



Mental Health 101



Dayrise Wellness and Fulfill Health

Mental Health 101



Treatment Options and What to Expect

Individual Therapy

Individual therapy, also known as psychotherapy or counseling, is a process where a trained therapist (LSW, LCSW, LPC, LCPC) works one-on-one with a client to explore their feelings, thoughts, behaviors, and experiences in a safe and confidential environment. The goals of individual therapy can vary widely depending on the needs of the client, but generally, it aims to improve mental health and well-being, alleviate distress, and promote personal growth. It's important to note that therapy is a collaborative process, and your active participation is essential for its success. Ideally your therapist should give you a comprehensive care plan that not only includes your plan for therapy, but also any additional supports or education you need for nutrition, medication, school, or additional testing. Below is a brief description of what you can expect from the therapeutic process.



Group Therapy

Group therapy is a form of psychotherapy where a small group of individuals (usually 5-10 people) meet regularly with a trained therapist. It differs from individual therapy in that the focus is on the group dynamics and interactions among group members, as well as individual experiences and concerns. Overall, group therapy offers a unique opportunity for individuals to explore their concerns in a supportive group environment, gain insights from others, and develop new coping strategies and interpersonal skills. It can be particularly beneficial for people struggling with relationship issues, social anxiety, substance abuse, grief, and other interpersonal challenges.

Family Therapy

Family therapy, also known as family counseling or systemic therapy, is a type of psychotherapy that involves working with families and couples to improve communication, resolve conflicts, and foster healthier relationships. It recognizes that individual problems often stem from interactions within the family system and seeks to address these dynamics to promote positive change. Overall, family therapy aims to strengthen relationships, improve communication, and create a supportive and nurturing family environment. It can be particularly effective for addressing family conflicts, parenting challenges, behavioral issues in children or adolescents, blended family dynamics, and coping with major life transitions. Family therapy empowers families to work together towards positive change and resilience.



Treatment Options and What to Expect

Medication Management

Medication management for mental health involves psychiatric medications to treat various mental health conditions such as depression, anxiety disorders, PTSD/Trauma, ADHD, and others. Overall, medication management for mental health aims to alleviate symptoms, improve functioning, and enhance quality of life. This involves a collaborative approach between you and your prescriber to find the most effective treatment while minimizing potential side effects. Regular communication and follow-up appointments are essential for successful medication management. Here is what the process of medication management might look like:

- **Intake / initial appointment:** At your initial appointment, your prescriber will gather your history and get to know you. You may develop goals, both long terms and short term, as well talk about the different options that might be available.
- **Follow ups:** The timing of follow-up visits can depend on the type of medication that you are taking and your individual needs. This is typically more frequent in the beginning, and starts to space out as you “hone in” on the dosage that works best for you.
- **Maintenance:** Once you find adequate symptom relief, most prescribers like to see you at least every 3 months to check in and make sure that your medication is still working for you based on how you are doing. During the time, it is important to monitor your goals and make sure you are on track to meet them.

Neuropsychological Testing

Neuropsychological testing is a specialized assessment conducted by a neuropsychologist to evaluate cognitive functioning, behavior, and emotional aspects related to brain function. It is typically recommended when there are concerns about brain-related issues such as neurodevelopmental disorders (e.g., ADHD, autism spectrum disorder), learning disabilities, or other neurological conditions. Overall, neuropsychological testing provides valuable information about cognitive strengths and weaknesses, aiding in diagnosis and treatment planning for various neurological and neurodevelopmental conditions. It aims to improve understanding of brain function and enhance quality of life through targeted interventions and support. This testing can also provide useful information to access 504 plans and IEP for students.



Types of Mental Health Practitioners

Psychiatrist (MD)

A psychiatrist is a medical doctor (MD) or Doctor of Osteopathic Medicine (DO) who specializes in the diagnosis, treatment, and prevention of mental health and emotional disorders. Their role encompasses several key responsibilities: Diagnostic Assessment, Treatment Planning, and Medication Management.

