

PROVIDER WELL-BEING SERIES:

#3 MENTAL ILLNESS VS MENTAL WELLNESS



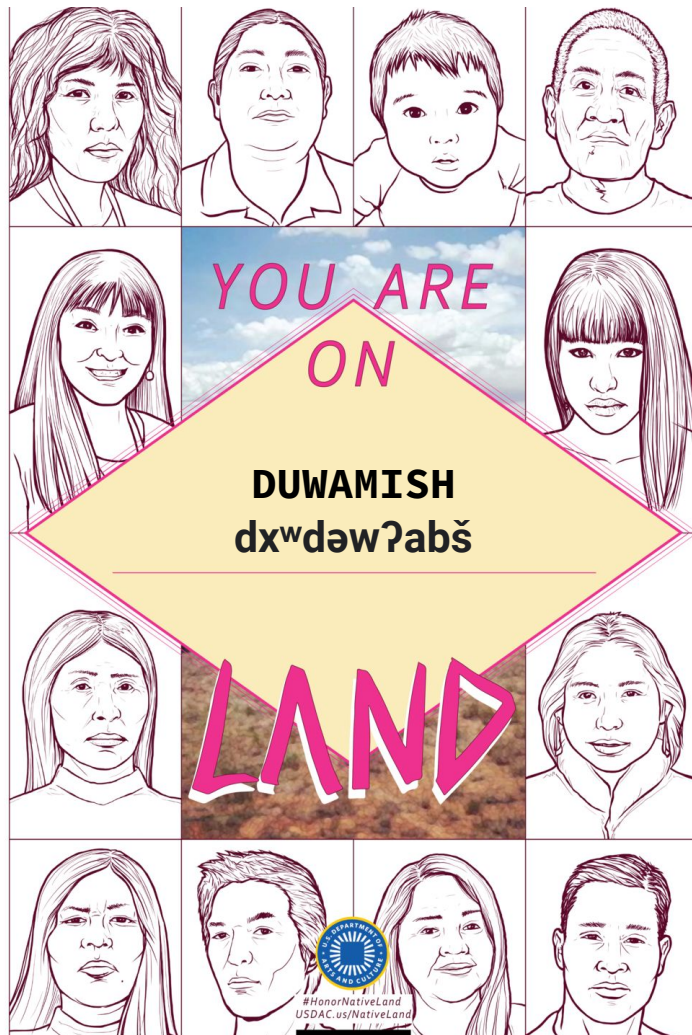
MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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Presented by Aleks Martin, MSW, LSWAIC, SUDP

In collaboration with the Northwest Mental Health Technology Transfer Center



HELLO, MY NAME IS

#HonorNativeLand poster available via
<https://usdac.us/nativeland>



The title track from the original release of the Hennie Bekker album "Spring Rain" (1992), the first release in Bekker's "Kaleidoscopes" series. The other four albums in the series, "Summer Breeze", "Autumn Magic", "Winter Reflections", and "Christmas Spirit" would follow this album's success. This album was released with different cover art in the late 90s. A later version with remixes of some of the songs was released by Hennie Bekker in 2003.

Buy or stream the album:

On iTunes at: <https://itunes.apple.com/album/kaleido...>

On Amazon.com at: <https://www.amazon.com/gp/product/B00...>

Visit Hennie Bekker's Official Website at: <https://henniebekker.com>

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(P) 1992 Hennie Bekker Music Inc.

Published by Abbeywood Music (SOCAN)

Composed by Hennie Bekker (SAMRO)

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It's all about YOU!

You will see a link in the CHAT box that you can click on to participate in the WORD CLOUD poll and answer the question:

*WHAT WORDS POP UP
when you hear the
phrase,
“MENTAL HEALTH?”*

W

What words come to mind when you hear the phrase, "MENTAL HEALTH"?



MENTAL HEALTH

According to MentalHealth.gov -

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.



According to the World Health Organization -

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life.



According to the Centers for Disease Control & Prevention -

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.



When poll is active, respond at pollev.com/nwmhttc

Text **NWMHTTC** to **22333** once to join

W

How often do you as a provider make space and time to talk about patients' concept of mental health?



WHEN WE DO NOT ADDRESS HOW SOCIAL STIGMA OF
MENTAL ILLNESS VERSUS MENTAL WELLNESS
PRESENTS ITSELF IN THERAPY WITH PATIENTS,
IT CAN ABSOLUTELY NEGATIVELY IMPACT
OUR OWN PROFESSIONAL AND OVERALL WELL-BEING.



Our mental state: (re)defined

“According to the World Health Organization, mental wellness (or mental health) is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

- [AmericanMentalWellness.org](https://www.AmericanMentalWellness.org)

Our mental state: (re)defined

Mental Health is our
emotional,
psychological, and
social wellbeing.



Our mental state: (re)defined

Mental Illness is a specific, diagnosable health condition involving changes in emotion, thinking, and/or behavior.

ILLNESS

WELLNESS

JULIA ROBERTS



Deixe-se Levar
Pelo Coração

Contém 2 Versões -
Versão de Cinema e do Diretor

COMER REZAR AMAR
(EAT PRAY LOVE)

START w/
SELF-CARE



STOP STIGMA & SHAME

SATIATE the SPIRIT





NO
means NO.

(Periodt)



PAUSE & PLAY w/ POSITIVITY



RESOURCES.... mostly light reading:

“Yes, There Is a Big Difference Between Mental Health and Mental Illness”

- McLean Hospital, a Harvard Medical School affiliate

<https://www.mcleanhospital.org/essential/yes-there-big-difference-between-mental-health-and-mental-illness>

“Creating a Healthier Life: A Step-By-Step Guide to Wellness”

- Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://store.samhsa.gov/product/Creating-a-Healthier-Life-/SMA16-4958>

“Stigma, Prejudice and Discrimination Against People with Mental Illness”

- American Psychiatric Association

<https://www.psychiatry.org/patients-families/stigma-and-discrimination>



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<https://usdac.us/nativeland>*

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www.amclinicalservices.com 23

SALAMAT PO
(THANK YOU)