

NC Department of Health and Human Services

# NC Home Care Aide Curriculum

## Module 19 – Mental Health

July 2021

# OBJECTIVES

- 1. Recognize the signs and symptoms of mental illness**
- 2. Explain treatment options for mental illness**
- 3. Describe the home care aide's role in helping patients manage symptoms and illness**
- 4. Discuss stigma and discrimination against individuals with mental health issues**

# **MODULE 19-A**

## **SIGNS AND SYMPTOMS OF MENTAL ILLNESS**

# Physical and Emotional Issues

- **As a home care aide, you will work with patients with many different physical ailments and conditions.**
- **One's physical issues cannot be separated from one's psychological issues.**



# Handout #1

## Key Terms and Definitions



# Activity #1

## Words Are Important

# Depression and Anxiety

- The home care aide may encounter patients with depression and anxiety more than other mental health conditions



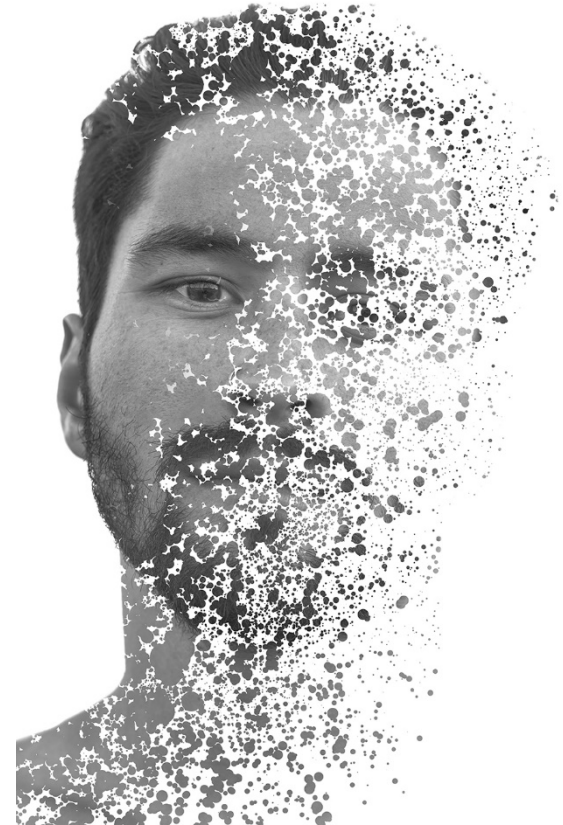
# Activity #2

## Common Phobias



# Schizophrenia and Bipolar Disorder

- **Schizophrenia is a mental condition in which the person has an altered sense of reality**
- **Bipolar disorder**
  - **Manic episodes**
  - **Depressive episodes**





# Other Mental Health Conditions

- Substance use disorder
- Eating disorders
  - Binge Eating Disorder
  - Anorexia nervosa
  - Bulimia Nervosa
- Personality disorders



# MODULE 19-B

## POSSIBLE TREATMENT OPTIONS

# Therapy Options

- **Individual psychotherapy**
- **Group psychotherapy**
- **Family psychotherapy**
- **Art therapy**
- **Occupational therapy**
- **Equine therapy**
- **Pet therapy**



# MEDICATION

- Medications treat symptoms and are not a comprehensive treatment for mental health conditions



# Combining Treatments

- **Individual Therapy + Medications lead to better outcomes**



# MODULE 19-C

## THE HOME CARE AIDE'S ROLE IN HELPING PATIENTS MANAGE SYMPTOMS AND ILLNESS

# Meeting Mental Health Needs

- **The home care aide is there to help meet the patient's needs**
- **This includes mental health needs**
- **Never give advice or play the role of the therapist in the patient's life**



# Handout #2

## DEFENSE MECHANISMS





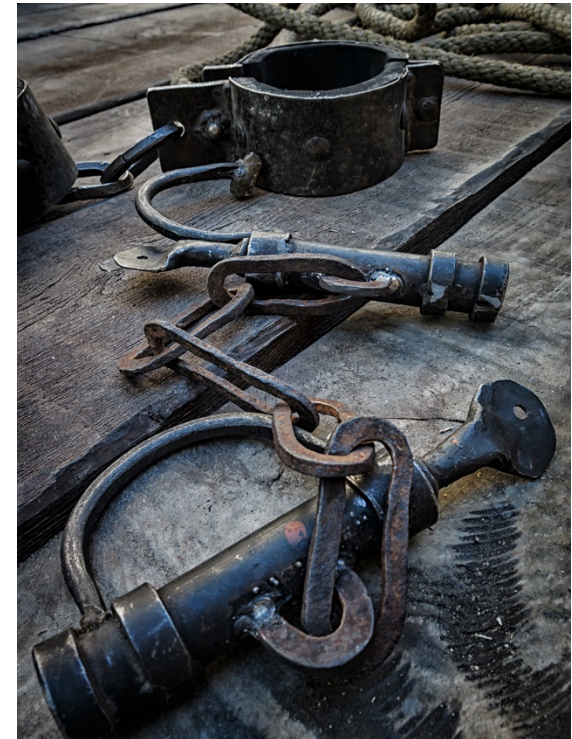
# More Ways For The Aide To Help

- **Be sure the patient:**
  - **Gets plenty of rest**
  - **Eats balanced meals**
  - **Stays mentally active**
  - **Participates in activities**
  - **Spends time with others**
- **Be sure to take care of yourself**



# Stigmatization and Discrimination (1)

- **Stigmatization and discrimination against the mentally ill have occurred for thousands of years**
- **People with mental illness were imprisoned, tortured, or killed**
- **Middle Ages**
- **Age of Enlightenment**
- **Late Modern Era**



# Stigmatization and Discrimination (2)

- **Recent mental health discrimination**
  - **Given same social distancing as criminals**
  - **Viewed as people who should be feared**
  - **Seen as irresponsible, childlike, unable to make decisions**
  - **Less likely to be hired or get safe housing**
  - **More likely to be treated as criminals than offered health care services**
  - **People with mental illness do not get help because they are afraid of rejection by society or even loved ones**

# REJECTING STEREOTYPES

- **Knowing facts about mental health issues can help you educate others and reject stigmatizing stereotypes**
- **Each individual has their own story, path and journey that says more about them than their diagnosis does; first comes the person, then comes a diagnosis.**





**Even though mental health conditions affect millions of people from every background and age group, it is still misunderstood and highly stigmatized in our society. If you practice person-first language and educate yourself and others, you can contribute to decreasing the stigma and discrimination against persons with a mental illness. As always, never judge your patients or treat them differently due to their illness or condition.**