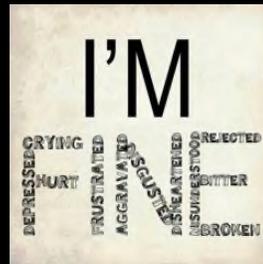


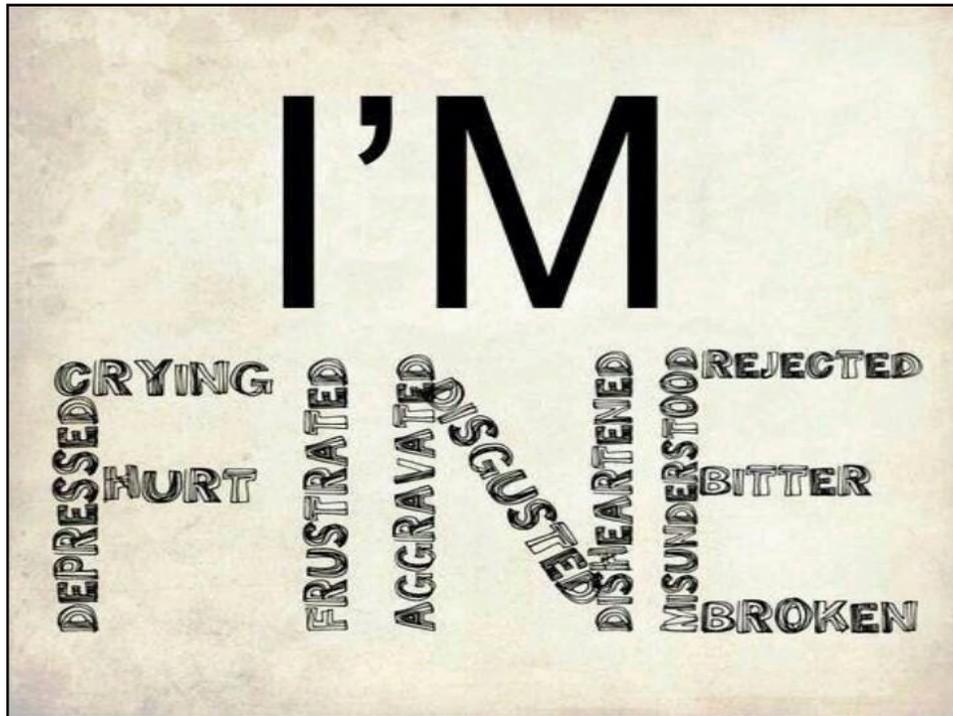
Understanding Mental Wellness

Facilitator
Dr. Nannette S. Funderburk



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MENTAL WELLNESS OVERVIEW

- Mental wellness includes our biological, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.

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CONTRIBUTING FACTORS

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems



WARNING SIGNS ⁶

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs (street or over-the-counter) more than usual
- Being angry or sad, seemingly, for no reason.
- No motivation to do things that ere once enjoyable

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ADVERSE CHILDHOOD EXPERIENCES STUDY (ACES)

- Study done in the 80s and 90s by physician operating an obesity clinic
- Patients were following directives but not losing weight
- Physician and a colleague studied the backgrounds of these patients
- The findings highlighted that a majority of the patients had experienced childhood trauma that they called ACES

