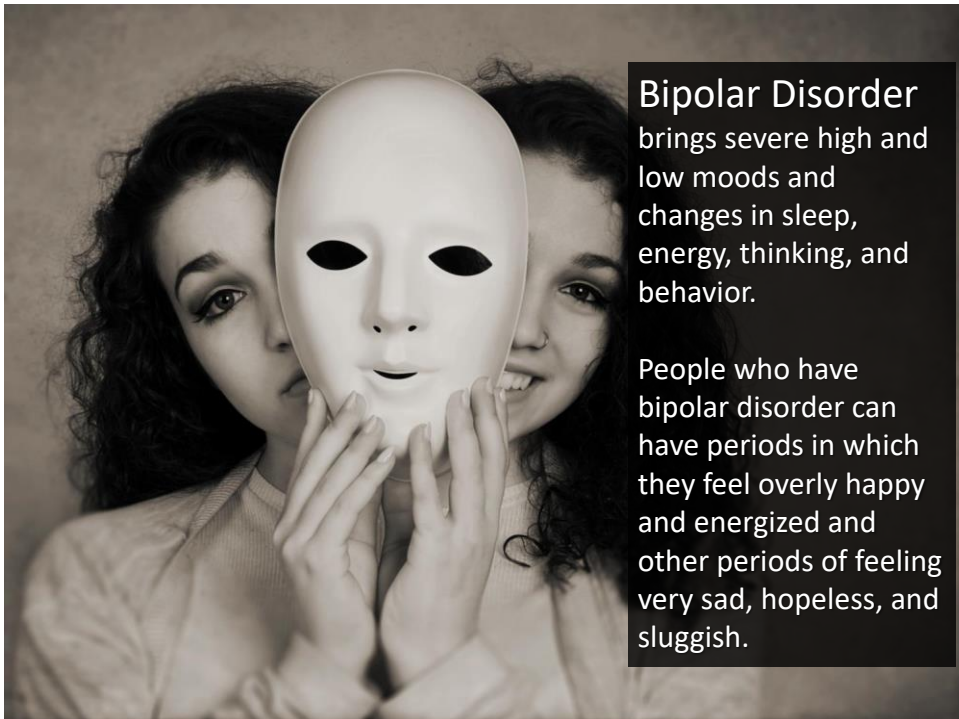
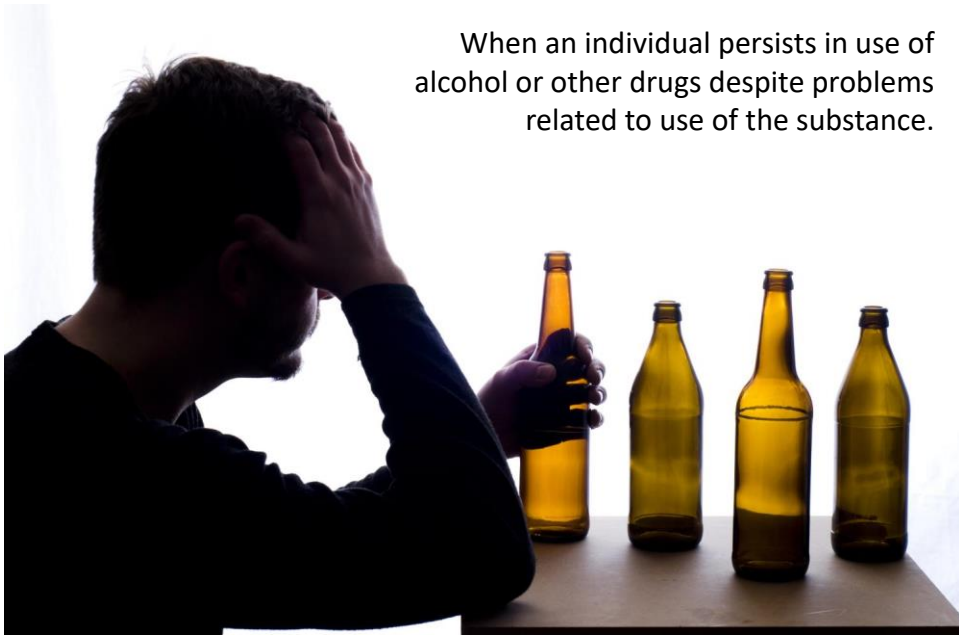
- Lack of positive or loving feelings toward other people and may stay away from relationships.
- Forgetting about parts of the traumatic event or not be able to talk about them.
- A belief that the world is completely dangerous, and no one can be trusted.

