

CASTAWAY

WHY ME?



MENTAL HEALTH AND AWARENESS IN THE BLACK FAMILY.

Confidential Chat



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According to the US HHS Office of Minority Health

- Adult Black/African Americans are 20 percent more likely to report serious psychological distress than adult whites.
- Adult Black/African Americans living below poverty are three times more likely to report serious psychological distress than those living above poverty.
- Adult Black/African Americans are more likely to have feelings of sadness, hopelessness, and worthlessness than are adult whites.
- And while Black/African Americans are less likely than white people to die from suicide as teenagers, Black/African Americans teenagers are more likely to attempt suicide than are white teenagers (8.3 percent v. 6.2 percent).



According to the US HHS Office of Minority

Health
Black/African Americans of all ages are more likely to be victims of serious violent crime than are non-Hispanic whites, making them more likely to meet the diagnostic criteria for post-traumatic stress disorder (PTSD). Black/African Americans are also twice as likely as non-Hispanic whites to be diagnosed with schizophrenia.



stigma

Stigma and judgment prevents Black/African Americans from seeking treatment for their mental illnesses. Research indicates that Black/African Americans believe that mild depression or anxiety would be considered “crazy” in their social circles. Furthermore, many believe that discussions about mental illness would not be appropriate even among family.





Definition of Emotional Disorders

Inappropriate actions or emotions under normal circumstances.
Learning difficulties that are not caused by another health factor.
Difficulty with interpersonal relationships, including relationships with teachers and peers.



Types of Emotional Disturbance

Anxiety disorders;

Bipolar disorder (sometimes called manic-depression);

Conduct disorders;

Eating disorders;

Obsessive-compulsive disorder (OCD); and.

Psychotic disorders.

No one knows the actual cause or causes of emotional disturbance, although several factors—heredity, brain disorder, diet, stress, and family functioning—have been suggested and vigorously researched.

SYMPTOMS

Emotional disturbances such as anxieties, phobias, mood swings and depression often accompany behavioral symptoms. Changes in sleep pattern, tension headaches, irritability, panic attacks, chest pains, general tiredness and altered appetite are common.

1) Depression, Grief Depression caused by death



CLINICAL-(HORMONAL)



SITUATIONAL (PSYCHO
SOCIAL STRESSORS)



GRIEF (DEPRESSION CAUSED
BY DEATH OR LOSS)

Symptoms of Major Depression

1. You may hear your doctor call this "major depressive disorder." You might have this type if you feel depressed most of the time for most days of the week.
2. Loss of interest or pleasure in your activities
3. Weight loss or gain
4. Trouble getting to sleep or feeling sleepy during the day

Symptoms of Major Depression



Feelings restless and agitated, or else very sluggish and slowed down physically or mentally.



Being tired and without energy



Feeling worthless or guilty



Trouble concentrating or making decisions



Thoughts of suicide

ANXIETY DISORDERS



Anxiety disorders include conditions where there is excessive anxiety, fear, and behavioral disturbances. Examples of anxiety disorders include social anxiety disorder, selective mutism, separation anxiety, specific phobias, panic disorder, generalized anxiety disorder, and more.

2) ANXIETY DISORDERS

Anxiety disorders are thought to be caused by several factors such as genetic vulnerability and biopsychosocial factors where these factors interact with trauma, stress, and other situations to result in symptoms. Genetic factors can significantly influence the risk for anxiety disorders. In combination with environmental factors, such as trauma, can increase the risk of anxiety disorders. While some are resilient to stress, there are also those who are vulnerable to stress therefore precipitating an anxiety disorder.

Symptoms-Anxiety Disorder

Sign #1: Palpitations



- Palpitations are often defined as the perception and awareness of the abnormal cardiac muscle contractions which may be irregular, too fast, or too slow. Tachycardia is a term used to describe a heart rate of 100 beats per minute or more while bradycardia describes a heart rate of 60 beats per minute or less.

Symptoms-Anxiety Disorder Sign #1: Palpitations

- Palpitations can be seen in panic attacks, anxiety disorders, structural anomalies of the heart, and more. It is often associated with dizziness, breathlessness, sweating, headaches, chest pain, and syncope. Examples of conditions that can cause palpitations include asthma, hyperthyroidism, renal disease, the use of caffeine,



3)EATING DISORDERS

- The most common eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder. Most eating disorders involve focusing too much on your weight, body shape and food, leading to dangerous eating behaviors.