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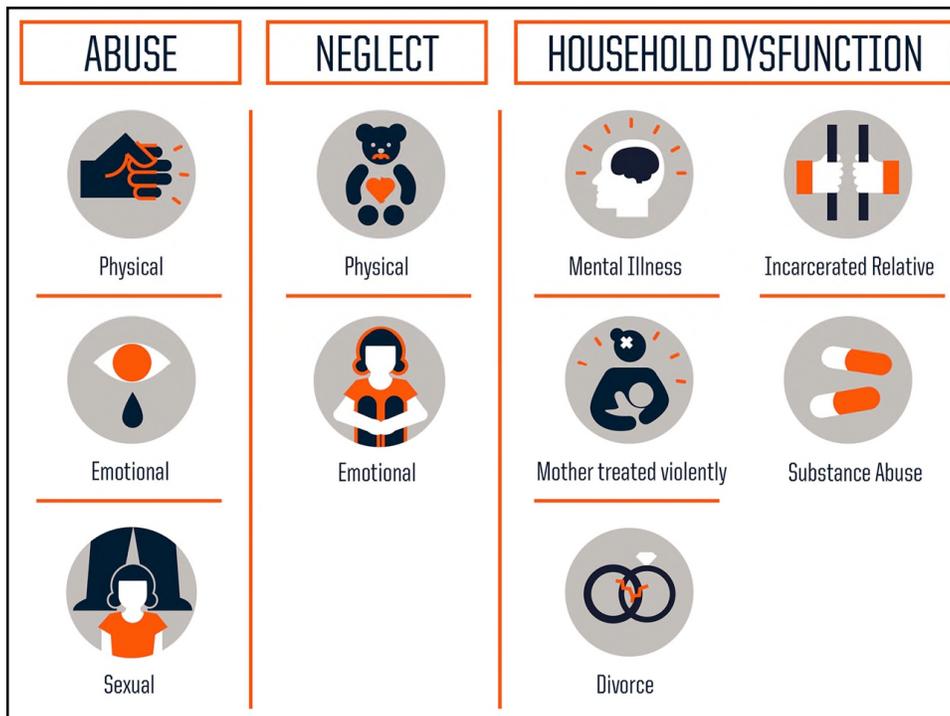
ADVERSE CHILDHOOD EXPERIENCES STUDY (ACES)

- The CDC's Adverse Childhood Experiences Study (ACE Study) uncovered a link between childhood trauma and the chronic diseases people develop as adults.
 - This also included social and emotional problems.
- Chronic diseases includes heart disease, lung cancer, diabetes and many autoimmune diseases, as well as depression, violence, being a victim of violence, and suicide.

www.acestoohigh.com

The first research results were published in 1998, followed by more than 70 other publications through 2015. They showed that:

- Childhood trauma was **very common**, even in employed white middle-class, college-educated people with great health insurance;
- There was a direct link between childhood trauma and adult onset of chronic disease, as well as depression, suicide, being violent and a victim of violence;
- More types of trauma increased the risk of health, social and emotional problems.
- **People** usually experience more than one type of trauma – rarely is it only sex abuse or only verbal abuse.



