

# The Zoom Interface

The screenshot shows the Zoom Webinar interface. At the top, it says "Zoom Webinar" and "You are viewing David Terry's screen". Below this is a "View Options" dropdown and a "Click here to maximize your session view" button. The main content area displays the TTC logo (Technology Transfer Centers, Funded by Substance Abuse and Mental Health Services Administration) and a large message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is open, showing "Speakers (Realtek(R) Audio)" selected. At the bottom, there are buttons for "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave". A "Question and Answer" window is open, showing a test question and a text input field. A "Zoom Webinar Chat" window is also open, showing a "To: All panelists" field and a text input field. Callouts explain the Q&A and Chat features.

**Zoom Webinar**  
You are viewing David Terry's screen  
View Options  
Click here to maximize your session view  
Enter Full Screen

**TTC**  
Technology Transfer Centers  
Funded by Substance Abuse and Mental Health Services Administration

**Thank you for joining us today!**  
You will not be on video during today's session

Select a Speaker  
✓ Speakers (Realtek(R) Audio)  
Same as System  
Test Speaker & Microphone...  
Leave Computer Audio  
Audio Settings...

Audio Settings  
Click Here to adjust your audio settings  
Chat  
Raise Hand  
Q&A  
Click here to leave the session  
Leave

**Question and Answer**  
All questions (1) My questions (1)  
You 07:35 AM  
This is a test question!  
You can switch between questions you've asked and those asked by others using these buttons.  
You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.  
Type your question here...

**Zoom Webinar Chat**  
The chat feature will allow you to talk with other people in today's webinar.  
The To field will tell you who will receive your message. Be mindful of who you are chatting to.  
To: All panelists  
Your text can only be seen by panelists

All attendees are muted. Today's session will be recorded.

# Mental Health Conditions and the Role of Work in Recovery

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Counseling Professions

Rutgers School of Health Professions

4/22/21



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# About Us ...

The Northeast and Caribbean MHTTC received 5 years of funding to (2018 – 2023):

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

Supplemental funding to:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



# Grow Your Knowledge and Skills

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All activities are free!

<https://bit.ly/2mpmpMb>

# We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# Video Recording Information

## *Please Note:*

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

# Disclaimer

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At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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# Your Interactions With Us

## Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question is visible to all participants.

## Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Our Presenter

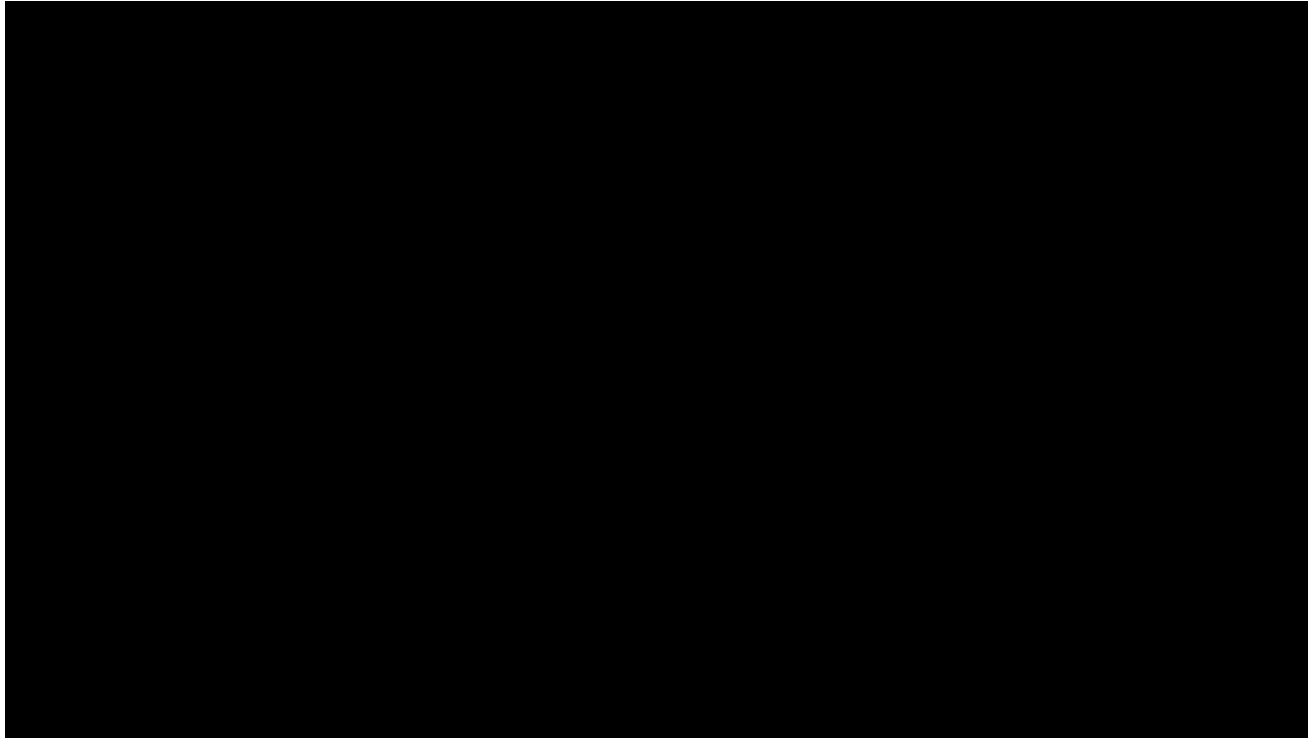


Joni Dolce, MS, CRC

# Agenda

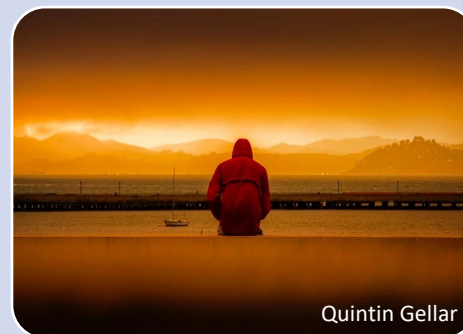
- Mental health conditions
- The experience of mental illness
- Recovery from mental illness

# Mental Health Conditions: A Primer



Gestalt Project at <https://youtu.be/QficvVNIxTI>

# Facts about Mental Health Conditions



46.6 million adults  
experience mental  
illness in a single  
year<sup>1</sup>

They are health  
conditions that  
involve changes in  
thinking, mood, or  
behavior.

Includes  
depression,  
anxiety, PTSD,  
bipolar disorder,  
and  
schizophrenia

1. Any Mental Illness (AMI) Among Adults. (n.d.). Retrieved June 15, 2019, from [https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#part\\_154785](https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#part_154785)



# Schizophrenia

# Some Facts about Schizophrenia

## Prevalence

- .3%-.7%
- Equal among both sexes

## Development and Course

- Psychotic features
- Rare prior to adolescence
- Slow and gradual
- Cognitive impairment

# Key Features that Define Psychotic Disorders

Hallucinations

Delusions

Disorganized Thinking (Speech)

Grossly Disorganized or Abnormal Motor Behavior, including Catatonia

Negative Symptoms

- DSM-5 (2013)



# Hallucinations

- Auditory-most common in schizophrenia
- Visual
- Olfactory
- Tactile

Examples?

# Delusions

- Fixed beliefs even when evidence is contradictory

# Negative Symptoms

**Diminished  
emotional  
expression**

**Avolition**

- Decrease in motivation toward goals

**Alogia**

- Diminished speech

**Anhedonia**

- Diminished ability to experience pleasure



# Anxiety Disorders

# Anxiety Disorders

- Most common of the mental illnesses in the U.S. (25% lifetime prevalence)
- More than 20 million people are affected each year
- Most people experience symptoms of anxiety – and some anxiety is adaptive
- Moderate symptoms reduce productivity and diminish quality of life
- Severe symptoms can cause marked functional deficits and may require hospitalization
- Co-exist with other psychiatric disorders

# Post-Traumatic Stress Disorder: Facts

Caused by psychological trauma:

- Witnessing severe injury or violent death
- Experiencing a fire, flood, natural disaster
- Being involved in a severe accident.
- Combat exposure.



# Bipolar Disorder

# Bipolar disorder

- Affects approximately 5.7 million adult Americans, or about 2.6% of the U.S. population age 18 and older every year (NIMH)
- Usually begins in late adolescence (often appearing as depression during the teen years-- although it can start in early childhood or later in life.
- The median age of onset for bipolar disorder is 25 years (National Institute of Mental Health), although the illness can start in early childhood or as late as the 40's and 50's.
- <http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>



# Depressive Disorders



# Common Features of Depressive Disorders

- Presence of sad, empty, or irritable mood, accompanied by somatic and cognitive changes that affect the individuals' ability to function.



Recovery is Possible

# Mental illnesses are treatable



Treatments,  
medications,  
and other  
strategies are  
available.

People with  
mental illnesses  
recover and lead  
productive  
careers.



