



Approach to a Person with Mental Illness For CHO/SN





REFER TO TRAINING MANUAL ON ‘MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) DISORDERS’ FOR CHO/SN



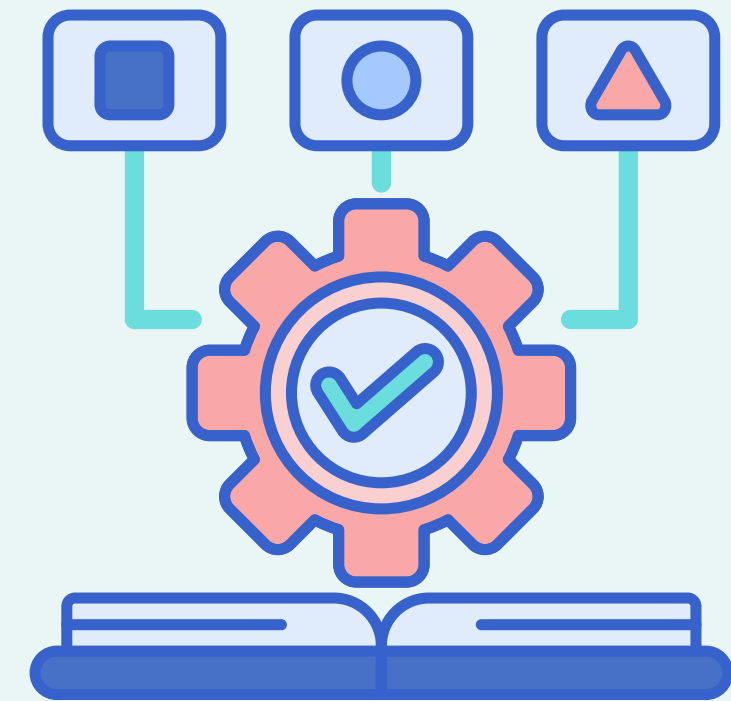
| MODULE | CHAPTER NO. | TITLE | PAGE NO. |
|------------------------|-------------|--|----------|
| CHO module on MNS Care | Chapter 3 | Approach to a person with Mental Illness | |
| SN module on MNS Care | Chapter 3 | Psychosocial Interventions | |