Feeling keyed up (also called hyperarousal). Some examples are:

- Trouble sleeping.
- Trouble concentrating.
- Easily startled by a loud noise or surprise.
- Needing to sit with his or her back to a wall in a restaurant or waiting room.

Alcohol or Substance Use Disorder

When an individual persists in use of alcohol or other drugs despite problems related to use of the substance.



Bipolar Disorder

brings severe high and low moods and changes in sleep, energy, thinking, and behavior.

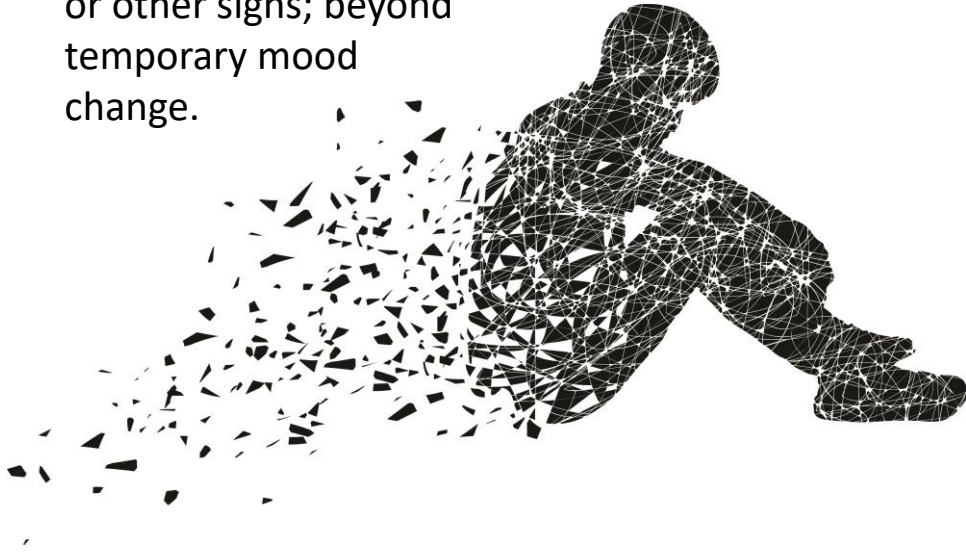
People who have bipolar disorder can have periods in which they feel overly happy and energized and other periods of feeling very sad, hopeless, and sluggish.

Psychosis is a severe mental disorder in which thought and emotions are so impaired that contact is lost with external reality.

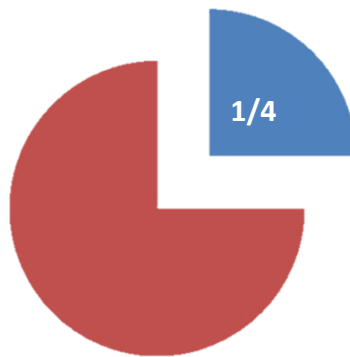


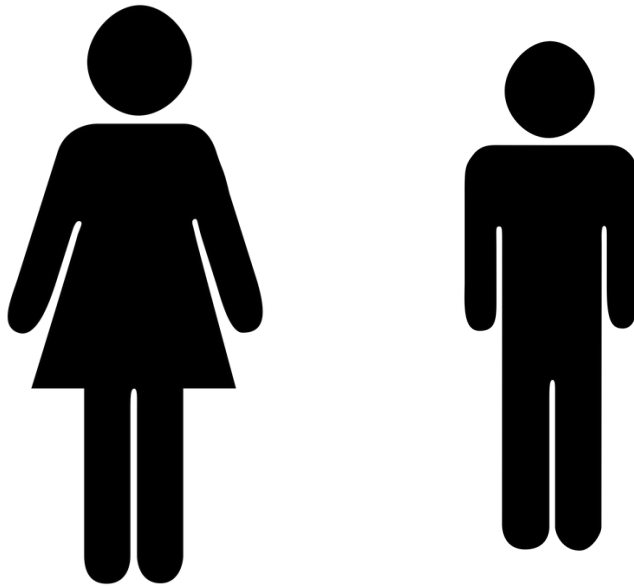
Depression is the most
common mental illness in
the United States

More than the blues
but persisting malaise
or other signs; beyond
temporary mood
change.



Estimated that one fourth of the
adult population experiences
depression





Depression is reported by more women than men.

