



CMHA-CEI

Training Unit

SUPPORTING PEOPLE WITH SPECIAL NEEDS

COURSE CONTENT

- × Introduction
- × Developmental Disabilities
- × Mental Illness
- × Substance Use Disorders
- × Dual Diagnosis
- × Children Services





INTRODUCTION

CMHA-CEI PROGRAMS

- ✘ People who receive supports and services from CMHA-CEI face many challenges which result in a variety of needs.
- ✘ CMHA-CEI provides supports and services through four programs
 - + Community Services for the Developmentally Disabled
 - + Adult Mental Health Services
 - + Substance Abuse Services
 - + Children's Services



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- ✘ This course will provide some basic information about the most common challenges served by each of these departments.
 - ✘ Definitions and characteristics of each challenge will be provided





CSDD

COMMUNITY SERVICES FOR THE DEVELOPMENTALLY DISABLED

WHAT IS A DEVELOPMENTAL DISABILITY?

- × The term “developmental disabilities” describes a variety of physical and mental disorders and conditions.
- × Developmental disabilities are lifelong disabilities resulting from physical or intellectual impairments, or a combination of both.
- × These disabilities present themselves before the age of 22.

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- ✘ Developmental disabilities impact daily functioning in three or more of the following areas:
 - + ability to support oneself economically
 - + ability to live independently
 - + mobility
 - + learning
 - + receptive and expressive language
 - + self-care
 - + self-direction



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- × Developmental disabilities can be severe, moderate, or mild, depending on an individual's support needs
 - × CMHA-CEI serves individuals who require a combination and sequence of special, interdisciplinary, or generic supports.
 - × Services may be lifelong or of an extended duration.
 - × All services are individually planned and coordinated.

TYPES OF DEVELOPMENTAL DISABILITIES

× There are four basic groups of Developmental Disabilities

1. **Nervous system disabilities**

- × These are birth defects that affect the functioning of the brain, spinal cord, and nervous system, which can impact intelligence and learning.
- × These conditions can also cause problems such as behavioral disorders, speech or language difficulties, convulsions, and movement disorders.

2. **Sensory-related disabilities**

- × Sensory-related problems are often a key part of complex birth defect patterns.

3. **Metabolic Disorders**

- × This group of functional birth defects affects a person's metabolism, which is the way the body builds up, breaks down, and otherwise processes the materials it needs to function

4. **Degenerative Disorders**

- × Some infants born with degenerative disorders appear normal at birth, but then lose abilities or functions due to the in condition. In these cases, the defect is usually not detected until an older age, when the child or person starts to show signs of loss of function

Nervous system disabilities

Intellectual Disabilities

- ✘ The types of intellectual disabilities are actually different levels of severity, which differ by IQ score.
- ✘ These levels include mild, moderate, severe and profound intellectual disability.



NERVOUS SYSTEM DISABILITIES

INTELLECTUAL DISABILITIES

- × **Mild** intellectual disability, the patient has an IQ between 52 and 69, and can learn up to around the sixth grade level,
- × **Moderate** intellectual disability, the patient has an IQ of between 36 and 51. Children with a moderate intellectual disability can learn communication, but have poor social awareness.
- × **Severe** intellectual disability, the patient's IQ is between 20 and 35, can speak a couple of words, but has poor motor coordination.
- × **Profound** intellectual disability, involves an IQ of 19 or below.

NERVOUS SYSTEM DISABILITIES

INTELLECTUAL DISABILITIES

- × Between 40 and 50 percent of intellectual disability causes are not known.
- × Some are due to a genetic condition, such as Down Syndrome.





Sujeet Desai.



- × *I am 30 years old musician and a motivational speaker.*
- × *I play 7 different instruments and provide entertainment*
- × *Besides music I am training for 3 rd degree black belt in Tae Kwon Do.*
- × *In 2001 I graduated from Fayetteville- Manlius high school in Syracuse, NY with an Honor Roll. In May 2003 I graduated from Berkshire Hills Music Academy in South Hadley, Massachusetts after two - year residential Post-Secondary study in Music & Human services.*
- × *I travel in United States as well internationally to give music concerts as well give motivational speeches with musical power point workshops.*
- × *I am a recipient of many National and International awards.*
- × *I am a National spoke person for Down syndrome and an ambassador of Down Syndrome International (based in London).*
- × *My goal is to advocate for individuals born with special needs and raise awareness in the community about these individuals so that they are accepted like any other citizen in the community.*
- × *Oh! I forgot to mention that I was born with Down syndrome!*

NERVOUS SYSTEM DISABILITIES

INTELLECTUAL DISABILITIES - CAUSES

- ✘ If the mother drinks alcohol during pregnancy and the child develops one of the fetal alcohol spectrum disorders, an intellectual disability may occur.
- ✘ Conditions such as meningitis, whooping cough and the measles may also cause an intellectual disability.
- ✘ Other possible causes include poor nutrition, toxin exposure, and problems during the pregnancy or while giving birth.