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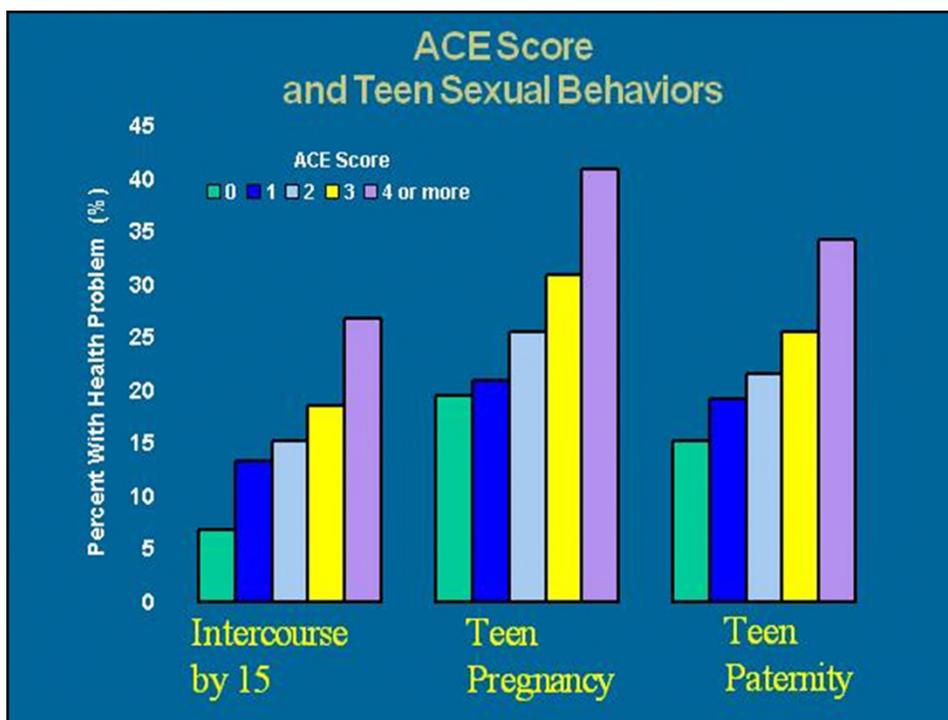
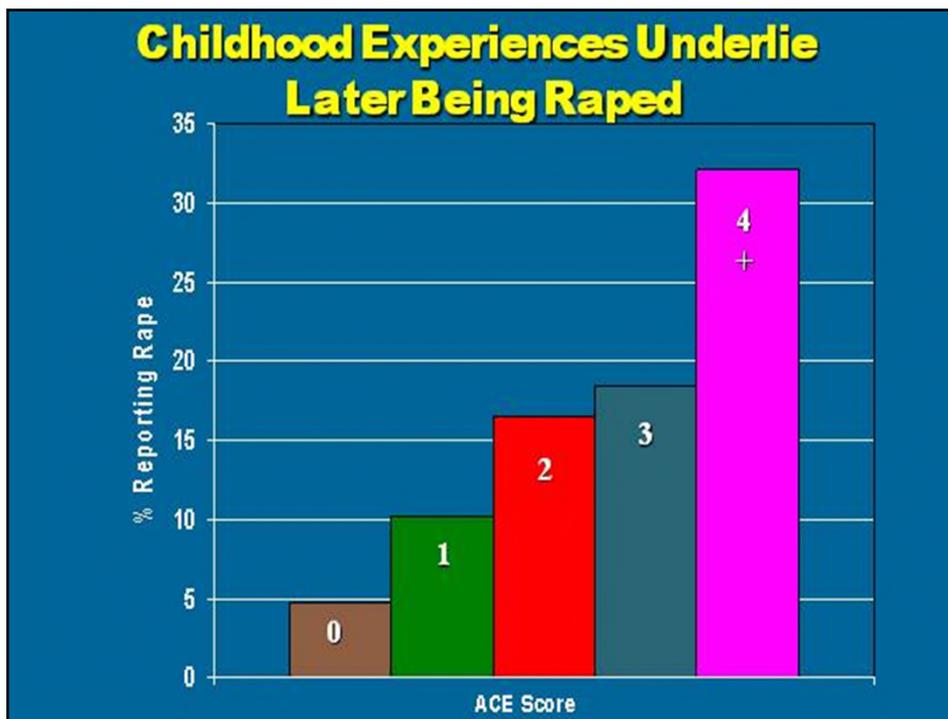
OTHER FINDINGS FROM THE ACES STUDY

- The child may not remember, but the body does not forget
- Exposure to trauma impacts children's developing brains and immune systems

