

# Supporting Mental Health In Our Community

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## Welcome!



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## Life Before Covid-19

### Mental Health Statistics CAMH (2019)

1 in 5 Canadians will experience a form of mental health concern - in their **lifetime**.

This was our concern at that time.  
This was the key message we shared.  
This was our known reality.  
It was a concern – that we needed to be aware of, to be proactive.



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## Life WITH Covid-19

### Mental Health Statistics CAMH (2022)

1/5 Canadians **ARE** experiencing high levels of Mental Health distress. (CAMH, 2022)

People are reporting the following:

- > 20% Severe to Moderate Anxiety
- > 20% Depressed
- > 21% Loneliness
  
- > This is the new reality
- > A whole new concern
- > That we need to understand and address.

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## This is just the - Tip of The Iceberg



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## What Is First Aid

### Scenario #1

Person at work falls off of a ladder from a high height.

You have no first aid training.

*What do you do?*

### Scenario #2

A person is demonstrating ...

- Non-participation
- Extreme Uber Behaviors
- Lack of Interest in Work
- Verbalizing Challenges

*What do you do?*

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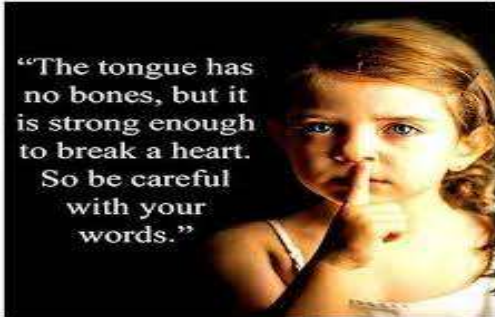
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## Words Matter....



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## Empathy Verses Sympathy

<https://www.youtube.com/watch?v=HznVuCVQd10>

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## Defined to Understand

### Empathy Defined

The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present, without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.

**Sympathy** is a feeling of sincere concern for someone who is experiencing something difficult or painful.

*Empathy* involves actively sharing in the person's emotional experience.

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## How Do We Talk, Think and Act?

Are there are issues:

- Fixed ideas?
- Beliefs?
- Presumptions?
- Labels?
- Influences?
- Social Norms?
- Local Lingo?

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## Words Really Do Matter

Self Stigma	Social Stigma	Structural Stigma
How we see ourselves?	How others see others?	What Laws are in place?
How we talk about ourselves to others?	How social dialogues discuss an issue or our lives?	What do the Organizational Policies say?
How we internalize or think about the messages we hear?	What are the key messages are shared?	Who wrote the Policy and why?
How do we respond to messages we hear?	What do the messages really say?	How does the Organization share the policy?
How do we feel about our own messages to ourselves?	How are they believed or supported?	How is the policy supported?
	How are they validated or critiqued?	
	Who hears these messages?	

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## Which Boat – For The Perfect Storm ?

- Health
- Vaccine Safety
- Being Isolated
- Feeling Hopelessness
- Social Isolation.
- Child Care Issues
- School Issues
- Financial Concerns
- Job insecurity
- Trauma of Loss
- Uncertainty of Future

All of these issues have affected us all. However, not everyone has been impacted equally.

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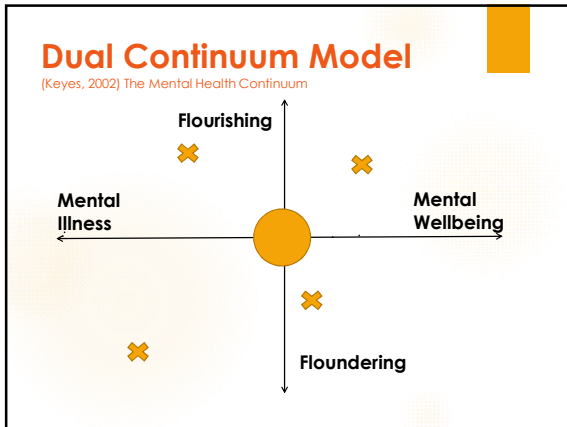
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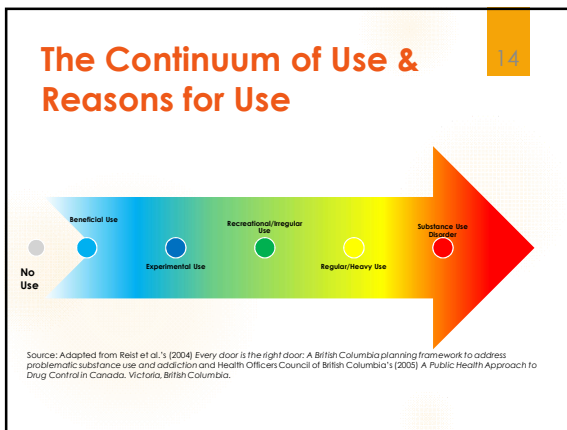
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### DRUGS 101: Classifying the Effects

- Stimulants (AKA Uppers)**
  - e.g. caffeine, nicotine, cocaine, methamphetamines, prescription stimulants
- Depressants (AKA Downers)**
  - e.g. alcohol, opioids, barbiturates, benzodiazepines, inhalants
- Hallucinogens (AKA Psychedelics)**
  - e.g. LSD, psilocybin, peyote, mescaline, ketamine
- Overlapping Classifications**
  - e.g. cannabis, ecstasy