Nurse Practitioner (PMHNP-BC)

A Psychiatric-Mental Health Nurse Practitioner (PMHNP-BC) plays a vital role in mental health care, providing comprehensive psychiatric assessments, diagnosis, and treatment for individuals across the lifespan. Here are the key responsibilities and roles of a PMHNP-BC: Diagnostic Assessment, Treatment Planning, Medication Management, and Patient Education.

License Clinical Social Worker (LSW, LCSW)

A Licensed Clinical Social Worker (LCSW) plays a significant role in mental health and social work, providing essential services to individuals, families, and communities. Here are the key responsibilities and roles of an LCSW: Diagnostic Assessment, Treatment Planning, Individual Therapy, and Patient Education.

License Clinical Professional Counselor (LPC, LCPC)

A Licensed Clinical Professional Counselor (LCPC) plays a critical role in mental health, providing therapeutic services to individuals, couples, families, and groups. Here are the key responsibilities and roles of an LCPC: Diagnostic Assessment, Treatment Planning, Individual Therapy, and Patient Education.

Licensed Marriage and Family Therapist (MFT, LMFT)

The role of a Marriage and Family Therapist (MFT), also known as a Licensed Marriage and Family Therapist (LMFT), involves specialized training and expertise in treating relational and family-related issues. Here are the key responsibilities and roles of an MFT: Diagnostic Assessment, Treatment Planning, Family Therapy, and Patient Education.



Types of Mental Health Practitioners

Psychologist

A psychologist plays a multifaceted role in mental health and behavioral sciences, focusing on understanding human behavior, emotions, cognition, and mental processes. Here are the key responsibilities and roles of a psychologist: Diagnostic Assessment, Treatment Planning, Individual Therapy, and Patient Education.

Neuropsychologist

Neuropsychologists specialize in understanding the relationship between the brain and behavior. Their role involves in-depth assessment, diagnosis, and treatment planning for individuals with neurological conditions, brain injuries, or cognitive impairments. Here are the key responsibilities and roles of a neuropsychologist: Assessment and Evaluation, Diagnostic Clarification, Treatment Planning and Recommendation, Cognitive Rehabilitation, and Education.

Dietitian

A dietitian who specializes in working with eating disorders plays a crucial role in the multidisciplinary treatment team, focusing on the nutritional aspects of recovery and overall health for individuals struggling with eating disorders. Here are the key responsibilities and roles of a dietitian in this specialized field: Assessment and Diagnosis, Nutritional Counseling and Education, Meal Planning and Support, and Medical Nutrition Therapy.

Certified Alcohol and Drug Counselor (CADC)

A Certified Alcohol and Drug Counselor (CADC) plays a critical role in providing specialized counseling and support to individuals affected by substance use disorders (SUDs). Here are the key responsibilities and roles of a CADC: Assessment and Evaluation, Treatment Planning, Counseling and Education, Service Connection.





Common Mental Health Concerns & What to Look For

- **Autism (“high functioning”)**

- Autism is a “spectrum disorder” used to describe a wide range of symptoms can differ variably from person to person. Most people are somewhat familiar with what Autism may look like, but those who are considered “high functioning” may have not been diagnosed due to symptoms that may seem less stark. Autism symptoms might seem more severe during the teenage years as well because of all the hormonal and social changes that happen during that time. Here are some common signs to look for:

- Difficulty with social interactions and communication.
- Distressed when routines are disrupted or change happens.
- Being engulfed in a hobby or interest.
- Easily overwhelmed and/or increased anxiety.
- Burnout or the need to “recoup” after an event.