NERVOUS SYSTEM DISABILITIES

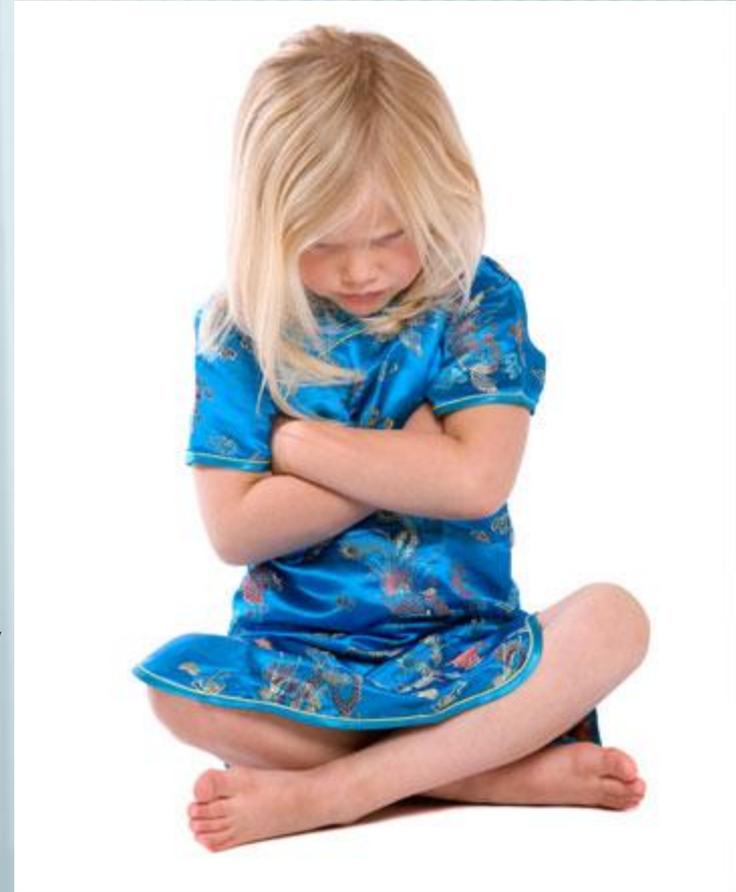
SENSORY-RELATED DISABILITIES

- × *Sensory processing disorder* or **SPD** is a Neurological disorder causing difficulties with taking in, processing and responding to sensory information about the environment
- × Unlike blindness or deafness, sensory information can be interpreted and processed differently by the brain.
- × The result can be unusual ways of responding or behaving, finding things harder to do.

NERVOUS SYSTEM DISABILITIES

SENSORY-RELATED DISABILITIES

- × Difficulties may typically present as:
 - + difficulties planning and organizing,
 - + problems with doing the activities of everyday life
 - + For some with extreme sensitivity, sensory input may result in extreme avoidance of activities, agitation, distress, fear or confusion.



NERVOUS SYSTEM DISABILITIES

AUTISM

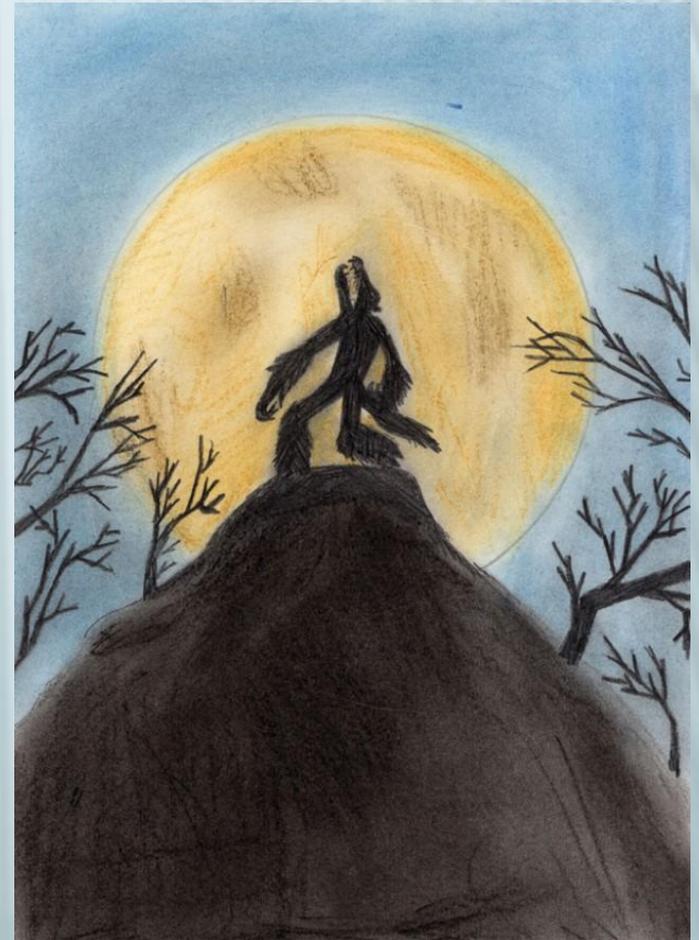
- × Complex developmental disability that typically appears during the first three years of life,
- × Four times more prevalent in boys than girls
- × Knows no racial, ethnic, or social boundaries.
- × Children and adults with autism typically have difficulties in:
 - + verbal and non-verbal communication,
 - + social interactions
 - + leisure or play activities.
- × In some cases, aggressive and/or self-injurious behavior may be present.

NERVOUS SYSTEM DISABILITIES

AUTISM

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 - + verbal and non-verbal communication,
 - + social interactions
 - + leisure or play activities.
- ✘ In some cases, aggressive and/or self-injurious behavior may be present.

By Wout Devolder, age 14 (Child with Autism)
On May 8, 2008, my nephew Ben and my niece Sanne died in a fire. I was very sad and desperate. Because I didn't have words to express my despair, I drew this werewolf.





- × **Temple Grandin** is an American doctor of animal science and professor at Colorado State University, bestselling author, and consultant to the livestock industry on animal behavior.
- × As a person with high functioning autism, Grandin is also noted for her work in autism advocacy and is the inventor of the “squeeze machine” designed to calm hypersensitive people.