# Vermont Longitudinal Study

30 years after being in the most confined areas of a state hospital:

83% of the study participants had not been in the hospital for the past year

72% displayed slight or no symptoms

76% had close friends

47% were employed

76% led a full to moderate life

- 

Harding, Brooks, Asolaga, & Breier, 1987

# Work and Recovery

- Before we talk about the relationship between work and recovery, let's first talk about "recovery."
- What does "recovery" mean to you?

Use chat or unmute your mic

# Personal



# Some Recovery Themes

Common Themes	First Person Account
Recovery is a process not an outcome	<p>“Recovery is a way of life, an attitude, a series of small beginnings with small steps.” -Pat Deegan</p> <p>“Each person’s journey is unique and taking small concrete steps.” -Priscilla Ridgway</p> <p>“Small steps.” -Mary Ellen Copeland and Sherry Mead</p>
Providers & system that promotes choice and independence	<p>“Choices, options, information, role models opportunities for bettering one’s life.” -Pat Deegan</p>



"Work is a critical part of recovery. As a nation, we still have a long way to go in recognizing that linkage"

M. Giliberti, NAMI

# Work and Recovery

“People need something to organize their recovery around; for many people, that “something” is **WORK.**”

Patricia Deegan, disability-rights advocate, psychologist,  
researcher, peer leader

<http://www.recoverystories.info/pat-deegan-film-clips/>

3:15 minutes

# Tell us what you think...



- What impacted you the most from this video?
- What emotion or feeling does this video generate in you?
- How is Pat Deegan's message relevant to others?

# Common Myths

- What are common myths related to work and mental illness?
- What are some strategies you can do to prevent myths.

# Services that Support Recovery

- Identify three ways that your services can support individuals' recovery?
- What is one thing you can incorporate into your services over the next month to support recovery?