Why are women more likely to be diagnosed as depressed?¹⁶

Biological explanations

- Women may have a stronger genetic predisposition to developing depression.
- Women are much more subjected to fluctuating hormone levels. This is especially the case around the time of childbirth and at the menopause.

Psychological explanations

- Women are more ruminative than men, that is, they tend to think about things. In contrast, men are more likely to react to difficult times with stoicism, anger, or substance misuse.
- Women are generally more invested in relationships than men. Relationship problems are likely to affect them more, and so they are more likely to develop depression.

Sociocultural explanations

- Women come under more stress than men. Not only do they have to go work, but they may also be expected to do more to maintain a home and care for children and older relatives.
- Women live longer than men. Extreme old age is often associated with bereavement loneliness, poor physical health, and precarity—and so with depression.
- Women are more likely to seek out a diagnosis of depression. Physicians may be more likely to make a diagnosis of depression in a woman.

Depression can look different in different cultures. Sometimes certain cultures report physical symptoms versus emotional or mental symptoms, but it can still be the result of depression.



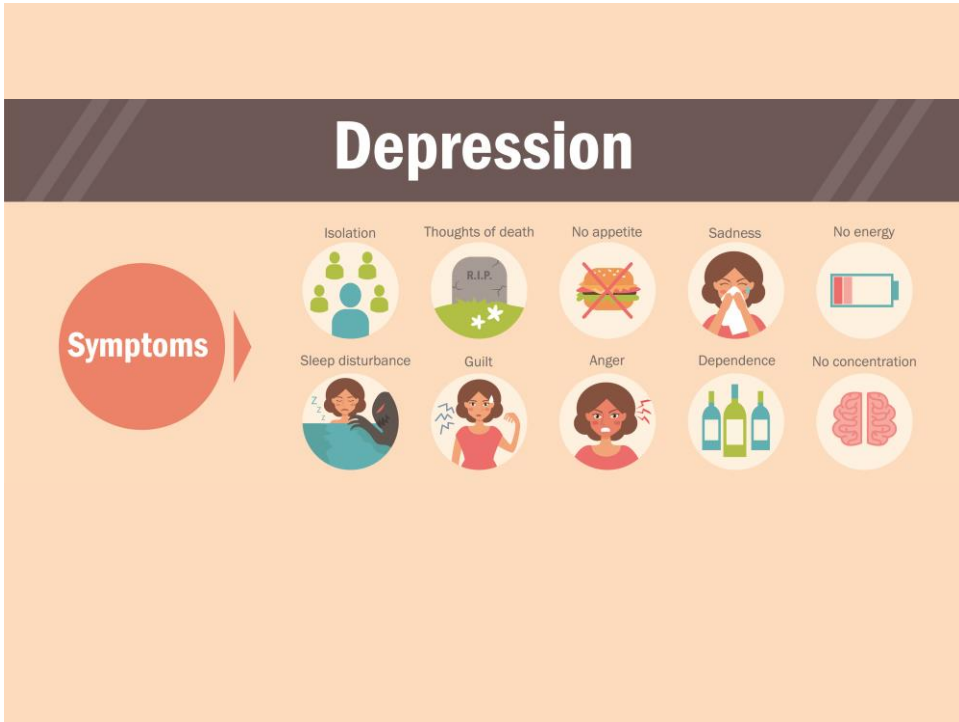
Unresolved stress is a
risk for depression ¹



Depression

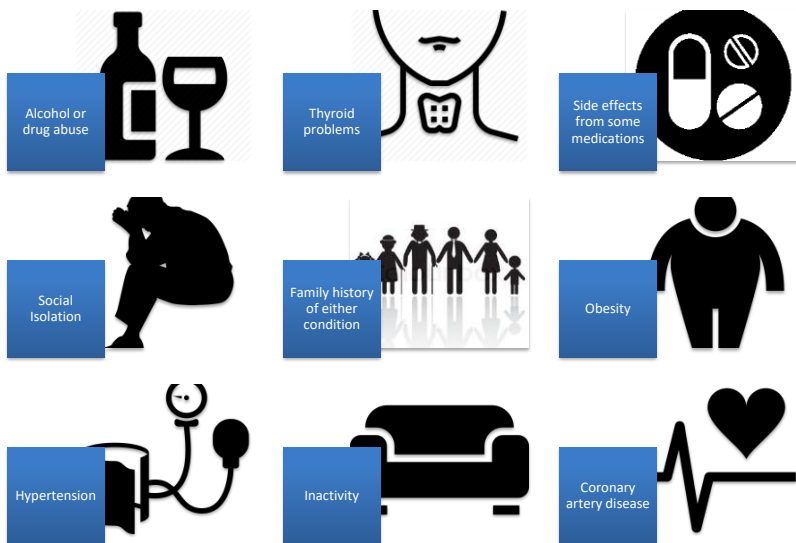
Symptoms

- Isolation
- Thoughts of death
- No appetite
- Sadness
- No energy
- Sleep disturbance
- Guilt
- Anger
- Dependence
- No concentration