NERVOUS SYSTEM DISABILITIES

CEREBRAL PALSY

- × A functional disorder caused by damage to the brain during pregnancy, delivery, or shortly after birth. CP is the result of an episode that causes a lack of oxygen to the brain.
- × It is a life-long condition that affects the communication between the brain and the muscles, causing a permanent state of uncoordinated movement.

NERVOUS SYSTEM DISABILITIES

CEREBRAL PALSY

- × It is characterized by movement disorders
 - + tight limb muscles, rigidity
 - + purposeless movements,
 - + a lack of balance,
 - + or a combination of these disorders.
- × Individuals with cerebral palsy may (but not always) also experience;
 - + seizures,
 - + abnormal speech,
 - + hearing and visual impairments
 - + mental retardation.



Writer and poet **Christy Brown** was born June 5, 1932 in Crumlin, Ireland, suffering from cerebral palsy and near total paralysis except for his left foot. His autobiography, *My Left Foot*, was expanded into a novel which became an international bestseller.

Metabolic Disorders

- × This group of functional birth defects affects a person's metabolism, which is the way the body builds up, breaks down, and otherwise processes the materials it needs to function. For example, how your body breaks down sugar to create energy is a metabolic process.
- × Two commonly known metabolic disorders include:
 - + Phenylketonuria
 - + Hypothyroidism

Metabolic Disorders

Phenylketonuria

- × Phenylketonuria (pronounced fee-nill-key-toe-NURR-ee-uh) or PKU is an inherited disorder of metabolism that can cause intellectual and developmental disabilities (IDDs) if not treated.
- × In PKU, the body can't process a portion of the protein called phenylalanine (Phe), which is in almost all foods. If the Phe level gets too high, the brain can become damaged.
- × All babies born in U.S. hospitals are now routinely tested for PKU soon after birth, making it easier to diagnose and treat them early.

DEGENERATIVE DISORDERS

- ✘ Some infants born with degenerative disorders appear normal at birth, but then lose abilities or functions due to the condition.
- ✘ In these cases, the defect is usually not detected until an older age, when the child or person starts to show signs of loss of function. Some degenerative disorders are the result of metabolic disorders.
- ✘ Degenerative disorders can cause physical, mental, and sensory problems, depending on the specific defect.



DEGENERATIVE DISORDERS

RHETT SYNDROME

- ✘ Rhett syndrome is a neurological and developmental disorder that mostly occurs in females.
- ✘ Infants with Rett syndrome seem to grow and develop normally at first, but then stop developing and even lose skills and abilities.
 - + They stop talking even though they used to say certain words.
 - + They lose their ability to walk properly.
 - + They stop using their hands to do things and often develop **stereotyped hand movements**, such as wringing, clapping, or patting their hands.



WHAT IS MENTAL HEALTH?

- × *Mental health*, as defined by the Surgeon General's Report on Mental Health, "refers to the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity."
- × Mental health is more than the absence of mental illness. Even though many of us don't suffer from a diagnosable mental disorder, it is clear that some of us are mentally healthier than others.

CHARACTERISTICS OF MENTAL HEALTH

- ✘ The ability to enjoy life
 - + Learn from the past
 - + Enjoy the present
 - + Plan for the future
- ✘ The ability to bounce back from adversity
 - + Copes with stress
 - + Seeks help from others
- ✘ The ability to maintain a balanced life
 - + Alone time vs. Social interactions
 - + Work vs. Play
 - + Rest vs. Exercise
- ✘ The ability to adapt
 - + Resolves conflicts
 - + Change in routines
 - + Emotional ranges
- ✘ The ability to know one's self
 - + Accepts strengths & weaknesses
 - + In the process of actualizing potential



WHAT IS MENTAL ILLNESS

- ✘ Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.
- ✘ Mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.
- ✘ Mental illnesses can affect persons of any age, race, religion, or income.
- ✘ Mental illnesses are not the result of personal weakness, lack of character or poor upbringing.
- ✘ Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

MOST COMMON FORMS OF MENTAL ILLNESS

- × **Anxiety disorders** - the most common group of mental illnesses. The sufferer has a severe fear or anxiety which is linked to certain objects or situations. Most people with an anxiety disorder will try to avoid exposure to whatever triggers their anxiety.
- × **Mood disorders** - these are also known as affective disorders or depressive disorders. Patients with these illnesses share disturbances or mood changes, generally involving either mania (elation) or depression.
- × **Psychotic Disorders** - a loss of contact with reality, usually including false beliefs about what is taking place or who one is (delusions) and seeing or hearing things that aren't there (hallucinations).
- × **Personality Disorders** - Conditions in which a person's long-term (chronic) behaviors, emotions, and thoughts are very different from their culture's expectations and cause serious problems with relationships and work.

ANXIETY DISORDERS

- × Disorders in which anxiety (persistent feelings of apprehension, tension, or uneasiness) is the predominant disturbance.



- + ***Generalized anxiety disorder*** is characterized by at least six months of a more-or-less constant state of tension or worry not related to any event.
- + ***Panic disorder*** is characterized by repeated, unprovoked attacks of anxiety or terror lasting up to 10 minutes.

ANXIETY DISORDERS

- × **Phobias** are irrational, involuntary and overwhelming fears that lead a person to avoid common objects, events or situations, including social situations and being out in public.
- × **Obsessive-compulsive disorder** is characterized by recurrent, persistent and intrusive thoughts or impulses that the person feels can be controlled by performing repetitive behaviors.
- × **Post-traumatic stress disorder** is severe stress lasting more than one month caused by being part of or witnessing a traumatic event.



