Mental Health Treatment

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Most Commonly Seen Diagnoses

- Acute Stress Disorder
- Posttraumatic Stress Disorder (PTSD)
- Major Depressive Disorder (MDD)
- Bipolar Disorder
- Suicidal Behaviors
- Schizophrenia
- Borderline Personality Disorder (BPD)
- Co-occurring mental health and/or
 - substance abuse disorders



Most Commonly Recommended Treatments

- Medication
- Cognitive Behavioral Therapy (CBT)
- Family Therapy
- Psychoeducation/Psychosocial Treatment
- Dialectical Behavior Therapy (DBT)
 - Group
 - Individual



Medication Anti-depressants Prozac Ridonopin Paxil Zoloft Wellbutrin Lexapro Celexa Mood stabilizers Lithium Depakote Lamictal Medication Risperdal Anti-anxiety Ridonopin Ativan Ativan Sunax Buspar Beta Blockers Beta Blockers Anti-psychotics Zyprexa Aplify Seroquel Risperdal Geodon

Cognitive-Behavioral Therapy

- Learning processes play a critical role in the development and maintenance of maladaptive behavioral patterns.
- Encourage clients to recognize, avoid, and handle situations where they may be vulnerable to relapse.
- ABCs



CBT Steps

- Comprised of a collection of strategies directed at enhancing **self-control**.
- Practices anticipating likely problems and cultivating effective coping strategies.
- Exploring the positive and negative consequences of continued problematic behavior.
- Self-monitoring to identify symptoms and recognize high-risk situations.
- Developing tactics for avoiding and coping with high-risk situations.

CBT for Trauma Related Disorders

- Exposure therapy helps people face and control their fear. The therapist uses these tools to help people cope with their feelings.
- Cognitive restructuring helps people make sense of the bad memories. The therapist helps people look at what happened in a realistic way.
- Stress inoculation training tries to reduce symptoms by teaching a person how to reduce anxiety.

CBT for Mood Disorders

- Focus on what situations increase negative thoughts about the self, others, or the world.
- Behavioral Activation
- Self-monitoring of symptoms
- If suicidal, thinking about effects of death on others.

Family Therapy

- Family Collaboration
 - Working with the family to promote understanding of illness.
 - Help families learn not to walk on eggshells.
- · Help families learn to work together.
- What is the family willing to do vs. what they <u>can</u> do vs. what's actually helpful?



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Why bother with families?

- Important due to the significant impact of family support on recovery.
- Get the family on the same page as the treatment team.
- Sometimes family members inadvertently do things that disrupt progress in treatment.
- Help them relearn how to parent.



Psychoeducation

- Usually in a group format
- Develop an understanding about:
 - Their own illness
 - Their child's illness
 - Domestic Violence
 - Substance Use
 - Parenting Skills
 - Anger Management



Psychosocial Groups

- How to manage illness
- Rehabilitation
 - Job counseling
 - Money management
 - Transportation needs
- Deal with everyday challenges
 - Self-care
 - Communication
 - Work
 - Forming and keeping relationships

Dialectical Behavior Therapy **DBT**

- Group
 - Skills development with feedback from others like them
- Individual
 - Chance to review homework
 - Practice skills
 - Motivation to stick to plan
 - · Learn new ways to apply skills



DBT

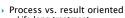
- General goals of skills training: To learn and refine skills in changing behavioral, emotional, and thinking patterns associated with problems in living that are causing misery and distress.
- Specific goals:
 - Core mindfulness training
 - Interpersonal effectiveness
 - Emotional regulation training
- Distress tolerance training



Outcomes

- Medication reduces symptoms vs. eradicates
- Psychoeducational/psychosocial groups
- Understanding vs. treatment Learning new behaviors Relearning old behaviors

- Correcting old behaviors



- Life long treatment Reduction in impulsiveness, angry outbursts Improvement in daily living, functionality

- Medication compliance
 Adherence to treatment plan with DSS
 DBT often needs to be repeated

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