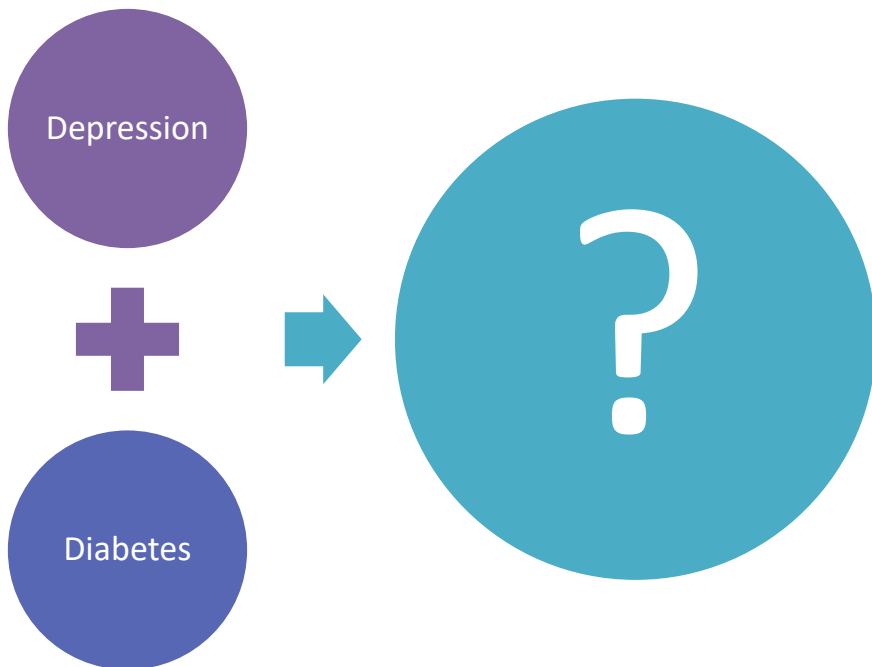
Risk factors of Depression ⁵

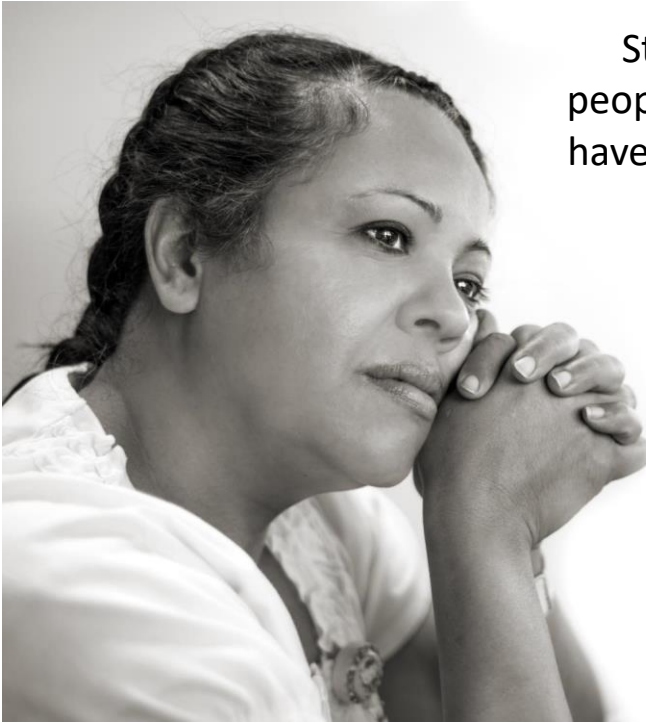
- Alcohol or drug abuse
- Thyroid problems
- Side effects from some medications
- Social Isolation
- Family history of either condition
- Obesity
- Hypertension
- Inactivity
- Coronary artery disease