MOOD DISORDERS

- ✘ Mood disorders render the sufferer an experience of a mood that is not congruent to the situation at that moment.
- ✘ The conditions of mood disorders normally persist in an individual for a long time and they disrupt the sufferer to a considerable extent of their day to day life.
- ✘ Mood disorders coexist with conditions such as post traumatic stress, anxiety and phobia.
- ✘ The cause of mood disorders is not fully understood, but an imbalance in brain chemicals known as neurotransmitters is likely to play a role. Sometimes mood disorders may be related to a medical condition, substance abuse, life events, or other causes.

COMMON MOOD DISORDERS



- + **Major depression** - the sufferer is no longer interested in and does not enjoy activities and events that he/she previously got pleasure from. There are extreme or prolonged periods of sadness.
- + **Bipolar disorder** - also known as manic-depressive illness, or manic depression. The sufferer oscillates from episodes of euphoria (mania) and depression (despair).
- + **Dysthymia** - mild chronic depression. Chronic in medicine means continuous and long-term. The patient has a chronic feeling of ill being and/or lack of interest in activities he/she once enjoyed - but to a lesser extent than in major depression.
- + **SAD (seasonal affective disorder)** - a type of major depression. However, this one is triggered by lack of daylight. People get it in countries far from the equator during late autumn, winter, and early spring.



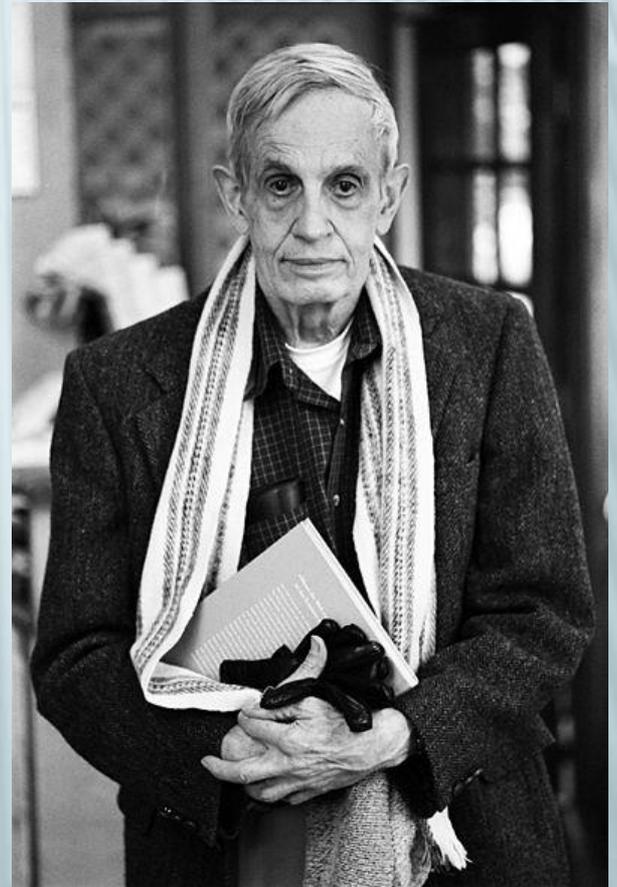
PSYCHOTIC DISORDERS

- ✘ Psychotic disorders are a group of serious illnesses that affect the mind.
- ✘ These illnesses alter a person's ability to think clearly, make good judgments, respond emotionally, communicate effectively, understand reality, and behave appropriately.
- ✘ When symptoms are severe, people with psychotic disorders have difficulty staying in touch with reality and often are unable to meet the ordinary demands of daily life.
- ✘ However, even the most severe psychotic disorders usually are treatable.

COMMON PSYCHOTIC DISORDERS

- × **Schizophrenia** - People with this illness have changes in behavior and other symptoms that last longer than six months, usually with a decline in work, school and social functioning.
- × Symptoms may include delusions, hallucinations, catatonia, and disorganized speech or behavior.
- × There are five types of schizophrenia based on the kind of symptoms the person has at the time of assessment:
 - + paranoid,
 - + disorganized,
 - + catatonic,
 - + undifferentiated,
 - + residual.
- × Schizophrenia is considered to be the result of a complex group of genetic, psychological, and environmental factors.
- × People with schizophrenia are at increased risk of having a number of other mental-health conditions, committing suicide, and otherwise dying earlier than people without this disorder.

- ✘ **John Forbes Nash, Jr.** (born June 13, 1928) is an American mathematician who has provided insight into the forces that govern chance and events inside complex systems in daily life. His theories are used in market economics, computing, evolutionary biology, artificial intelligence, accounting, politics and military theory.
- ✘ Serving as a Senior Research Mathematician at Princeton University during the latter part of his life, he shared the 1994 Nobel Memorial Prize in Economics Sciences with game theorists Reinhard Selten and John Harsanyi.
- ✘ Nash is the subject of the Hollywood movie “*A Beautiful Mind*”. The film, loosely based on the biography of the same name, focuses on Nash's mathematical genius and struggle with paranoid schizophrenia.



COMMON PSYCHOTIC DISORDERS

- × ***Schizoaffective disorder*** - People with this illness have symptoms of both schizophrenia and a mood disorder, such as depression or bipolar disorder.
- × ***Substance-induced psychotic disorder***: This condition is caused by the use of or withdrawal from some substances, such as alcohol and crack cocaine, that may cause hallucinations, delusions or confused speech.
- × ***Psychotic disorder due to a medical condition***: Hallucinations, delusions or other symptoms may be the result of another illness that affects brain function, such as a head injury or brain tumor.
- × ***Paraphrenia***: This is a type of schizophrenia that starts late in life and occurs in the elderly population.

PERSONALITY DISORDERS

- ✘ Personality disorders are defined by experiences and behaviors that differ from societal norms and expectations.
- ✘ Those diagnosed with a personality disorder may experience difficulties in cognition, emotiveness, interpersonal functioning or control of impulses.
- ✘ This behavior can result in maladaptive coping skills, which may lead to personal problems that induce extreme anxiety, distress or depression.

