

Mental Health Peer Education Program



FOUNDATION *for* CALIFORNIA
COMMUNITY COLLEGES



WELLNESS • RECOVERY • RESILIENCE

CalMHSa: The California Mental Health Services Authority (CalMHSa) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSa are funded through the voter-approved Mental Health Services Act (Prop 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.

Module 1: Depression (full version)

Module 2: Stress & Anxiety

Module 3: Addiction

Module 4: Healthy Relationships



Depression

Mental Health Peer Education Program



Depression

What are the Symptoms of Depression?



Depression

Introduction to training for student peer-teaching program.

National Institute of Mental Health

<http://www.youtube.com/watch?v=mlNCavst2EU>



Identifying Depression



- Feeling sad, empty, hopeless, and/or worthless
- Difficulty making simple decisions
- Insomnia or excessive sleeping
- Decreased or increased appetite (weight loss or gain)
- Fatigue, loss of energy, lower sex drive
- Loss of interest in hobbies & activities
- Irritability, angry outbursts
- Crying spells for no apparent reason

Identifying Depression (cont'd)

- Frustration over small matters
- Restlessness
- Slowed thinking and movement
- Having thoughts of harming oneself
- Unexplained physical problems (back-pain or headaches)
- Feelings that the world would be better-off w/o me



Causes of Depression

What do you think causes depression?



Causes of Depression

Biology lack of some neurotransmitter chemicals in the brain

Genetics research shows that entire generations may be affected

Gender new research show that both men & women experience depression almost equally

Age elderly are at a higher risk due to poor health, living alone, and/or no social support

Trauma & Grief physical or emotional abuse, loss of a loved one or friend, or witnessing a traumatic event

Causes of Depression (cont'd)

Early Childhood Trauma abuse or loss of a parent

Health Conditions chronic health problems with slow or limited recovery

Life Adjustments & Stressful events e.g. both negative & positive events such as divorce, losing your home OR getting married, moving to another city

Substance Abuse alcohol, drug, and/or prescription abuse

Prescribed medications side affects related to meds used in treatment of physical or mental health issues

Diagnostic Process for Anxiety



Complete Physical Exam by
a medical professional

AND

Psychological Evaluation by
a mental health professional

If you are experiencing symptoms of depression, self-diagnosis is not recommended; as both medical and psychological evaluations are needed. The same can be said about self-medication, as dosage & medications may affect each person differently.

Typical Questions asked during the initial exam

When did you first notice your Symptoms of depression?

Do your biological relatives have depression or other mood disorders?

What other mental/physical health conditions impact you?

Do you use illegal drugs or drink alcohol?

How much sleep do you get at night & does it fluctuate?

Criteria for Depression

Within the same 2 weeks, nearly every day, must include either depressed mood or decreased interest along with 4 other criteria.

Mood (person must report depressed mood or appears to be depressed)

Interests (person must report decreased interest or pleasure of nearly all activities)

Eating and Weight (appetite is markedly decreased nearly everyday)

Sleep (person sleeps excessively or not enough)

Observable Psychomotor Activity (person's activity is speeded up or slowed down)

Criteria for Depression (cont'd)

Within the same 2 weeks, nearly every day, must include either depressed mood or decreased interest along with 4 other criteria.

Fatigue (person is observed to have tiredness or loss of energy)

Self-Worth (person feels worthless or inappropriately guilty, perhaps even delusional)

Concentration (person is indecisive or has trouble thinking)

Death (Suicidal Ideation) (person has repeated thoughts of death, about suicide (with or without a plan), or has made a suicide attempt)

These Symptoms must cause distress or impair work, social, or personal functioning.

How to Help Someone with Depression



Video:

<http://www.youtube.com/watch?v=l3qnVjgKQjE>

Treatment for Depression



Seek Individual Counseling by a
Psychotherapist

or

Attend a Support Group

AND

Good nutrition, exercise, being outdoors
adequate sleep, & perhaps medications:

Prozac
Paxil

Zoloft
Lexapro

Celexa

If you have severe depression that's interfering with your ability to function, medication may be right for you. However, many people use anti-depression medication when therapy, exercise, or self-help strategies would work just as well or better—minus the side effects and potential risks.

physical health



Depression

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Many people recover from their mental health issues; however, some continue having problems which escalate to a crisis.

Now we are going to talk about how to help someone feeling hopeless, depressed, and wanting to harm themselves

Please be advised that calling for emergency assistance is always recommended.

Warning Signs of a Suicide

Call 9-1-1, or seek immediate help when you hear or see any one of these behaviors:

Someone threatening to hurt or kill themselves

Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means

Someone talking or writing about suicide, or about death and dying when this is out of the ordinary for them

Source: Adapted from Suicide Prevention Resource Center, www.sprc.org

Warning Signs of a Suicide (cont'd)

If someone you care about is showing any or a combination of the following behaviors, have them or help them call the **San Diego Crisis Hotline at (888) 724-7240**. You could be saving their life!

Signs Of Concern

Hopelessness

Rage, anger, seeking revenge

Acting reckless or engaging in risky activities, seemingly w/o thinking

Feeling trapped—like there's no way out

Increasing alcohol or drug use

Withdrawing from friends, family or society

Warning Signs of a Suicide (cont'd)

San Diego Crisis Hotline at (888) 724-7240

Signs Of Concern (cont'd)

Anxiety, agitation, unable to sleep, or sleeping all the time

Dramatic mood changes

No reason for living; no sense of purpose in life

Someone close to them has died by suicide in the past

The person has attempted to kill themselves in the past

The person is saying good-bye to family & friends

The person is giving their possessions away

Source: Adapted from Suicide Prevention Resource Center, www.sprc.org



HOW to Help Someone in Crisis

Get sound advice prior to talking with a troubled person by talking with family or friends, a school counselor, campus nurse, campus security, or your religious or spiritual counselor. When in doubt, call: the **Access & Crisis line (888) 724-7240**.

It's important to notice and follow-up when someone you know is acting out of character.



Source: PACE University



HOW to Help Someone in Crisis (cont'd)

- Listen & accept the other person's feeling. Try not to judge or argue.
- Be direct and listen; don't act shocked by their plans.
- If a person is near taking action, call 911 and never leave them alone.
- Do NOT allow yourself to be sworn to secrecy.
- If you need help, look around for someone to assist you.
- Offer to go with the person to seek help from a parent, a counselor, or other source of support.

Source: PACE University

HOW to Help Someone in Crisis (cont'd)

Examples of what to say:

- Ask open-ended questions, not questions that result in yes/no answers.
- Show genuine concern with your voice tone and body language.
- Be present, focus on that person.
- "I'm concerned about you, are you doing okay?"
- "So...what's your name, what's going on with you?"
- "Tell me about yourself."
- "How does that make you feel?"

HOW to Help Someone in Crisis (cont'd)

Examples of what to say (cont'd):

- ❑ "Tell me more about..."
- ❑ "I can understand that you would be upset about..."
- ❑ "Do you need help with anything? How can I help you?"
- ❑ "Do you have friends or family that you can call?"
- ❑ "Let's walk over to Student Health Services."

Finally, please remember, when someone is feeling hopeless, depressed, along with thoughts of harming themselves; you may be the one that provides a lifeline to that person.

Mental Health Peer Education Program

For Online Mental Health Screenings covering

Alcohol & Drug Addiction

Depression

Anxiety

Eating Disorders

Please go to www.miracosta.edu/healthservices
and select Online Health Screenings.

It's confidential, anonymous, and free.



Mental Health Peer Education Program

If interested in becoming a student peer educator on mental health,
please visit Health Services

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