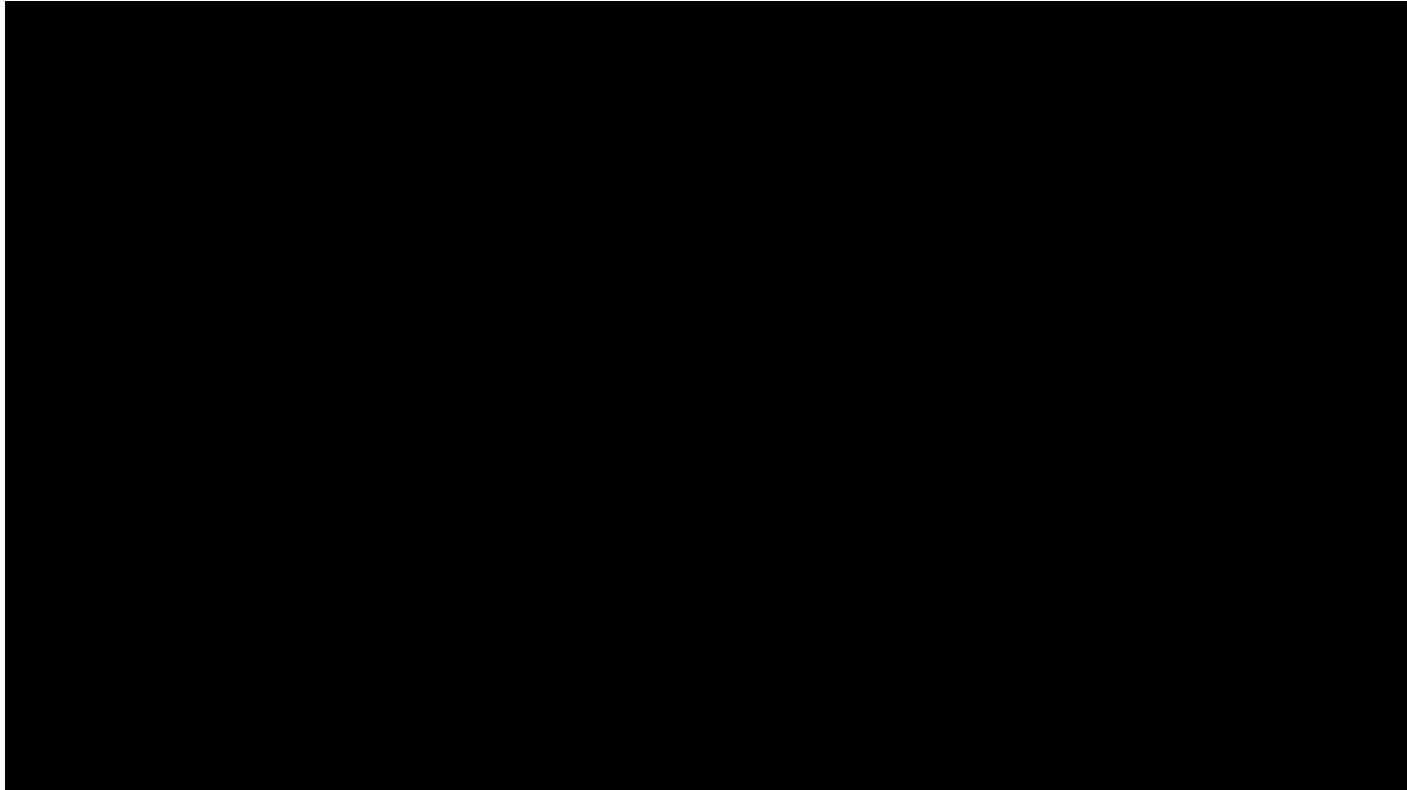
# Summary

1. Identified common features of major mental health conditions.
2. Described the role of work in recovery from people with mental health conditions.
3. Explored ways to provide services that support recovery for people with mental health conditions.



# Additional Recovery Personal Narratives

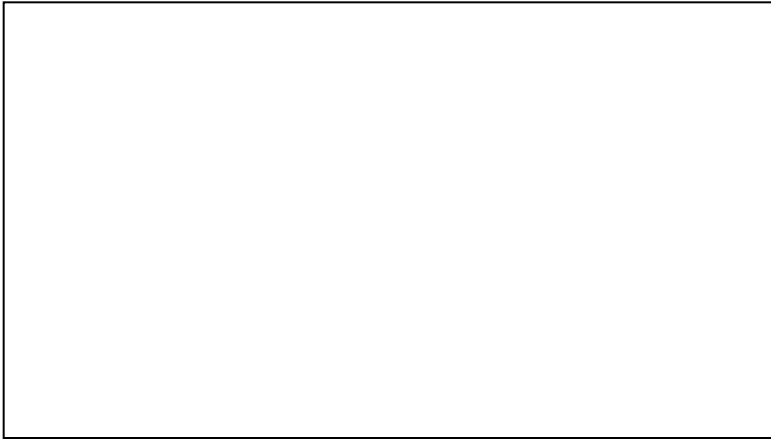
# Recovery: Eleanor Longden



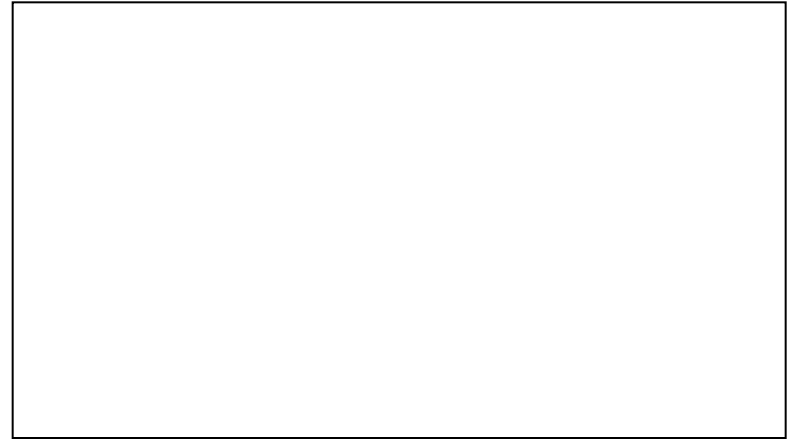


# Recovery Narratives

Ryan's Story



Melissa's Story



- Click on the links to hear Ryan and Melissa's recovery journeys

# Recovery: Elyn Saks



# Recovery Narrative

Another viewpoint from In Our Own Voice: African American Stories of Oppression, Survival, and Recovery in Mental Health Systems.

<https://power2u.org/wp-content/uploads/2017/01/InOurOwnVoiceVanessaJackson.pdf>

# Mental Health Resources

- Bazelon Center for Mental Health Law

[www.bazelon.org](http://www.bazelon.org)

- National Alliance on Mental Illness (NAMI)

[www.nami.org](http://www.nami.org)

- National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

- National Mental Health Association

- [www.nmha.org](http://www.nmha.org)

- US Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration

- [www.samhsa.gov](http://www.samhsa.gov)

- U. S. Psychiatric Rehabilitation Association

- [www.uspra.org](http://www.uspra.org)

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# Question and Answer





# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



<https://bit.ly/3atydtL>

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**Website:**

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

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Northeast and Caribbean (HHS Region 2)

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

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