COMMON PERSONALITY DISORDERS

- × *Schizoid personality disorder* - lack of interest in social relationships, seeing no point in sharing time with others.
- × *Histrionic personality disorder* – pervasive attention-seeking behavior including inappropriately seductive behavior and shallow or exaggerated emotions.

COMMON PERSONALITY DISORDERS

- × ***Borderline personality disorder (BPD)*** - is a pervasive pattern of instability in interpersonal relationships, self-image and emotions.
- × A person with this disorder will also often exhibit impulsive behaviors and have a majority of the following symptoms:
 - + **Frantic efforts to avoid real or imagined abandonment**
 - + **A pattern of unstable and intense interpersonal relationships** characterized by alternating between extremes of idealization and devaluation
 - + **Identity disturbance**, such as a significant and persistent unstable self-image or sense of self
 - + **Impulsivity** in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving)
 - + **Recurrent suicidal behavior**, gestures, or threats, or self-mutilating behavior
 - + **Emotional instability** due to significant reactivity of mood (e.g., irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
 - + **Chronic feelings of emptiness**
 - + **Inappropriate, intense anger** or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)
 - + **Transient, stress-related paranoid thoughts** or severe dissociative symptoms



- ✘ **Susanna Kaysen** attended high school at the Commonwealth School in Boston, and the Cambridge School before being sent to McLean Hospital in 1967 to undergo psychiatric treatment for depression.
- ✘ It was there she was diagnosed with *borderline personality disorder*. She was released after eighteen months.
- ✘ She later drew on this experience for her 1993 memoir “Girl interrupted”, which was adapted into a film in 1999. She was portrayed by Winona Ryder.



SUBSTANCE ABUSE SERVICES

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- × Substance-related disorders are disorders of intoxication, dependence, abuse, and substance withdrawal caused by various substances, both legal and illegal.
 - × ***Substance use disorders*** include abuse and dependence.
 - × ***Substance-induced disorders*** include intoxication, withdrawal, and various mental states (dementia, psychosis, anxiety, mood disorder, etc.) that the substance induces when it is used.

SUBSTANCE USE DISORDERS

SUBSTANCE DEPENDENCE

- ✘ Characterized by continued use of a substance even after the user has experienced serious substance-related problems.
- ✘ The dependent user desires the substance ("craving") and needs more of the substance to achieve the effect that a lesser amount of the substance induced in the past.
- ✘ The dependent user also experiences withdrawal symptoms when the substance is not used.



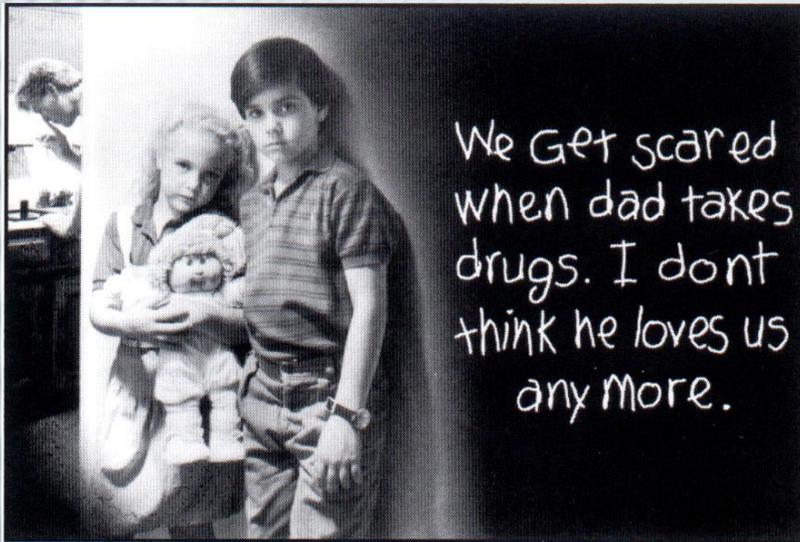
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SUBSTANCE USE DISORDERS

SUBSTANCE ABUSE



- ✘ Continued use of a substance in spite of school- or work-related or interpersonal problems, but the user has not gotten dependent on the substance.
- ✘ The individual who abuses a substance may experience legal problems and may have problems fulfilling responsibilities, such as caring for a child.

SUBSTANCE-INDUCED DISORDERS

INTOXICATION

- ✘ The direct effect of the substance after an individual has used or has been exposed to the substance.
- ✘ Different substances affect individuals in various ways, but some of the effects seen in intoxication might include impaired judgment, emotional instability, increase or decrease in appetite, or changed sleep patterns.



COMMONLY ABUSED DRUGS

- × **Barbiturates / Sedatives** - Depressant drugs known as barbiturates, rohypno, roofies, ruffies, GHB, tranquilizers and other names are particularly dangerous when used with alcohol
- × **Cocaine and Crack** - Cocaine is a powerfully addictive drug of abuse. Once having tried cocaine, a user cannot predict or control the extent to which he or she will continue to use the drug. **Crack cocaine** is the freebase form of cocaine that can be smoked.



COMMONLY ABUSED DRUGS

- × ***Date Rape Drugs*** - The danger of so-called date rape drugs is that they are usually concealed in the alcoholic drinks of the unsuspecting victims.
 - + **Rhynol & GHB** - Rohypnol and GHB emerged in the early 1990s as 'drug-assisted assault' or 'date rape' drugs. They are predominantly central nervous system depressants. They are colorless, tasteless, odorless, and can be slipped into a drink and unknowingly ingested.