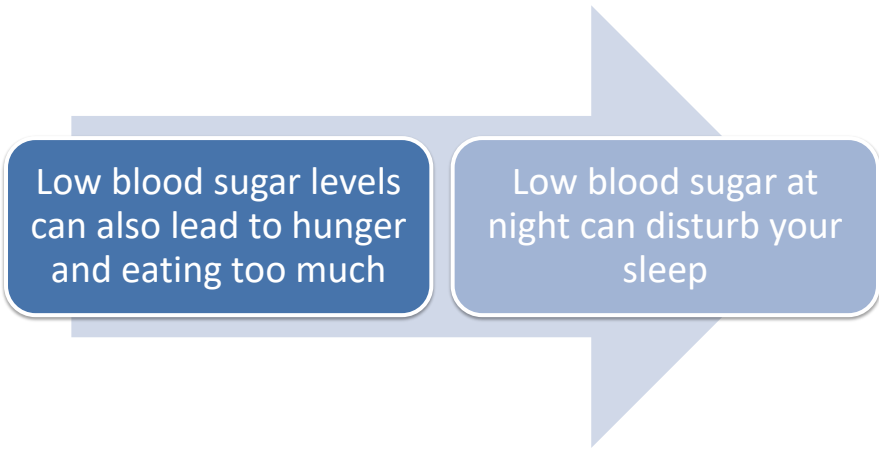
<http://www.idf.org/node/26455?language=es>



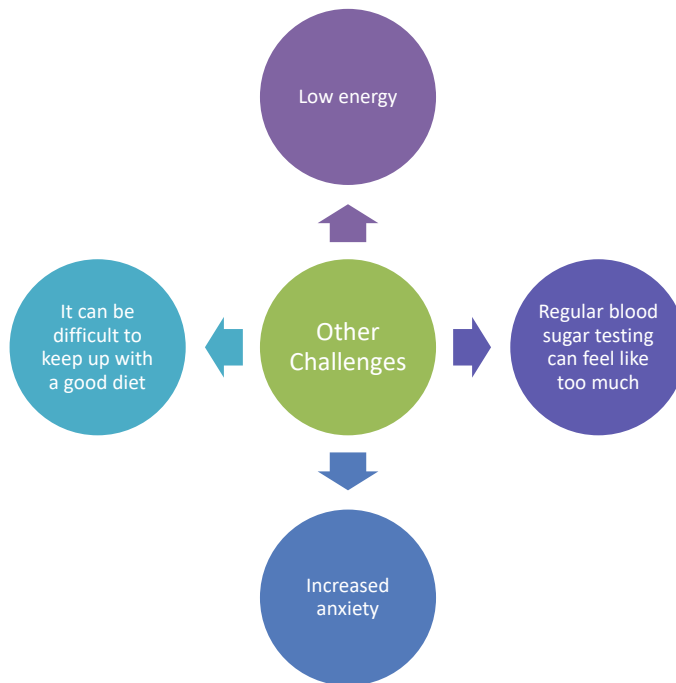
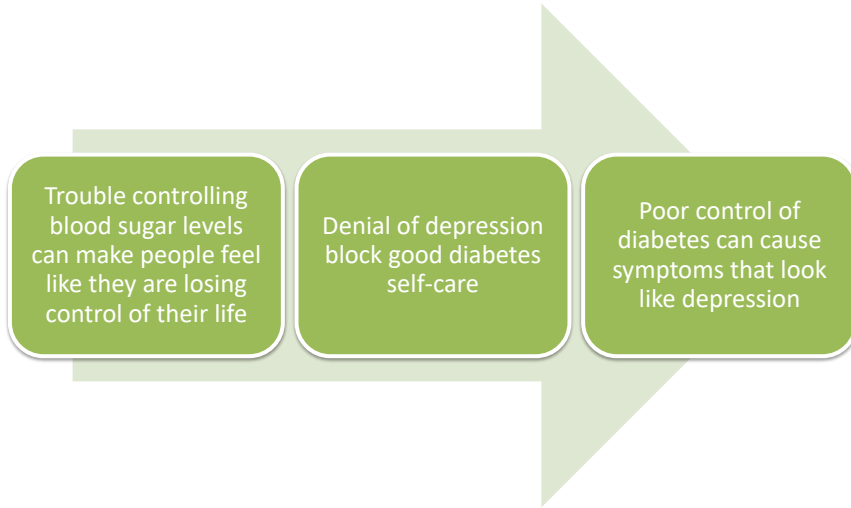


Studies show that people with diabetes have a greater risk of depression than people without diabetes

Depression can make diabetic symptom worse...



Diabetes can make symptoms of depression worse...




Untreated depression can
make it more difficult to
successfully manage
diabetes.




