

Mental Health & Substance Abuse

Impact & Implications

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Outline

- Introduction
- The Neuroscience of Mental Health
- Multi-dimensional Framework
 - Bio-psycho-social-spiritual
- Biological Framework
- Psychological Framework
- Social Framework
- Spiritual Framework

Before We Begin....

- This will not be a lesson in anatomy/biology
- The precise causes (etiology) of most mental health and substance disorders are not known.
- There are more broadly identified variables that shape "risk factors"
- The Mind-Body Dichotomy
- Simply looking at the biological factors alone is not sufficient in explaining illness/disease
- The contributors both of health and disease are generally viewed as the interplay between biological, psychological, social, & (spiritual) factors.
(George Engel, 1977)
- This interplay is consistent across various types of illness: diabetes, alcoholism, schizophrenia, bi-polar disorder
example: a predisposition may be necessary but not sufficient to explain the

Before We Begin....

- Changes in physical status are accompanied by changes in mental and emotional status.
- "Clinical observations and scientific studies continue to show there can be no organic pathology without emotional reverberations nor can there be emotional upheavals without somatic representation" (Obayuwana, Carter 1982)
- Understand the disease but don't forget the person - they are not their disease.

We Confront...

- We Confront Hopelessness
- We Confront Ambivalence
- We Confront Doubt
- We Confront Shame
- We Confront Isolation
- We Confront Fear
- We Confront Grief

The Neuroscience of Mental Health Encompasses Studies Extending From

- > Molecular Events
- > Psychological Events
- > Behavioral Events
- > Societal Events

The Brain....

The brain is the "integrator" of thought, emotion, behavior, and health.

Expands The Scope Of Our Interventions

Biological Framework

Biological *Influences* On Mental Health and Mental Disorders

- Genetics (transmission of vulnerability)
- Infections
- Physical Trauma
- Nutrition
- Hormones
- Toxins

Biological Framework

Biological *Impact* Of Mental Health and Mental Disorders

- Depressed Immune Function
- Poor Wound Healing
- Infectious Diseases
- Cancer
- Cardiac Issues
- Hypertension
- ↓ Metabolism Of Fat and Cholesterol
- Metabolic Issues
- Renal Issues
- Hyperglycemia
- Obesity
- Impotence
- Fatigue

Psychological Framework

- Hope
 - ✓ A developmental achievement
 - ✓ A method of coping
 - ✓ Promotes and activates healing properties
 - ✓ Influences the onset, duration, prognosis and recovery from physical and mental illness
 - ✓ Hope promotes well-ness
 - ✓ When hope is absent death is hastened
 - ✓ The absence of hope (hopelessness) proved to be more significant than depression in predicting eventual suicide in the substance abuse population
- Beliefs
 - ✓ View Of Self
 - ✓ View Of Others
 - ✓ Placebo Effect
- Attitude/Thoughts
 - ✓ Who Am I -Not what am I
- Choice/Action
 - ✓ Attitude despite the circumstance
 - ✓ Acceptance of What Can't Be Changed
 - ✓ Control Over What Can Be Changed /Adjusted

Social Framework

- Receptive Environment
- Connectedness -belonging to not separate from (openness to the world)
- Relationships With Others
 - Away from isolation &aloneness- shared experience
 - Freedom From Shame
 - Courage to attempt/endure /heal
 - Ability to give
 - Ability to "tell story"-create meaning
- Supports
 - Family Dynamics
 - Others

Spiritual Framework

- Identification & Openness To The Divine
- Active Involvement
- Trusted Anticipation
- Purpose In The Suffering -Higher Meaning
 - We are not powerless or helpless
 - Intensifies the search for what is most sacred
- "Not Forgotten"
- The Human Spirit
- Acceptance Of Our Brokenness

Our Role...

- _____ of Hope
- _____ of Change
- _____ of Progress
- _____ of Recovery