Most Sexual Assaults are Drug Facilitated

Although less than five percent of sexual assault victims are immobilized by date-rape drugs, drugs play a role in 62 percent of the estimated 100,000 reported assaults committed in the United States each year, due to the voluntary drug use by the victims.



COMMONLY ABUSED DRUGS

- × *Hallucinogens* - Hallucinogens include a variety of substances including LSD, Psilocybin, Phencyclidine, Ecstasy and others, all of which can be abused.

+ LSD



- × Affects the brains of those who use it, distorting and altering their perceptions and sensations, but science really does not understand specifically all of the effects the drug has on the human brain.
- × What we do know is LSD (d-lysergic acid diethylamide) is one of the most potent mood-altering drugs available.
- × It causes profound distortions in the user's perception of reality that can last up to 12 hours.

COMMONLY ABUSED DRUGS

- ✘ **Marijuana** - a so-called gateway drug, is the most widely used illicit drug in the United States and tends to be the first illegal drug teens use.
 - + Marijuana is a mind-altering drug which ranks as the most popular illegal drug used in the U.S. It is a mix of dried flowers, leaves and stems from the hemp plant *Cannabis sativa*. The main active ingredient is THC.
 - + When smoked, it begins to effect users almost immediately and can last for one to three hours.
 - + When it is eaten in food, such as baked in brownies and cookies, the effects take longer to begin, but usually last longer.



COMMONLY ABUSED DRUGS



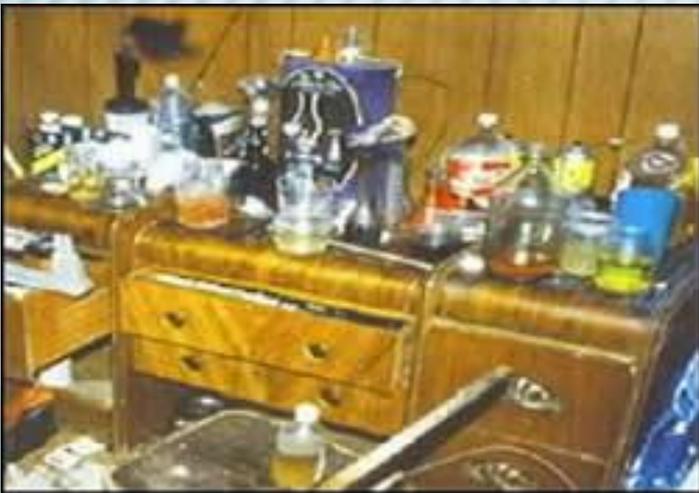
- × ***Inhalant Abuse*** - Breathable chemical vapors often found in common household products that contain volatile solvents or aerosols.
- × Inhalants are sniffed directly from the container, 'huffed' from a cloth saturated with the substance and held closely to the face, 'bagged' which is sniffing from a bag with the saturated cloth inside it or put on hands, fingernails or clothing enabling the user to inhale the fumes in public without being detected.

COMMONLY ABUSED DRUGS

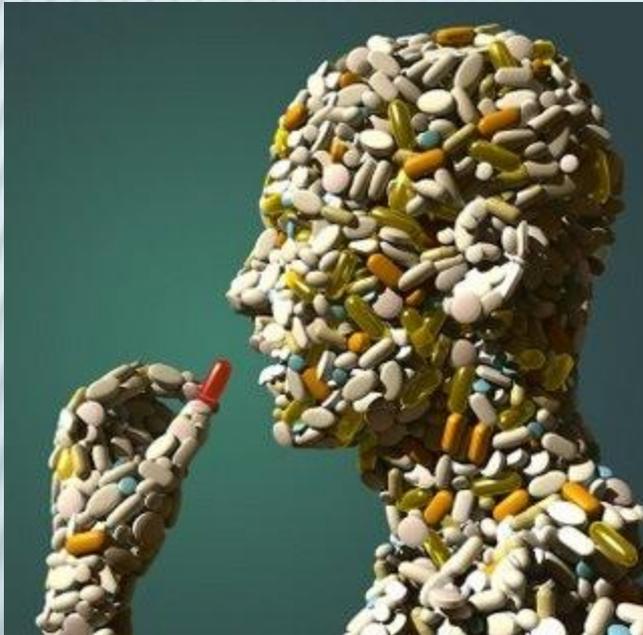
- × Inhalants fall into four major categories
 - + **Volatile Solvents** – industrial, household, art or office supply solvents or solvent-containing products. They include paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, correction fluids, felt-tip-marker fluid, and electronic contact cleaners.
 - + **Aerosols** - household aerosol propellants and associated solvents in items such as spray paints, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, and vegetable oil sprays.
 - + **Gases** - gases used in household or commercial products, including butane lighters and propane tanks, whipping cream aerosols or dispensers (whippets), and refrigerant gases, medical anesthetic gases, such as ether, chloroform, halothane, and nitrous oxide (laughing gas).
 - + **Nitrites** - Organic nitrites are volatiles that include cyclohexyl, butyl, and amyl nitrites, commonly known as "poppers." Amyl nitrite is still used in some medicine procedures. Volatile nitrites are often sold in small brown bottles labeled as "video head cleaner," "room odorizer," "leather cleaner" or "liquid aroma."

COMMONLY ABUSED DRUGS

- × **Methamphetamine** - Methamphetamine (Meth) is an addictive stimulant that strongly activates certain systems in the brain and speeds up the body's central nervous system. It was originally marketed as a nasal decongestant and is currently used medically in the U.S. for treating obesity.
- × The ingredients used to make methamphetamine in clandestine laboratories are generally household products that by themselves present little danger, but when combined can have serious toxic and explosive effects.