- **Attention Deficit Hyperactive Disorder (ADHD)**

- There are several types of ADHD, and those various types can present in different ways. In recent years, it has been evident that some individuals go undiagnosed so it’s important to remember that there aren’t a one size fits all for ADHD. Here are the three types of ADHD:

- Predominantly inattentive:

- Difficulty focusing and / or staying on one task (or hobby)
- Difficulty staying organized and / or following through on tasks
- Low motivation / in ability to initiate tasks
- Reports of having thoughts that are “all over the place”
- Difficulty falling asleep at night

- Predominantly hyperactivity:

- Persistent fidgeting and / or impulsivity (acting before thinking)
- Impatient / Difficulty during times that require them to sit still
- Interrupting conversations and / or persistently talkative
- Constantly touching things when in a store
- Difficulty falling asleep at night.

- Combined presentation:

- A mix of the two types mentioned above.



Common Mental Health Concerns & What to Look For



- **Anxiety / Social Anxiety**

- Anxiety can not only take many different forms, but it can be due to many different factors. Below are some generalized examples of a couple different forms of anxiety, but they may present differently for each person.
 - Generalized anxiety disorder (GAD): This is typically a “blanket term” where the focus of the anxiety isn’t around one thing, but several things and make take a broader form.
 - Panic disorder: This type of anxiety is when someone has recurrent panic attacks that can be random or related to a particular trigger. This can ultimately cause more anxiety thinking about future panic attacks. Some signs of panic attacks include (but are not limited to):
 - Racing and / or pounding heartbeat
 - Dizziness / lightheadedness
 - Shortness of breath or feeling like their chest is tight
 - Trembling / shaking / sweating
 - Racing thoughts / intense anxiety
 - Social anxiety disorder: This type of anxiety involves being fearful or avoidant of social situation. This is often seen to be linked with the general fear of being judged or embarrassed. Most individuals with social anxiety try to avoid social situations if possible.

- **Depression**

- Depression can come in many different shapes and sizes. Although sometimes it can be obvious when depression is present, there are times it may “fly under the radar”. Regardless of symptoms or severity, it is something that should be addressed. Here are some common signs of depression:
 - Spending less time with friends/family and / or difficulty with communication.
 - Sensitivity to rejection and / or failure
 - Irritability / angry / “short tempered”
 - Disinterested in hobbies and / or persistent boredom.
 - Low energy and/or difficulty concentrating in school.
- As well as looking out for the symptoms above, if you worried about your child’s change in mood or behavior, look for the following warning signs as well:
 - Repeated complaints of things such as headaches or stomachaches
 - A change in eating or sleeping patterns
 - Frequent absent from school or getting into trouble at school
 - New (or worsening) alcohol or drug use



Common Mental Health Concerns & What to Look For

- **Post-Traumatic Stress Disorder (PTSD) / Trauma**

- Traumatic events can often go hand in hand with Post Traumatic Stress Disorder (PTSD) and the symptoms can vary widely from person to person. In addition to that, what is traumatic for one person may not be traumatic to another person so it's important to remember that things can impact a person differently than another. Here are some common symptoms that may be seen in someone who has experienced trauma:

- Being easily startled and / or being hyper vigilant of their surroundings
- Experiencing nightmares and / or wetting the bed
- Panic attacks and / or increased anxiety
- Avoidance of certain people or places

- **Eating disorders**

- With today's social media, peer pressure, and the addition of puberty it can be difficult to not have a distorted relationship with food. Eating disorders include anorexia, bulimia, and binge eating which all look a little different but can sometimes overlap in their presentation.