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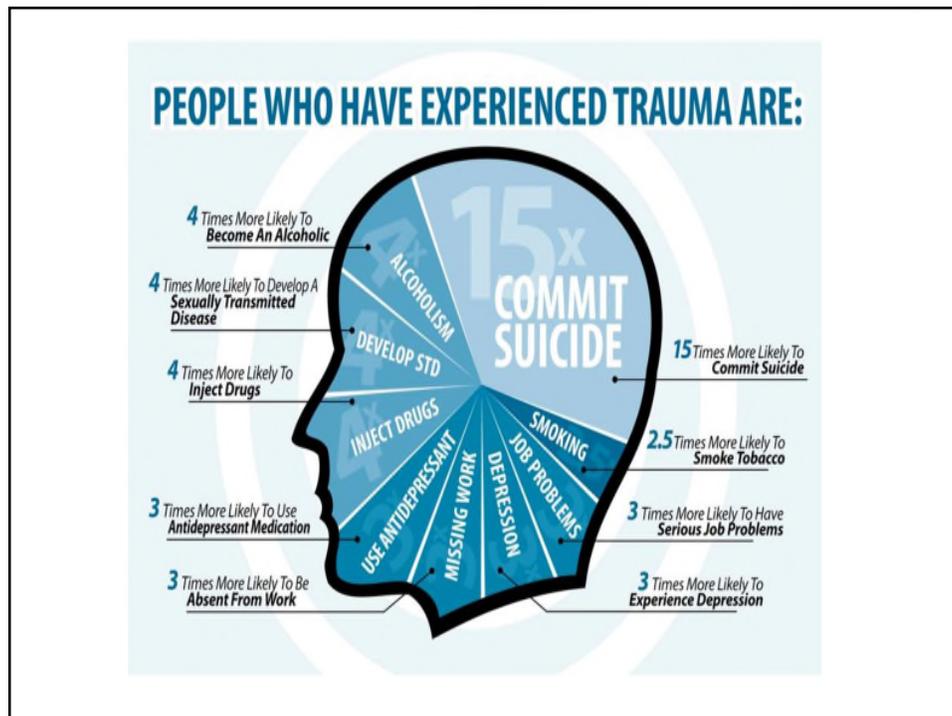
OTHER FINDINGS FROM THE ACES STUDY

- 2 ACES - Two times as likely to develop heart disease
- 4 ACES - Three times as likely to suffer from depression
- 6+ ACES - Twenty years lowered life expectancy



WOMEN AND ACES

- Mayo Clinic researchers report that women who suffered ACES or adverse experiences in adulthood were 62% more likely to have their ovaries removed before age 46.
- For reasons other than ovarian cancer or high genetic risk for cancer



THE BIG PICTURE: MACRO EFFECTS OF TOXIC STRESS

“Exposure to early adversity and trauma literally affects the structure and function of children's developing brains.”

-Dr. Nadine Burke Harris,
Center for Youth Wellness

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SCHOOL PERFORMANCE

- Developmental problems in learning and language
- Predictable problems in school
- Prolonged activation of stress response system causes long-term changes in brain structure
- Emotional problems (possible behavior problems in school)
- Decreased working memory, ability to pay attention, and self control (impulsivity)
- Childhood adversity also impacts grade retention, test scores, and attendance.

GENERATIONAL TRENDS

- “We need a two generation approach recognizing that the child is experiencing ACEs now and the parent likely experienced ACEs during their own early years.”

*-Angelo P. Giardino, M.D.,
Ph.D. Texas Children's Hospital*

- Children with trauma and no protective factors grow into injured adults who have healed, but they have healed all wrong.

EARNING POTENTIAL

Childhood adversity was strongly related to

- Impaired job performance
- Absenteeism
- Serious financial problems in an employed population
- Unemployment
- Homelessness, particularly with multiple sources of trauma

LIFE CHOICES/DECISION MAKING

- “The sad thing is a lot of our students think that what they are going through is normal, this is their normal. If no one has given them anything to think otherwise, I think that is where the cycle just keeps going and going.”

- Cynthia Manfred, Kindergarten Teacher

- Being a victim of violence is also closely linked to prior trauma and childhood adversity.
 - Victims of interpersonal violence – whether children or adults - are often re-victimized.

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- Sexual assault in childhood or adolescence increases risk of sexual assault as an adult, for both men and women.
- Possible psychological explanations for re-victimization.
 - changes in affect regulation and ability to identify danger, may relate directly to the neurobiological impact of toxic stress.
 - substance abuse or psychiatric disorders, also increase vulnerability.

SOCIETAL IMPACTS

- Human capital – The overall ability of a population to be economically productive. (Similar to financial capital because it represents human resources necessary for economic activity.)
- Weakened human capital decreases our ability to have productive communities and a successful nation.



