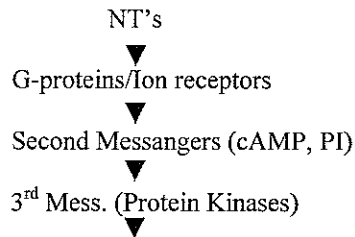


Mental Health Education Class

1. What are symptoms of mental illness?
 - a. Overlays of mood and anxiety symptoms from MOM workbook
 - b. Use white board to list psychotic and manic symptoms (in layman terms)
2. Who gets mental illnesses?
 - a. Depression: 2-4 to 1; F to M (20%-5 to 10%); child-bearing yrs are incr'd times of vulnerability for women.
 -
 - b. Bipolar: 1% (type I), 2-5% (type II, NOS); M=F
 - 3-16 fold risk in first degree relative
 - 24% concordance in dizygotic twins; 67% in monozygotic twins
 - 15-19% lifetime suicide risk
 - c. PTSD: 3% in general population; 30% in V.N. combat vets; 90% in torture victims
 - d. BPD: 2% gen. Population; 20% in inpt psych setting
 - 2/3 have comorbid substance abuse disorder
 - 10-15% lifetime suicide risk
 - e. Schizophrenia: 1% of population; M=F; 10% risk to sibling, 5% risk to child, 50% if both parents have the disorder, 50% with monozygotic twins
 - Decr'd frontal lobe activity
 - Decr'd gray matter, decr'd volume of hippocampus, profrontal cortex, caudate, thalamus, superior and medial temporal cortex, enlarged ventricles
 - f. Panic: 1-3% prev.; P.D. w/agoraphobia 4:1 (F:M) & 2:1 (F:M). Bimodal onset- adolescence & mid 30's. 8 fold risk for 1st degree relatives. Incr'd migraine association, especially in males w/ PD.
3. What are the risk factors for a mental illness? Go over Neuroprotective Filter
4. What do we know about how medications (& therapy) can help my brain?



Rapid, Short-term, Long-term modulatory processes (Ion channel activated, NT synthesis/release, Regulation of Gene expression) effected by the cascade

- Example of Hippocampal neurons (pyramidal and granule cells) under long-term stress:

Normal: Genetics + environment = Normal Survival and Growth

Stress: ▲ Stress → ▲ Glucocorticoids → ▼ BDNF = Atrophy or Death of Neurons

Antidepressants/ECT: ▲ 5HT & NE → ▲ BDNF → ▼ Glucocorticoids = Incr'd survival & growth of Neurons

5. How to successfully work with your doctor to treat you condition? (Improve/resolve s/s, minimal or no SE's, understand that effective treatment is a 2-way street of trust, communication and education
6. What do you need to know about the medication(s) that you take?
 - a. Diagnosis and symptoms
 - b. Name and dose of medication(s); common and rare(but serious) side effects

Mental Health Education
~~Psychoeducation Class~~

1. Symptom education
 - A. Education about signs and symptoms of depressive, anxiety and psychotic disorders
2. Who gets mental illnesses?
 - A. Education about epidemiology of major mental disorders including some substance abuse disorders
3. What puts someone at risk for a mental illness?
 - A. Review of data showing associated genetic, anatomical, physiological, psychological, environmental contributors to the development of major mental illnesses
4. What goes wrong with the brain?
 - A. Theories of what goes wrong (cellularly/biochemically) and what helps
5. Brief overview of medications and therapy for mental illness
6. How to successfully work with your doctor and/or therapist to treat your condition