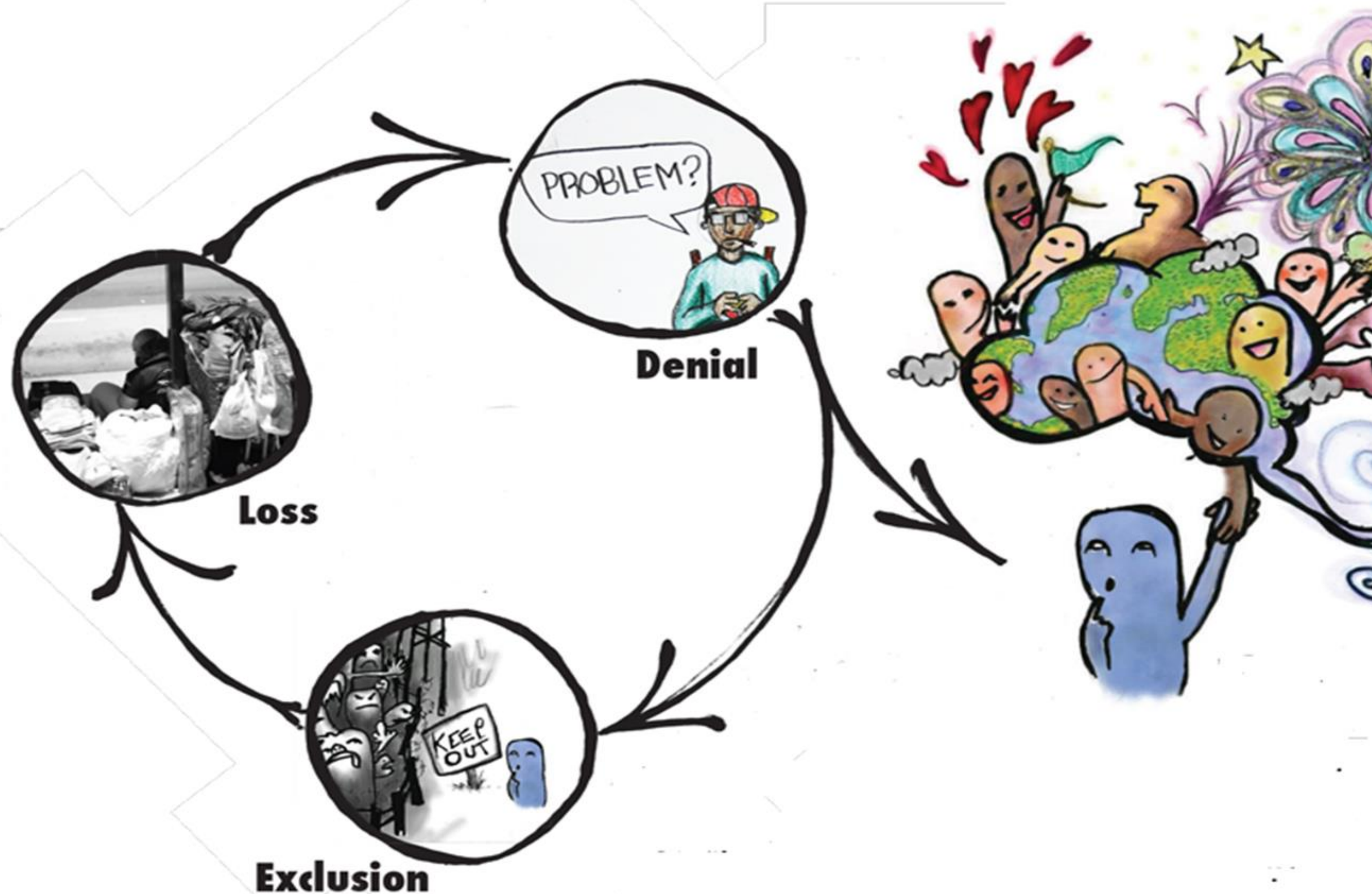


LEARNING OBJECTIVES

- To understand the steps generally adopted for approaching a person with mental illness
- To be familiar with the role of CHOs and SNs in context to assessment of persons with mental illness



Breaking the Cycle





WHAT IS YOUR FIRST REACTION TO EACH PICTURE – WRITE IT DOWN – AND THEN WRITE YOUR PROBABLE DIAGNOSIS



STEPS IN APPROACHING MENTAL ILLNESS



Step 1: Initial Assessment of an individual suspected be suffering from mental illnesses

- Physical settings
- Building a rapport
- Interviewing/Communication skills
- Summarize

Step 2: Enlisting the probable risk factors and protective factors

- Identify the contributing risk factors
- Identify the protective factors

Step 3: Offer appropriate psycho-education / psychological first aid

- Psycho-education
- Psychological first aid:



RISK AND PROTECTIVE FACTORS



| Level | Risk Factors | Protective Factors |
|-------------------------------|--|---|
| Individual | Pessimistic attitude, low self-esteem, substance abuse, poor lifestyle | Hobbies, physical activity, meditation/ yoga |
| Family | Broken families, harsh discipline styling, f/h/o mental illness/substance abuse | Supportive parents/caregivers, family harmony and stability, strong family values |
| Community/ society | Discrimination, isolation, lack of access to support services, socio-economic disadvantage | Participation in community networks, access to support services, cultural identity and pride/ acceptance, economic security |



PSYCHO-EDUCATION



A process to offer education to individuals suffering from mental illness and their families to help them to deal with their condition in a better way.

Goal: To make the patients and their family members:-

- Understand the illness (including nature of illness and availability of treatment) and
- Support their capability to deal with the illness.

It also helps in addressing the myths and stigma associated with various mental illnesses.



