



SS. Isidore and Maria Parish

*Mental Health Matters*

*April 19, 2021*

# Opening Prayer



# Guidelines

- Everyone present is committed to maintaining absolute confidentiality. “What we say here stays here.”
- Foster an environment of openness and comfort in sharing
- Listen with an open heart
- Be respectful
- Be mindful of others; give everyone a chance to speak.  
Please no monopolizing or cross talk
- Let’s keep it in the here and now
- Empathize with each other’s situation

# Small Group Discussion – 7 minutes

What brings you here tonight?



What are you hoping to learn or to take away from this session?

# Welcome to Evening with a Mental Health Professional

Laura Zeppieri

Licensed Professional Counselor (LPC)

Licensed Alcohol and Drug Counselor (LADC)

Advanced Alcohol and Drug Counselor (AADC)

Int'l Co-Occurring Gambling Specialist (ICOGS)

Grief Counselor, certified (GC-C)

**“For me, this work is a not an occupation, but a vocation.”**

# What we will cover tonight:

- Types of mental illnesses and medications
- Defining mental health “treatment, ‘rehab’ and therapy”
- Where to start? Finding a therapist or treatment program
- How do I pay for mental health treatment or therapy (is it a barrier to seeking help)?
- How can I be supportive of people with mental illness and of their families? How do I get support for myself?

AWARENESS  
**WELLNESS**  
THERAPY  
BENEFITS  
RISK  
RESEARCH  
GRIEF  
STIGMA  
WORRIED  
RELATIONSHIPS  
POSTPARTUM  
SELF HARM  
CRISIS  
PSYCHOLOGY  
SUICIDE  
IQ  
POST-TRAMATIC STRESS  
PSYCHOLOGICAL  
DEPRESSION  
**HEALTH**  
CLINICAL  
ANOREXIA  
BIPOLAR  
STRESS  
GRIEF  
ANXIETY  
GENETIC  
PHOBIA  
ATTITUDE  
EMOTIONS  
DRUGS  
COGNITIVE  
TREATMENT  
UNHAPPY  
MENTAL  
TRAUMA

# Types of Mental Illnesses

**Mood Disorders** (depressive disorders, bipolar disorder)

**Personality Disorders** (Borderline PD, Narcissistic PD, Avoidant PD, et. al)

**Anxiety disorders** (anxiety, panic disorder, agoraphobia, hoarding)

**Trauma, including PTSD** (Post-Traumatic Stress Disorder)

**Psychotic and Schizophrenia** (“break from reality,” hallucinations, unusual behaviors and beliefs, paranoia, et. al)

**Alcohol and Substance use disorders**

**Process Disorders** (gambling disorder, eating disorders, etc)



# Diagnosis and Medications

**Mental health (and substance use) diagnoses should be obtained by trained medical professional(s), not by looking up symptoms on the Internet, for example.**

**Medications for mental health diagnoses often take time to be effective. Sometimes adjustments in medications are necessary and should always be overseen by a medical doctor. Sometimes people stop taking their medication abruptly (which can be dangerous) as well as this can cause symptoms to return or to intensify.**

**There are also medications available for people with alcohol and substance use disorders. This is called Medication-Assisted Treatment or MAT.**

# Defining “Treatment, ‘Rehab’ and Therapy”

**“Mental health (and/or substance use) treatment”:**

a structured program containing a certain number of groups/sessions/hours per session/per week, facilitated by licensed professionals.

**Outpatient: client lives at home**

**Inpatient (also known as “rehab” or “residential”): client lives at a facility for a limited time**

**Therapy:** can be 1:1 , family, couples/marital with private therapist in-office for sessions on regular basis.

# Where to Start?

1. Word of mouth. You may know someone who has a good therapist. Ask your doctor for a referral.
2. EAP (Employee Assistance Program) at your place of employment often offers a certain number of sessions at low-to-no cost for you and for family members.
3. Call/go online to your insurance company for a list of in-network providers
4. Talk with your Pastor or faith leader
5. Psychologytoday.com (“find a therapist”), “BetterHelp.com,” goodtherapy.org
6. Be willing to “shop around” to find a therapist/program which meets your needs.

# How Do I Pay for Therapy / Treatment?

1. Be an educated consumer by contacting your insurance carrier and know your policy to see what your benefits include (“in-network vs. out-of-network”)

2. Employee Assistance Program (EAP)

3. Self-pay or sliding scale fee

3. Volunteer-in-exchange-for-therapy (Volunteers-in-Psychotherapy (<https://ctvip.org/>))

# How Can I Help?

**Get help for yourself and get educated.**

Attend family support groups like NAMI family support groups, Al-Anon, Naranon, SMART (Self-Management and Recovery Training) Recovery Family and Friends, Families Anonymous, etc.

**Honor your loved one's journey of recovery.**

Learn to speak the “language” of mental health and of recovery.

**Ask questions.**

Ask your loved one what you can do to be helpful or supportive.

# Loved One Who is Suicidal

If your loved one is feeling suicidal, don't leave them alone.

Call 911 if in immediate danger, or get them to ER.

Call 211 for Mobile Crisis services for adolescents and adults in CT

<https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Crisis-Services>.

**SUICIDE HOTLINE 1-800-273-8255(TALK)**

(will be "988" national suicide emergency number coming in 2022)

**CRISIS TEXTLINE text "HOME" to 741741**

# Q&A

No question is silly or stupid or minor.  
If a question is important to you, it is important.  
What can I help you with?



# Resources (not exhaustive list)

**NAMI National Alliance on Mental Illness** <https://www.nami.org/Support-Education>

**Bipolar and Depression Alliance** <https://www.dbsalliance.org/about/>

**Alcoholics Anonymous (AA)** <https://ct-aa.org/meetings/?tsml-day=0&tsml-distance=10&tsml-mode=me>

**Narcotics Anonymous (NA)** <https://ctna.org/>

**Hearing Voices Network** <https://portal.ct.gov/-/media/DMHAS/Publications/CTHVNStatewideGroup.pdf>

**Medication Assisted Recovery Anonymous (MARA)** <https://www.mara-international.org/>

**SMART Recovery** <https://www.smartrecovery.org/family-friends-and-addiction-recovery/>

**Recovery Dharma** <https://recoverydharma.org/>

**Celebrate Recovery** <https://www.celebraterecovery.com/>

**Gamblers Anonymous (GA)** <https://www.gamblersanonymous.org/ga/>



# Family Resources (not exhaustive list)

**NAMI National Alliance on Mental Illness** <https://www.nami.org/Support-Education/Support-Groups>

**Bipolar and Depression Alliance** <https://www.dbsalliance.org/support/for-friends-family/for-parents/balanced-mind-parent-network/>

**Al-Anon** <https://www.ctalanon.org/meetings>

**Naranon** <https://www.nar-anon.org/find-a-meeting>

**Hearing Voices Network** <https://www.cthvn.org/hartford-hvn-group>

**Families Anonymous** <https://www.familiesanonymous.org/>

**SMART Recovery Family and Friends** <https://www.smartrecovery.org/family/>

**Celebrate Recovery** <https://www.celebraterecovery.com/>

**Gamanon** <https://www.gam-anon.org/>

Thank you

Laura Zeppieri

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Next Week:

“MINISTRY TO PEOPLE WITH  
MENTAL ILLNESSES AND THEIR  
FAMILIES”

*Sheila Hummel and Carol Vassar*

*with*

*Deacon Bill Dziatko*

# Closing Prayer

