

INSPIRING HOPE: A COMMUNITY RESPONSE TO MENTAL HEALTH

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Let's talk about MENTAL HEALTH



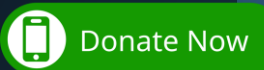
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EWWWWWWW.....



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Absence of a Mentally Healthy Community

- Financial Stress
- Domestic Violence
- Increased Crime Rates
- Unstable Employment
- School Violence
- Child Abuse
- Unwanted Pregnancies
- Homelessness
- Drug/Alcohol Abuse
- Increased Poverty
- Suicide Rates Increase

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#Mental Health Matters

- 1 in 5 adults experience MI
- Suicide rates are high (38,000/year-NIMH)
- 18% Comorbidity with Substance Abuse Disorder
- Economic Impact
 - The National Institute of Mental Health (NIMH) reported that 6% of the US population is affected by serious mental illness. The cost translates to 317.6 billion dollars in lost wages, disability expenses, and healthcare costs. will experience MI in their lifetime.
 - Depression/Anxiety cost the global economy \$1 trillion each year in lost productivity
 - Exceed costs related to heart disease, stroke, cancer and obesity-related illnesses.
 - By 2030, the global societal impact is expected to rise to \$6 trillion.

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Presence of a Mentally Healthy Community

Mental Health is defined as a state of *well-being* in which every individual realizes his/her own potential, can cope with the *normal stresses of life*, can work productively and fruitfully, and is able to make a *contribution to their community*.

World Health Organization

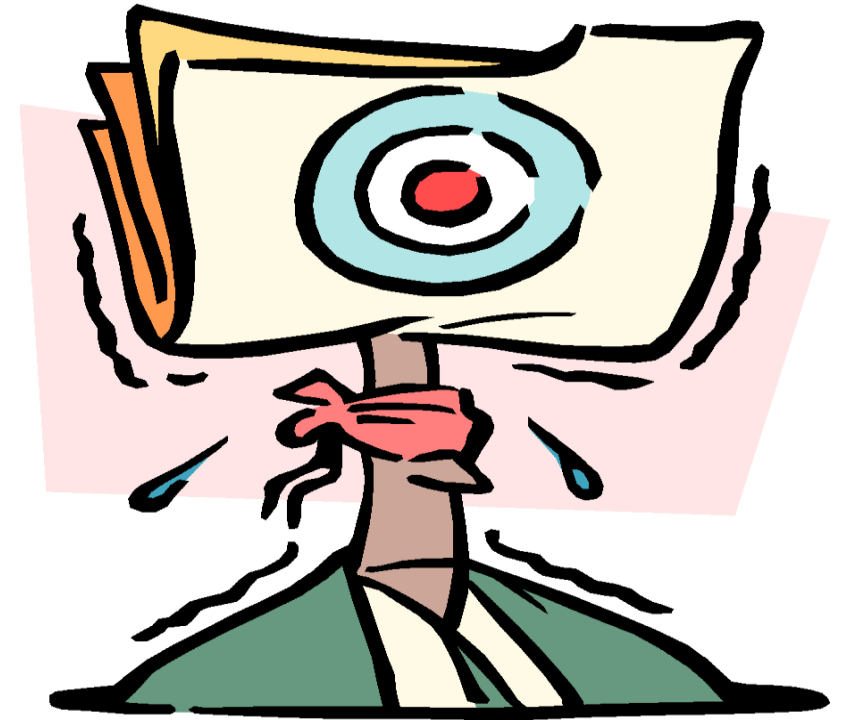
Mental Health = Community Health

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STRESS

Stress is defined as a meaningful and essential life force or stressor that places an internal or external demand on an organism to undergo change and readjust itself. (Thoits, 1994)



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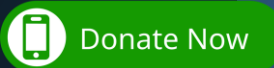
- A 25 year quest involving the CDC and 17,000 subjects
- Revealed that ACEs were “very common...and linked to every major chronic illness and social problem that the United States grapples with – and spends billions of dollars on.”
- Changed the way we view medical, mental, and social problems

From <https://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

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ACE STUDY

Adverse
Childhood
Experiences



TRAUMA IS A neurobiological experience

TRAUMA

Any negative experience that causes distress on a person's emotional and mental state (acute, chronic, or complex).

70% of adults in the U.S. **have experienced** some type of **traumatic** event at least once in their lives. That's 223.4 million **people**.

www.thenationalcouncil.org

About 6 of every 10 men (or 60%) and 5 of every 10 women (or 50%) **experience** at least one **trauma** in their lives.

www.ptsd.va.gov

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Mental Health is about the Brain



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RUNNING ON EMPTY

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Model for Burnout

Dr. Lanny Endicott

Compassion Fatigue



Overstress



Burnout

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COMPASSION FATIGUE (Figley, 1995)

Compassion fatigue is described as the natural, predictable, treatable and preventable unwanted consequence of working with suffering people, that is, the cost of caring.

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Indicators of Elevated Stress

- **Emotional Indicators**: anger, sadness, prolonged grief, anxiety, depression
- **Physical Indicators**: headaches, stomach aches, lethargy, sleep problems
- **Personal Indicators**: self-isolation, cynicism, mood swings, irritability with spouse/family
- **Work Indicators**: avoidance of certain clients, missed appointments, tardiness, and loss of motivation.

C. Endicott, 2006



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HIGH

LOW



HOW DO YOU
MEASURE YOUR
STRESS???

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ARE
WORTH
IT!**

Personalized Self-Care Plan

**Spiritual
Psychological
Physical
Emotional
Relational
Financial
Professional**

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YOU are not alone

T Talk about your own experience

A Ask others

L Listen to their needs

K Know the resources

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It starts with me...

×
“Do the
best you
can until
you know
better.
Then when
you know
better, do
better.”

- Maya Angelou

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