CONTENTS OF PSYCHO-EDUCATION

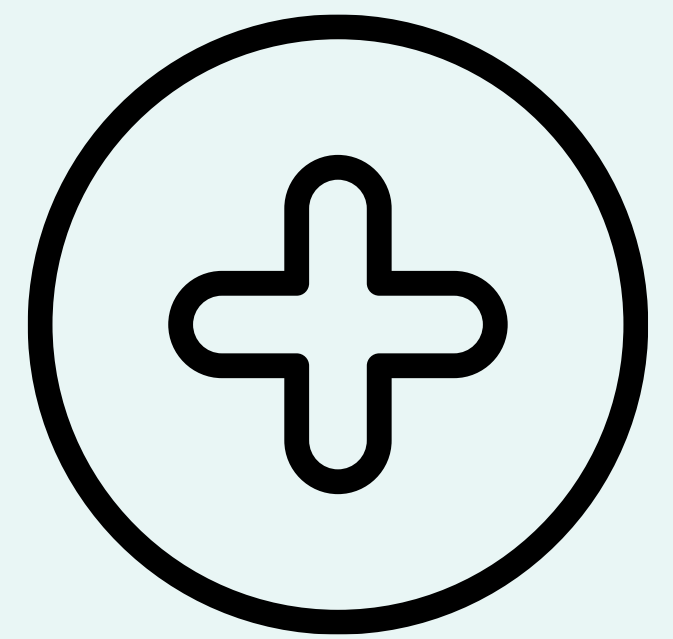
- Understanding the nature of the illness
- The main symptoms of the disorder and it's identification (early signs and symptoms)
- Identification of the triggering factors
- Treatment Adherence and their role as a care givers how to help the client to adhere to the schedule in managing the condition.



WHAT IS PSYCHOLOGICAL FIRST AID?

Help you give to a person with a mental health problem until treatment by a trained doctor/mental health specialist is available or a mental health crisis is resolved

- First and practical care.
- Listening, but not pressuring people to talk.
- Assessing needs and concerns.
- Helping people to address basic needs (food, water).
- Comfort people and connect them to other forms of support.





WHY SHOULD WE PROVIDE PSYCHOLOGICAL FIRST AID?

- Preserve life when a person may be a danger to him/herself or others
- Provide comfort to the person and relieve for some symptoms
- Ensure further professional treatment



LISTEN WITHOUT JUDGEMENT

Listen to what the person describes without being critical or thinking they are weak

- Don't give advice such as 'just cheer up' or 'pull yourself together'
- Don't forcefully question and avoid getting into an argument with the person



ASSESS THE RISK OF SUICIDE OR HARM TO SELF OR OTHERS

- Overwhelmed and helpless about life.
- Engage with the person and ask them how they are feeling.
- Ask about thoughts of suicide, and plans

If yes:

- Don't leave the person alone.
- Seek immediate help from someone who knows about mental health disorders.
- Try to remove the person from access to the means of taking their own life.
- Try to stop the person continuing to use alcohol or drugs.



GIVE REASSURANCE AND INFORMATION

Ensure that individual and family members are reassured and have the right information about the condition, including care options.

- Tell the patient that he/she has a real medical condition.
- Tell the person that it is not a shame or weakness of character to have a mental health disorder.
- Assure the person that there are effective treatments available.
- Inform the person that recovery may take a bit of time.
- Ensure the person that you are there to help.



ENCOURAGE THE PERSON TO GET APPROPRIATE PROFESSIONAL HELP

- Encourage the person to consult with Community Health Officer (CHO) or Medical Officer, who knows about mental health disorders.
- Then you can follow-up by giving ongoing support to the person and his/her family.
- Encourage the family to consult with the CHO/MO so that they can explain the situation and get professional support.





SUGGEST ACTIONS THAT THE PERSON CAN PERFORM HIM/HERSELF

Self-help strategies, which can help the individual.

- Getting enough sleep.
- Eating a healthy diet.
- Regular exercise.
- Relaxation and enjoyable activities e.g. yoga.
- Avoiding alcohol/other substances (tobacco, ganja etc.).
- Joining support groups for women, men or youth.





EXERCISE

Small group discussion: 10 minutes

Larger group discussion: 1 minute each group

- Group 1: Good Sleep
- Group 2: Healthy Diet
- Group 3: Exercise, relaxation, enjoyable activities
- Group 4: Reduced use of alcohol, drug, tobacco
- Group 5: Seeking support from family and friends



EXERCISE

Discuss:

- What do you do to take care of yourself and to remain healthy?
- What do you and your family/friends do to take care of each other?