- Anorexia: Restricted or avoidant of eating.
 - Below the expected healthy weight for height. (This is not always the case, individuals of any size can have anorexia.)
 - Skipping meals or a preoccupation with limiting their calories
 - Intense exercise that may happen daily or frequently
 - Depression or withdrawal from friends/family
 - Irritability and / or difficulty with concentration
- Bulimia: Throwing up after eating.
 - Potential use laxatives or diuretics
 - Preoccupation about being overweight
 - Frequent trips to the bathroom after eating
 - Intense exercise that may happen daily or frequently
- Binge eating: uncontrolled overeating
 - Eating large amounts of high-calorie foods in a short period of time
 - "Zoning out" while eating and / or eating fast
 - Eating in private due to embarrassment
 - Eating when they aren't hungry and / or eating past being full



Common Mental Health Concerns & What to Look For

- **Substance abuse**

- Kids brains are in the process of maturing and are more vulnerable to being rewired by substances due to being already susceptible to taking risk to gain reward. Many factors can feed into kids using drugs or alcohol, some of the more common risk factors for drug abuse include:
 - A family history of substance abuse.
 - A mental or behavioral health condition (such as depression, anxiety, ADHD).
 - Impulsive or risk-taking behavior.
 - A history of traumatic events
 - Low self-esteem or feelings of social rejection.
- It is hard to know when drug or alcohol use might be present, but some signs to look for include:
 - Sudden or extreme change in friends, eating habits, sleeping patterns, physical appearance, requests for money, coordination or school performance.
 - Irresponsible behavior, poor judgment and general lack of interest.
 - Breaking rules and / or withdrawing from the family.
 - The presence of medicine containers, despite a lack of illness, or drug paraphernalia in your teen's room.

Tools for Reducing Anxiety

The 5-4-3-2-1 Grounding Technique

- 5:** Acknowledge FIVE things you see around you
- 4:** Acknowledge FOUR things you can touch around you
- 3:** Acknowledge THREE things you can hear
- 2:** Acknowledge TWO things you can smell
- 1:** Acknowledge ONE thing you can taste

T.I.P.P.

- T-Temperature**-Change your body temperature using cold water or ice.
- I-Intense Exercise**-walk quickly. Climb stairs. Jump up and down, run on the spot.
- P-Paced Breathing**-Breathe in to the count of 5, hold then breath out to the count of 7.
- P-Paired Muscle Relaxation**-Tense your muscles when breathing in and relax them when breathing out 7.





Tools for Reducing Anxiety

Stress Reducing Strategies

Take a time-out daily. Practice yoga, listen to music, meditate exercise. Stepping back from the problem helps clear your head.

Eat Well. Don't skip meals. Keep healthful, energy boosting snacks on hand.

Limit alcohol and caffeine. Which can aggravate anxiety and impact sleep.

Get enough sleep. When stressed, your body needs additional sleep and rest.

Do your best. Instead of aiming for perfection, which is often unattainable, be proud of how close you get.

Accept that you cannot control everything. Put stress in perspective: Ask yourself what you can control in this moment?

Welcome Humor. A good laugh goes a long way.

Talk to someone. Tell friends/family if you're feeling overwhelmed. Tell them how they can help you. Talk to a doctor/therapist for professional help.

Resources

- **Dayrise Wellness-** A provider of personalized mental health solutions with their proprietary TEAMS™ model, offering holistic, evidence-based therapies and comprehensive support to foster sustained mental health and independence.
- **Fulfill Health-**A provider of personalized mental health care, offering comprehensive psychiatric medication management and telehealth services. Their expert team focuses on treating a range of mental health conditions with a patient-centered approach, promoting overall well-being and improved quality of life.
- **988 Suicide and Crisis Lifeline**
- **Raising A Secure Child** by Kent Hoffman, Glen Cooper, and Bert Powell
- **5 Minute Parenting The Teenage Years** by Joanna Fortune
- **Becoming Positively Awesome: Transform Your Life Through the Power of Positive Thinking**-Multiple Authors
- **How to Talk so Kids Will Listen & Listen so Kids Will Talk** by Adele Faber and Elaine Mazlish
- **Just Breathe by Meditation, Mindfulness, Movement and More** by Mallika Chopra
- **Blame My Brain: The Amazing Teenage Brain Revealed** by Nicola Morgan
- **Your Brain's Not Broken** by Tamara Rosier





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