



SS. Isidore and Maria Parish
Mental Health Matters

Part 1: Mon., April 12, 2021

Opening Prayer



Guidelines

- Everyone present is committed to maintaining absolute confidentiality
- Foster an environment of openness and comfort in sharing
- Listen with an open heart
- Be respectful
- Be mindful of others; no monopolizing or cross talk
- Let's keep it in the here and now
- Empathize with each other's situation

Small Group Discussion – 5 minutes

What was your first experience involving
a person with a mental illness?

How did it make you feel?

Impact of Mental Illness on Individuals and Families

Thomas Burr

Community & Affiliate Relations Manager

NAMI Connecticut

What we will cover tonight:

- Introduction & my story
- Overview of mental illness
 - How common are mental illnesses?
 - Severity range of illnesses
 - Where do you find people with mental illnesses?
- How does one maintain good mental health?
- A personal testimonial by Sheila Hummel
- Q&A

How Common Are Mental Health Conditions?





in Connecticut

500,000 ADULTS

In Connecticut

HAVE A MENTAL HEALTH CONDITION

That's more than **4 TIMES** THE POPULATION of New Haven

50%
75%

of mental illness begins by age 14

by age 24*



1 out of every 8

emergency department visits involves a mental health or substance use condition*

ONLY ABOUT
4 in 10 people



In Connecticut with a mental health condition received any treatment in the past year*

Schizophrenia usually develops early in life and costs the U.S. economy an estimated

\$155.7 BILLION

a year*



About **2 MILLION PEOPLE** with mental illness are **BOOKED INTO JAILS**

every year*—many because they didn't get the treatment they needed

1,084,864 PEOPLE

in Connecticut live in a **mental health professional shortage area***

Depression is the **#1 LEADING CAUSE OF DISABILITY**

in the world and mental illness costs Americans **\$193.2 BILLION** in lost earnings per year*

1 AMERICAN DIES BY SUICIDE EVERY 12 MINUTES*

In Connecticut, the 2016 rate of suicide for the general public was **13.2 DEATHS** per 100,000*

For veterans, the rate was **20.1 DEATHS** by suicide per 100,000*



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Join our movement at nami.org/policy.

*References can be found at www.nami.org/policystats.



Types of Mental Illness

Anxiety Disorders

ADHD

Bipolar Disorder

Borderline Personality

Disorder

Depression

Dissociative Disorders

Eating Disorders

Obsessive-compulsive Disorder

Post Traumatic Stress Disorder

Psychosis

Schizoaffective Disorder

Schizophrenia

Where Do You Find People Living With Mental Health Conditions?

People with MHC's are everywhere!

- Living at home
- Living on their own
- Working / full time or part time
- State and private facilities
- Homeless
- In prisons and jails

Maintaining Good Mental Health

It's about living a healthy lifestyle

- Proper nutrition
- Good sleep
- Fresh air & exercise
- Limiting or eliminating drugs and/or alcohol
- Limiting or eliminating toxic relationships
- Managing stress
- Managing your focus

Maintaining Good Mental Health, continued

It's about living a healthy lifestyle

- Stay connected with family & friends and maintain your social networks
- Participating in therapy (as needed)
- Engage with Support Groups (as appropriate)
- Maintaining proper medication (if needed)
- Engaging in Spiritual pursuits & connections (if desired)
- Engage with additional resources (if needed)

Sheila Hummel

Shares her experience,
and how her faith has helped her.

Q & A

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Next Week (Mon., Apr. 19):

“An Evening with a Mental Health Professional”

Laura Zeppieri, a Licensed Professional Counselor, Licensed Alcohol and Drug Abuse Counselor, Certified grief counselor and International Co-Occurring Gambling Specialist, who also specializes in working with families and loved ones will share her experience and expertise in helping people with mental health and substance use disorders.

Closing Prayer

