

NC Department of Health and Human Services
NC Home Care Aide Curriculum
Module 19 – Mental Health
 July 2021

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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

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MODULE 19-A

SIGNS AND SYMPTOMS OF MENTAL ILLNESS

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MODULE 19-B

**POSSIBLE TREATMENT
OPTIONS**

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Therapy Options

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



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MEDICATION

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



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Combining Treatments

- Individual Therapy + Medications lead to better outcomes



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MODULE 19-C

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

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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



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Handout #2

DEFENSE MECHANISMS




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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




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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



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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

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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.



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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.

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