Quality Measure for Depression Screening ⁶

- Percentage of Patients aged 12 and older screened for clinical depression using an age standardized
- Appropriate Tool and follow-up plan documented



Barriers facing treatment for mental health ¹³

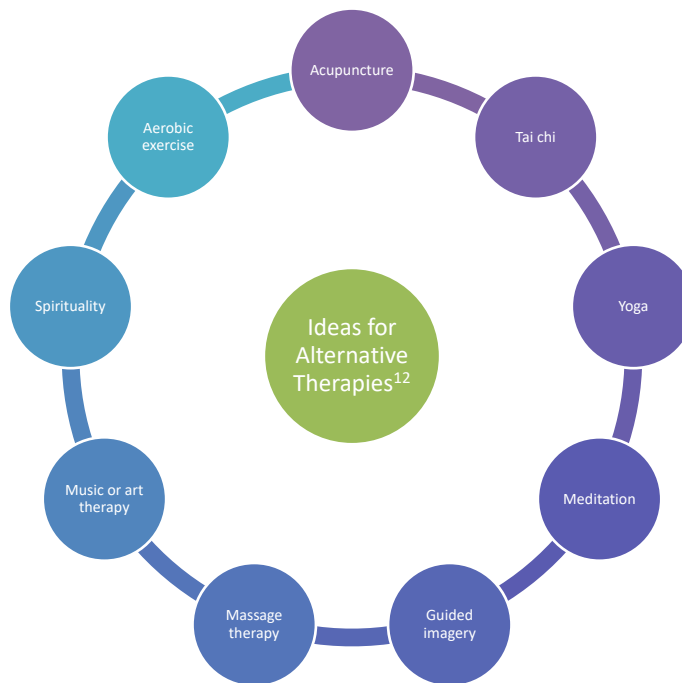
- 
- ✓ Time
 - ✓ Stereotyping
 - ✓ Culture & beliefs
 - ✓ Cost

What can you do



Seek support from family and friends





How can a CHW can help a person with depression?

- 1) Listen to them
- 2) Do not judge (sometimes we judge people with mental illnesses. 'Esta loco(a)' or 'esta chflada(o)').
- 3) Act as a source of support and education.
- 4) Link people with depression to local resources (support groups at the local church, etc)



Referral of Patients to Appropriate Programs

- Local Health Center or Department of State Health Services (example: www.dshs.texas.gov/mhservices-search)
- National Suicide Prevention Lifeline: 1-800-273-8255
- Your recovery is our recovery: 1 866-547-6451
- American Diabetes Association
<http://www.diabetes.org>
- Many state health departments have pages of mental health services that can be searched, for example: www.dshs.texas.gov/mhservices-search

Questions?



Patria Alguila
MHP Salud
palguila@mhpsalud.org



Ileana Ponce-Gonzales, MD, MPH, CNC
Migrant Clinicians Network
iponce-gonzalez@migrantclinician.org

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under cooperative agreement number U30CS09742, Technical Assistance to Community and Migrant Health Centers and Homeless for \$1,094,709.00 with 0% of the total NCA project financed with non-federal sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

References

1. https://www.cdc.gov/mentalhealthsurveillance/fact_sheet.html
2. <http://www.apa.org/helpcenter/data-behavioral-health.aspx>
3. <https://en.wikipedia.org/wiki/Comorbidity>
4. https://www.cdc.gov/mentalhealthsurveillance/fact_sheet.html
5. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/depression.html>
6. <https://www.qualitymeasures.ahrq.gov/hhs/content.aspx?id=3527#.WJ4xsm8rKUK>
7. <http://www.integration.samhsa.gov/clinical-practice/screening-tools#depression>
8. <http://www.mentalhealthamerica.net/mental-health-screening-tools>
9. <https://psychcentral.com/lib/diabetes-and-depression/>
10. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/stress.html>
11. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/>
12. <https://www.adaa.org/finding-help/treatment/complementary-alternative-treatment>
13. <https://www.psychologytoday.com/blog/when-your-adult-child-breaks-your-heart/201401/addressing-mental-health-treatment-barriers>
14. <http://www.mayoclinic.org/diseases-conditions/diabetes/basics/risk-factors/con-20033091>
15. https://www.ptsd.va.gov/public/ptsd-overview/basics/symptoms_of_ptsd.asp
16. <https://www.psychologytoday.com/blog/hide-and-peek/201205/the-7-reasons-why-depression-is-more-common-in-women>