COMMONLY ABUSED DRUGS



- × *Prescription Medications* - With the sales of pain medication increasing to unprecedented levels in the United States and prescription drug addiction rising, the nation's growing drug abuse problem is taxing state and local resources.
- × Not only are families being adversely affected by drug addiction on a personal level, the problem is filling up jails, taxing treatment program resources and putting a burden on healthcare providers

DUAL DIAGNOSIS

- × Dual diagnosis refers to two diagnoses in one person and is most commonly used in relation to the concurrence of a psychiatric disorder along with substance abuse / dependence.
- × The term also can be used to describe the coexistence of an intellectual disability and a diagnosis of mental illness.



SUBSTANCE ABUSE & MENTAL ILLNESS

- × Dual diagnosis is more common than you might imagine. According to a report published by the Journal of the American Medical Association:
 - + Thirty-seven percent of alcohol abusers and fifty-three percent of drug abusers also have at least one serious mental illness.
 - + Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drugs.
- × The following psychiatric problems are common to occur in dual diagnosis with alcohol or drug dependency.
 - + Depressive disorders, such as depression and bipolar disorder.
 - + Anxiety disorders, including generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, and phobias.
 - + Other psychiatric disorders, such as schizophrenia and personality disorders.

MENTAL ILLNESS & DEVELOPMENTAL DISABILITIES

- ✘ Experts currently estimate that emotional, behavioral, and psychiatric disorders are three to four times more common in people with developmental disabilities.
- ✘ Dual Diagnosis is often overlooked in people with development disabilities because it's so difficult to identify the symptoms of mental illness.
- ✘ There is often a tendency to recognize only the developmental delay and attribute any odd behaviors to that condition.
- ✘ Limited communication skills makes it difficult or impossible for a person to describe their own experiences accurately in order to get the supports they need.



CHILDREN'S SERVICES

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- × The Children Services program provides supports to families who have a school-aged child with serious mental, behavioral, or emotional disorders that puts the child at risk for psychiatric hospitalization.
 - × In addition to the typical mental illnesses discussed earlier in this course, there are specific childhood conditions that are frequently served by the Children Services Program.

ATTENTION DEFICIT DISORDER

- ✘ Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and adulthood.
- ✘ Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity).
- ✘ An estimated 3 to 5 per cent of children are affected – approximately 2 million children in the US.
- ✘ ADHD is about three times more common among boys than girls.



ATTENTION DEFICIT DISORDER

- × ADHD has three subtypes:
 - Predominantly hyperactive-impulsive**
 - + Most symptoms (six or more) are in the hyperactivity-impulsivity categories.
 - + Fewer than six symptoms of inattention are present, although inattention may still be present to some degree.
 - × **Predominantly inattentive**
 - + The majority of symptoms (six or more) are in the inattention category and fewer than six symptoms of hyperactivity-impulsivity are present, although hyperactivity-impulsivity may still be present to some degree.
 - + Children with this subtype are less likely to act out or have difficulties getting along with other children. They may sit quietly, but they are not paying attention to what they are doing. Therefore, the child may be overlooked, and parents and teachers may not notice that he or she has ADHD.
 - × **Combined hyperactive-impulsive and inattentive**
 - + Six or more symptoms of inattention and six or more symptoms of hyperactivity-impulsivity are present.
 - + Most children have the combined type of ADHD.

OPPOSITIONAL DEFIANT DISORDER



- × Oppositional defiant disorder is a pattern of disobedient, hostile, and defiant behavior toward authority figures.
- × This disorder is more common in boys than in girls. Some studies have shown that it affects 20% of school-age children.

OPPOSITIONAL DEFIANT DISORDER

× Symptoms

- + Actively does not follow adults' requests
- + Angry and resentful of others
- + Argues with adults
- + Blames others for own mistakes
- + Has few or no friends or has lost friends
- + Is in constant trouble in school
- + Loses temper
- + Spiteful or seeks revenge
- + Touchy or easily annoyed



CONDUCT DISORDER

- ✘ A disorder of childhood with a persistent pattern of conduct in which the basic rights of others and the rules of society are disrupted or violated.
- ✘ A child or teen with conduct disorder may;
 - + Be physically aggressive; bully or threaten others; initiate fights; use weapons that could cause serious harm;
 - + stay out late without permission; steal, lie
 - + be or cruel to animals or humans;
 - + force someone into sexual activity;





REVIEW

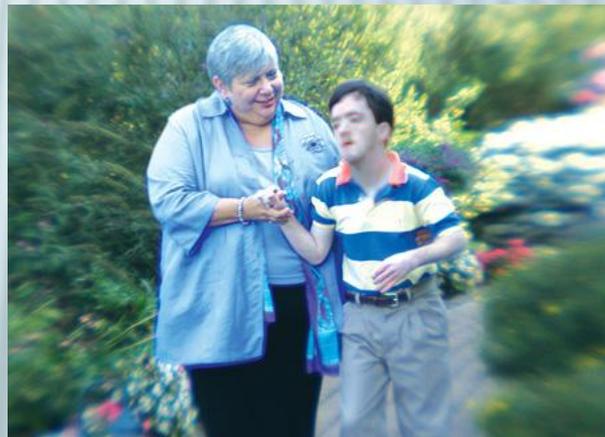
CMHA-CEI PROGRAMS

- × CEI provides services and supports to the residents of Clinton-Eaton-Ingham counties through four programs
 - + Community Services for the Developmentally Disabled
 - + Adult Mental Health Services
 - + Substance Abuse Services
 - + Children's Services



DEVELOPMENTAL DISABILITIES

- × Developmental disabilities are lifelong disabilities resulting from physical or intellectual impairments, or a combination of both.
- × These disabilities present themselves before the age of 22.