4) Substance abuse

5) Attention deficit disorder (ADD/ADHD)

ORGANIC MENTAL DISORDERS

- Despite the stigma surrounding mental health illness, approximately 1 in 5 adults in the U.S. experiences mental illness in any given year.

- An organic mental disorder (OMD), also known as organic brain syndrome or chronic organic brain syndrome, is a form of decreased mental function due to a medical or physical disease, rather than a psychiatric illness. This differs from dementia.



Causes

- Organic mental disorders, such as Alzheimer's disease, amnesia, delirium, and dementia are mental disorders which are the result of developmental abnormalities in the brain.



- Organic mental disorders are disturbances that may be caused by injury or disease affecting brain tissues as well as by chemical or hormonal abnormalities. ... Degenerative disorders like Parkinson's disease, Alzheimer's disease, Huntington disease, and multiple sclerosis may also be contributing factors.



- Schizophrenia can strike anyone, including individuals from deeply religious homes. The concepts of devils, heaven and hell is part of Catholicism. “Demonic influence” is a rare, but integral belief of many. And many Christians who research schizophrenia wonder about the demonic. “Is my relative possessed?” The New Testament mentions demons over 100 times including Matt 8:29; Matt. 10:1ff and John 16:11.



- Even those who have other beliefs or choose to remain skeptical still must relate to Christians who do believe in the supernatural. Many Christians who endure a family member's battle with schizophrenia will have questions about demonic involvement with a loved one and deserve real answers instead of a condescending response which dismisses such concern as nonsense on the part of ignorant people.

- The Bible itself makes a distinction between disease and possession (Mark 6:13). Thus, Christian theology should recognize the difference. At least six factors differentiate schizophrenia from demonic possession as described in the Bible.



These factors can be helpful when trying to determine if an individual is possessed or has an NBD. These have helped me better understand my brother's illness.

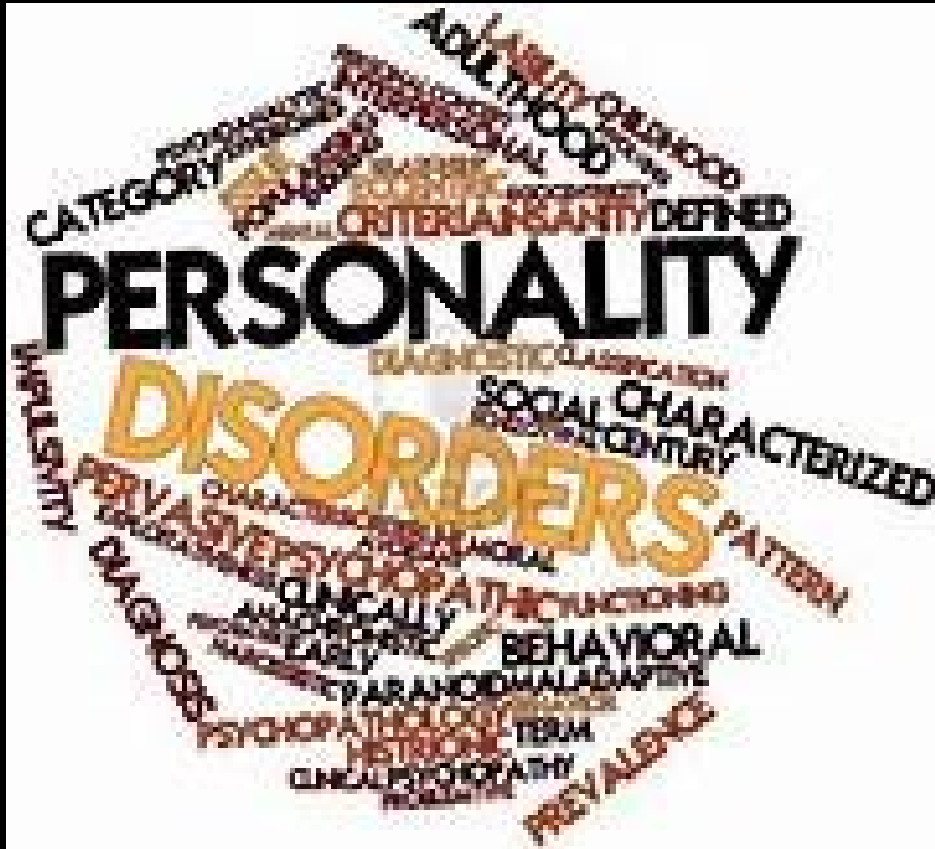
1. Attraction to vs. Aversion to Religion. Demons want nothing to do with Christ. Conversely, people with NBD are often devoutly religious.
2. Irrational Speech vs. Rational Speech. In New Testament accounts involving demons, the demons spoke in a rational manner. Untreated people with schizophrenia will often speak in nonsense and jump rapidly between unrelated topics.