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MYTH:

“IF I GO TO COUNSELING, I MUST BE CRAZY”.

Fact:

Seeing a counselor does not mean you are crazy.

Counselors help with – life transitions, adjusting to new surrounding, difficulty handling workplace, school, or family stress.

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MYTH:

COUNSELING IS FOR _____ PEOPLE.

Fact:

People who receive counseling come from all races, both genders, all ages, all geographic locations, and all faiths



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MYTH:
SEEKING COUNSELING IS A SIGN OF WEAKNESS.

Fact:
It takes courage to explore sensitive feelings and painful experiences.

Individuals who enter counseling are taking a first step in resolving their difficulties.

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MYTH:
CHANGE SHOULD HAPPEN QUICKLY!

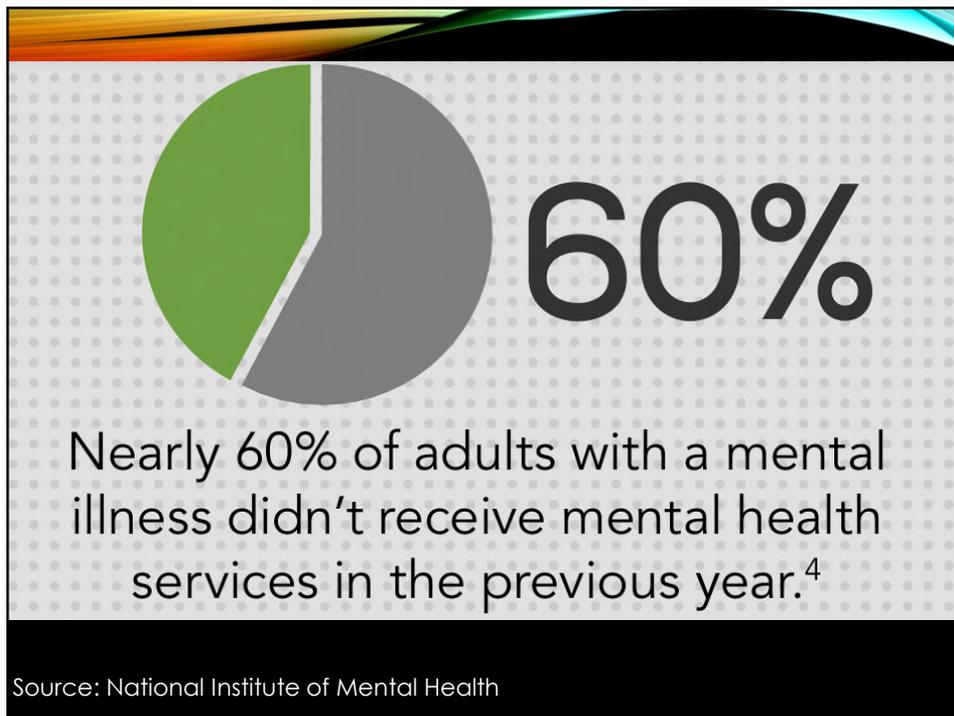
FACT:
Important changes often take time and energy to occur.

Although many feel relief and improved mood after only a couple of sessions, counseling will not provide a quick fix to your problems.

It will help you manage current difficulties more effectively.



Source: National Institute of Mental Health



Source: National Institute of Mental Health

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70% of youth in state and local juvenile justice systems have a mental illness.



Source: National Institute of Mental Health

This slide features a black background with a colorful, abstract wave-like graphic at the top. The text is in white. Below the text is a cartoon illustration of six juveniles from behind, wearing orange jumpsuits with the word 'JUVENILE' printed on the back. The juveniles have different hair colors: yellow, black, black, yellow, brown, and black. The source is cited at the bottom.

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This slide shows a close-up of computer keyboard keys. A prominent blue key is labeled 'Questions' and a green key is labeled 'Answers'. Other keys like 'D', 'C', and 'U' are partially visible. The background is black with a colorful wave-like graphic at the top.