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## When its both – Concurrent Disorders

Concurrent disorders refer to people who have combined substance use and mental health problems. Examples of concurrent disorders are:

- ❑ An anxiety disorder and a drinking problem
- ❑ Schizophrenia and addiction to cannabis
- ❑ Borderline personality disorder and opioids
- ❑ Depression and addiction to sleeping pills

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## Potential Signs & Symptoms



- ▶ Changes in appearance, friends, personality and routines
- ▶ Denial, minimization or rationalization of use
- ▶ Loss of control related to use
- ▶ Pre-occupation with use
- ▶ Smell of substances like alcohol, smoke, cannabis
- ▶ Impaired concentration, judgment and long-term thinking
- ▶ Compromised values, ethics and standards



- ▶ Impaired/ Difficult communication
- ▶ Productivity and responsibility
- ▶ Trustworthiness and reliability
- ▶ Financial
- ▶ Mood
- ▶ Social Engagement



- ▶ Need for money
- ▶ Social, legal, financial and work-related problems
- ▶ Physical symptoms and health problems
- ▶ Mental health behaviours
- ▶ High-risk behaviours
- ▶ Socialization/Talkative

Source: Adapted from CAMH, 2022

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## Research on Canadian's Mental Health (MHCC, 2022)

The Mental Health Commission of Canada (MHCC)  
The Canadian Centre on Substance Use and Addiction (CCSA)



October 2020 – June 2022

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## Barriers & Opportunities

With increased mental health and substance use concerns:

Accessing Services is **LOW !**

Need for Services is **HIGH !**

### Key Barriers to Care:

- Financial Constraints,
- Substance Use
- Mental Health
- Readily Available Help
- Knowing How and Where to get Help
- Long Wait Lists
- Stigma and supports to take positive action

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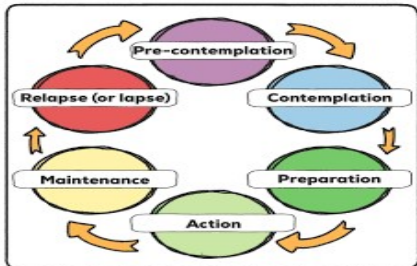
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## Stages of Change Model

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## What Can I Do to Help?



Providing appropriate support

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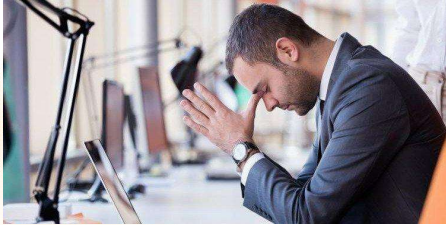
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## Lean In...



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## Change The Perspective

- ❑ Do not define any person by a 'label' or by their drug use i.e., addict, drug abuser, junkie, alcoholic.
- ❑ Be respectful, compassionate, and caring
- ❑ Educate friends and family - pass on facts and challenge stereotypes
- ❑ Addiction is not a choice. It is a health condition that can be treatable and it deserves the care and attention as a medical condition
- ❑ Be mindful of your own attitudes and behaviours. They may be informed by stereotypes, negative stories, and images of people who use drugs

(Health Canada, 2022)

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## How we say it - Matters

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| <ul style="list-style-type: none"> <li>▶ <b>Say This:</b></li> <li>▶ She lives with bipolar disorder</li> <li>▶ he lives with schizophrenia</li> <li>▶ my friend lives with OCD.</li> <li>▶ <b>Say This:</b> Your feelings are valid. I'm here to listen.</li> <li>▶ <b>Say This:</b> What you're going through is difficult. I'm here for you.</li> </ul> | <ul style="list-style-type: none"> <li>▶ <b>Not This:</b></li> <li>▶ She's bipolar;</li> <li>▶ he's a schizophrenic;</li> <li>▶ my OCD friend</li> <li>▶ <b>Not This:</b> Good vibes only! Why don't you focus on the positive?</li> <li>▶ <b>Not This:</b> It could be worse, Or At least you could try harder to get over it.</li> </ul> |
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## Empathetic words -

- ✓ .... That must be hard for you!
- ✓ .... Tell me how I can assist you today here at our store?
- ✓ .... I'm here for you, I'll do the best I can.
- ✓ .... What can I do that's helpful to you?
- ✓ .... You are most welcome to come browse and just let me know if I can be of any assistance to you today?
- ✓ .... If today is not a good day, you are welcome to come back later when you're feeling more up to this task.

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## A Helping Hand Requires you to ...



Lean In...

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## Resources

- ▶ **BCHU Brant County Health Unit**
  - ▶ Mental Health Website Directory of Services  
Local Provincial National International Resources
- ▶ **CCSA Canadian Center on Substance Use**
- ▶ **SAMHA Substance Abuse and Mental Health Services (USA)**
- ▶ **MHCC Mental Health Commission of Canada**
- ▶ **CAMH Center for Addiction and Mental Health**

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