DEVELOPMENTAL DISABILITIES

INTELLECTUAL DISABILITIES

- × Levels of Intellectual disabilities include mild, moderate, severe and profound intellectual disability.
- × Possible causes of Intellectual Disabilities include:
 - + Genetic Conditions
 - + Alcohol consumption during pregnancy
 - + Meningitis, whooping cough, measles, high fevers during pregnancy
 - + Poor nutrition, toxin exposure, injuries during pregnancy.

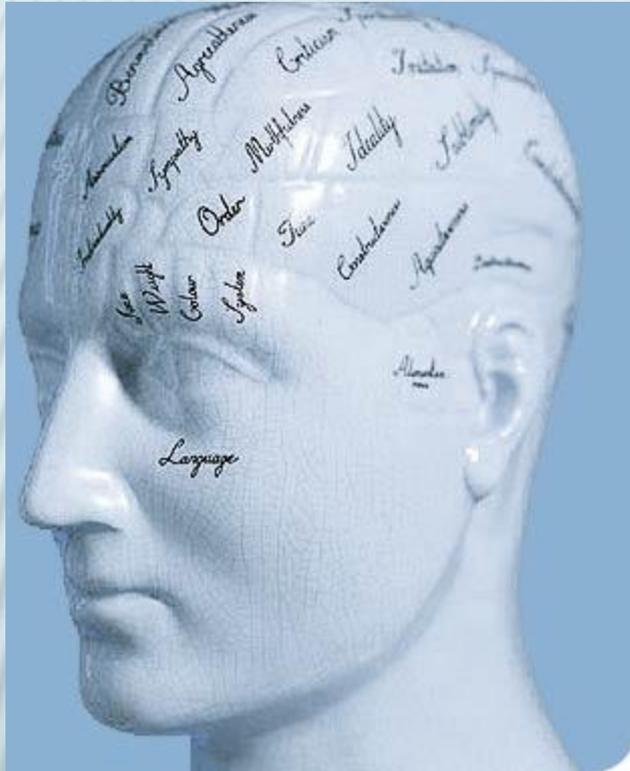
DEVELOPMENTAL DISABILITIES

✘ Additional types of Developmental Disabilities include:

- + Autism
- + Sensory-related Disabilities (SPD)
- + Cerebral Palsy
- + Rhett Syndrome
- + Down Syndrome



MENTAL ILLNESS



- × Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning.
- × Mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

MENTAL ILLNESS

- × The Four basic types of Mental Illness are:
 - + Anxiety Disorders
 - × persistent feelings of apprehension, tension, or uneasiness
 - + Mood Disorders
 - × Normally persist in an individual for a long time and they disrupt the sufferer to a considerable extent of their day to day life.
 - + Psychotic Disorders
 - × Alter a person's ability to think clearly, make good judgments, respond emotionally, communicate effectively, understand reality, and behave appropriately.
 - + Personality Disorders
 - × Defined by experiences and behaviors that differ from societal norms and expectations.

MENTAL ILLNESS

- × Common Anxiety Disorders include:
 - + Phobias - irrational, involuntary and overwhelming fears
 - + Obsessive Compulsive Disorders - or impulses that the person feels can be controlled by performing repetitive behaviors
 - + Post-Traumatic Disorders - severe stress caused a traumatic event.

MENTAL ILLNESS

× Common Mood Disorders Include

- + Major Depression - There are extreme or prolonged periods of sadness
- + Bipolar Disorder - The sufferer oscillates from episodes of euphoria (mania) and depression (despair).
- + Seasonal Affective Disorder - - a type of major depression, triggered by lack of daylight.

MENTAL ILLNESS

- × Common Psychotic Disorders include
 - + Schizophrenia - Symptoms may include delusions, hallucinations, catatonia, and disorganized speech or behavior.
 - + Schizoaffective Disorder - Symptoms of both schizophrenia and a mood disorder
 - + Paraphrenia - type of schizophrenia that starts late in life and occurs in the elderly population.

MENTAL ILLNESS

- × Common Personality Disorders include
 - + Schizoid Personality Disorder - lack of interest in social relationships
 - + Histrionic Personality Disorder - pervasive attention-seeking behavior
 - + Borderline Personality Disorder - a pervasive pattern of instability in interpersonal relationships, self-image and emotions

SUBSTANCE ABUSE SERVICES

- × Two Types of Substance Use Disorders
 - + *Substance use disorders* include abuse and dependence.
 - + *Substance-induced disorders* include intoxication, withdrawal, and various mental states (dementia, psychosis, anxiety, mood disorder, etc.) that the substance induces when it is used.

✘ Commonly Abused Drugs include:

- + Barbiturates
- + Cocaine & Crack
- + Date Rape Drugs
- + Hallucinogens
- + Marijuana
- + Inhalants
- + Meth
- + Prescription Drugs



DUAL DIAGNOSIS



- × Dual diagnosis refers to two diagnoses in one person.
- × The term is most commonly used in relation to the concurrence of a psychiatric disorder along with substance abuse / dependence.
- × The term also can be used to describe the coexistence of an intellectual disability and a diagnosis of mental illness.

CHILDREN'S SERVICES

- ✘ The Childrens Services provides supports to families who have a school-aged child with mental, behavioral, or emotional disorders.
- ✘ Along with common mental disorders, children may be challenged with:
 - + Attention Deficit Disorder
 - + Oppositional Defiant Disorder
 - + Conduct Disorder





- ✘ For taking the “Supporting People with Special Needs” Course.
- ✘ You must pass the final exam in order to receive credit for completing this course.