Good sleep

Healthy diet

**Exercise, relaxation,
enjoyable activities**

**Reduced use of alcohol, drug,
tobacco**

**Seeking support from family
and friends**





ROLE OF FAMILY/CAREGIVERS

- Living with and caring for someone with a mental health disorder can be very stressful.
- Families often don't understand the symptoms of a mental health disorder.
 - Family provides the majority of support for a person with a mental health disorder.
 - Important that the family receives help and support to care for their relative.
 - Provide you with important information.



HOW TO HELP FAMILY MEMBERS?

- Listen carefully.
- Give reassurance and information.
- Tell them where to get professional help.
- Assure your support.
- Tell them about the behaviours which may lead to increase/reduction in the stress.
- Encourage the family to maintain own interests and social contacts.
- Provide information on any support groups for family members.





REMEMBER

6

- Try to find a quiet place to talk, & minimize outside distractions.
- Respect privacy and keep the person's story confidential.
- Stay near the person but keep an appropriate distance.
- Let them know you are listening.
- Be patient and calm.

- Provide factual information
- Give information in a way the person can understand – keep it simple.
- Acknowledge how they are feeling and any losses or important events.
- Acknowledge the person's strengths.
- Allow for silence.



FURTHER STEPS

- Assess the need for referral to appropriate centre of care/ linking the patient with an appropriate Local Self-Help Group/ NGO/ Rehabilitative services, etc.
- Provision of Follow-up care through SHC-HWCs





PSYCHIATRIC (PSYCHOSOCIAL) REHABILITATION



- Process of restoring a mentally ill person into the community and to make him as independent as possible
- The primary goal is to help individuals to develop the emotional, social and intellectual skills needed to live, learn and work in the community with the least amount of professional support.

Benefits:

- Prevent Chronicity
- Restore residual abilities
- Improves quality of life
- Maximises the functional abilities within the limits of disabilities





ACTIVITIES OF REHABILITATION PROGRAM

- Ensuring home visit.
- Educating family about expressed emotion and their role to maintain positive environment at home.
- Creating awareness about availing welfare benefits.
- Emphasizing on community-based rehabilitation or identifying strength of the patient as well as opportunity available in the community.
- Sensitizing community towards patients with mental illness.

RISK FACTORS FOR SUBSTANCE USE DISORDER

- **Family factors:** Sexual or physical abuse, parental or sibling substance abuse etc.
- **School factors:** Lack of involvement in school activities, poor school climate.
- **Community factors:** Poor community bonding, disorganized neighbourhoods, crime, drug use, poverty etc.
- **Peer factors:** Bonding to peer group that engages in substance use or other antisocial behaviours.





QUIZ



(one of the response options is incorrect)

1. What is not a part of Psychological First Aid
 - a. Assess suicide risk.
 - b. Encourage professional help.
 - c. Prescribe sleeping pills.
 - d. Recommending strategies to sleep better.

2. While giving reassurance and information, we must
 - a. Tell the person what to do.
 - b. Inform the person of potential treatment options.
 - c. Tell the person that he or she may be experiencing a real medical condition.
 - d. Tell the person that you are there to help them.





3. What could you do to help family members/caregivers of someone with a mental health disorder:

- a. Explain to them the symptoms of mental health disorders.
- b. Encourage them to seek professional help if needed.
- c. Provide a guarantee that their relative's symptoms will improve immediately.

4. While providing Psychological First Aid, one should:

- a. Explain to the person how you can help them.
- b. Diagnose a mental health disorder.
- c. Allow for silence.
- d. Allow the person to cry.



ANSWERS

6

1. What is not a part of Psychological First Aid?

c. Prescribe sleeping pills.

2. While giving reassurance and information, we must:

a. Tell the person what to do.

3. What could you do to help family members/caregivers of someone with a mental health disorder:

c. Provide a guarantee that their relative's symptoms will improve immediately.

4. While providing Psychological First Aid, one should:

d. Diagnose a mental health disorder.





ROLE OF CHO

CLINICAL

- Initial assessment
- Referral
- Follow up care

MANAGERIAL

- Supervisory support
- Records and Reports
- Log of all patients on treatment and support

PUBLIC HEALTH

- Health Promotion
- Rehabilitation





ROLE OF SN- FILL IT YOURSELF



CLINICAL

MANAGERIAL

PUBLIC HEALTH



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Thank You