3. Ordinary Learning vs. Supernatural Knowledge Demons in the New Testament would speak through people to convey knowledge that otherwise could not have been known to the possessed individuals. Those with NBD have no such ability to know facts which they have not acquired by normal learning.

4. Normal vs. Occultic Phenomena. There is an aspect to demon activity that is just plain spooky (ex.: poltergeists, levitation's, trances, telepathy). These have an impact on others in the room not just the possessed. With schizophrenia, the effect of the disorder is only on the disordered, not others.

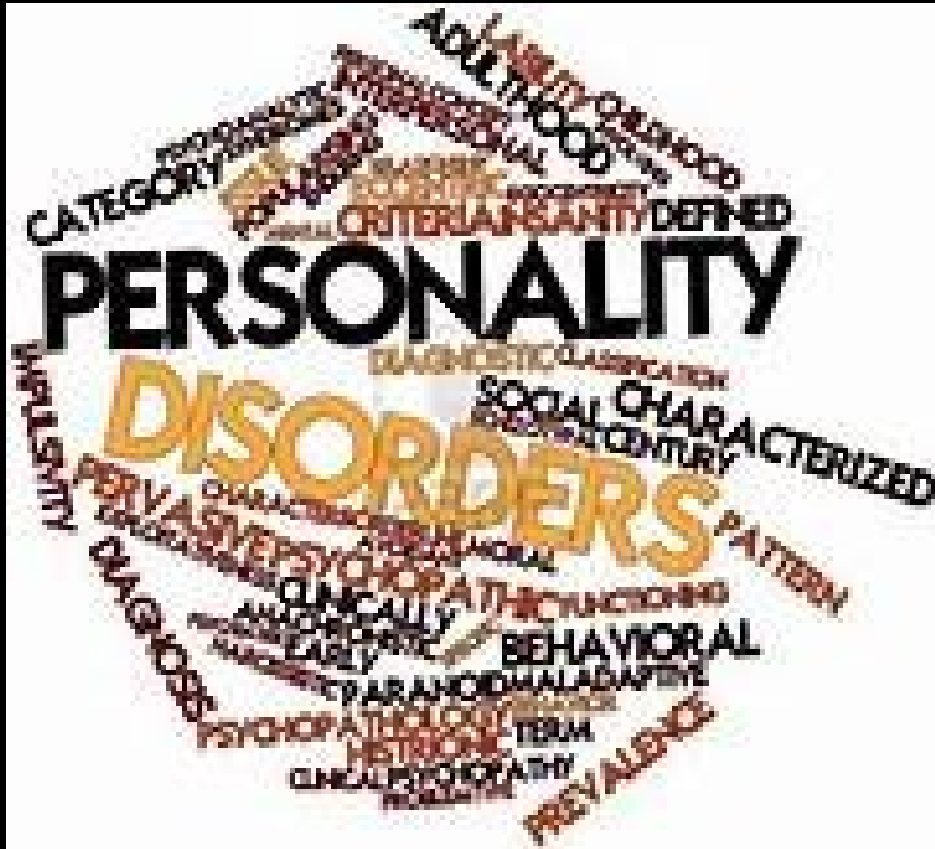
5. The claim to be possessed Authors who have clinical experience both with demon possession and mental illness, believe those who claim to be possessed are very likely not possessed. Demons wish to be secretive and do not voluntarily claim to be present.

6. Effects of Therapy. If prayer solves the problem, then it was probably not schizophrenia. If medicine helps alleviate the problem, it was not demon possession.



- Personality disorders are a group of mental illnesses. They involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible. The behaviors cause serious problems with relationships and work. People with personality disorders have trouble dealing with everyday stresses and problems.

Different Types of Personality Disorders



Paranoid personality disorder

Schizoid personality disorder

Schizotypal disorder

Antisocial personality disorder

Different Types of Personality Disorders

Borderline personality disorder

Histrionic personality disorder

Narcissistic personality disorder

Avoidant personality disorder

Dependent Personality Disorder

Obsessive-Compulsive Personality Disorder

