Anthony Jones 12/3/10

Beta

D-Term Research: Mental Health

Mental disorders are common in the United States and internationally. An estimated 26.2 percent of Americans ages 18 and older; about one in four adults suffer from a diagnosable mental disorder in a given year. In addition mental health is the leading cause of disability in America and Canada. There is four main mental health categories; mood disorders, anxiety disorders, eating disorders, and personality orders.

http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml#Intro

A major issue facing our country today is homelessness. Most people think that the reason others are homeless is because they don’t want to work. But some of them can’t, one third of all homeless people are suffering from severe mental illness. Although less than 5% of the population in The United States of America suffers from severe mental illness this percentage rises to an estimated 20-40% in people that are homeless. Most of these people can easily be treated with the right care, but if they can’t have a regular income they have no way of paying for a treatment that would change them into a productive citizen. Mental illness is the third largest reason for homelessness in single adults. Serious mental illnesses can disrupt people’s ability to carry out essential aspects of daily life, such as self-care and household management.

[www.nationalhomeless.org/factsheets/Mental\_Illness.pdf](http://www.nationalhomeless.org/factsheets/Mental_Illness.pdf)

[www.calpsych.org/publications/access/homelessness.html](http://www.calpsych.org/publications/access/homelessness.html)

A thing that is shocking is the rates of veterans that have served our country in war that suffer from a mental illness or a type of depression. A new study has found that more than one-third of Iraq and Afghanistan war veterans who enrolled in the veterans’ health system after 2001 received a diagnosis of a mental health problem, most often post-traumatic stress disorder or depression. PTSD or post-traumatic stress disorder is when a traumatic experience leaves the patient suffering from severe anxiety for months or years after the event. It’s often associated with battlefield combat and natural disasters. PTSD often leads to drugs or alcohol as a way of escaping the horrors of the event that led to PTSD.

Behind the Facade, Post-Traumatic Stress By Karen Barrow

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<http://www.medicalnewstoday.com/articles/158034.php>

Learning disabilities in children are becoming more diagnosed as awareness of it rises. They fall into five main categories motor difficulties, math difficulties, language difficulties, reading difficulties, and writing difficulties. Motor difficulties can be either a fine motor skill such as writing or using scissors. Or a gross motor skill like running and jumping. A child with a math–based learning disorder may struggle with memorization and organization of numbers, operation signs, and number “facts” (like 2+2=4). Language and communication learning disabilities involve the ability to understand or produce spoken language. There are two types of learning disabilities in reading. Basic reading problems occur when there is difficulty understanding the relationship between sounds, letters and words. Reading comprehension problems occur when there is an inability to grasp the meaning of words, phrases, and paragraphs. Learning disabilities in writing can involve the physical act of writing or the mental activity of comprehending and synthesizing information. Basic writing disorder refers to physical difficulty forming words and letters.

<http://www.helpguide.org/mental/learning_disabilities.htm>

Approximately 2.2 million American adults age 18 and older, or about 1.0 percent of people in this age group in a given year, have OCD. OCD or Obsessive-Compulsive Disorder, is an anxiety disorder characterized by intrusive thoughts that produce uneasiness, apprehension, fear, or worry, by repetitive behaviors aimed at reducing anxiety. Symptoms may include repetitive handwashing; extensive hoarding; preoccupation with sexual or aggressive impulses, or with particular religious beliefs; aversion to odd numbers; and nervous habits, such as opening a door and closing it a certain number of times before one enters or leaves a room. These symptoms can be alienating and time-consuming, and often cause severe emotional and financial distress. OCD is the fourth-most-common mental disorder, and 1 in 50 adults has it.

<http://en.wikipedia.org/wiki/Obsessive%E2%80%93compulsivedisorder>

<http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml#OCD>

Suicide is a well-known symptom of certain mental disorders. In 2006, 33,300 (approximately 11 per 100,000) people died by suicide in the U.S. 7 More than 90 percent of people who kill themselves have a diagnosable mental disorder, most commonly a depressive disorder or a substance abuse disorder. The highest suicide rates in the U.S. are found in white men over age 85. Four times as many men as women die by suicide; however, women attempt suicide two to three times as often as men. Suicide is often committed out of despair, or attributed to some underlying mental disorder which includes depression, bipolar disorder, schizophrenia, alcoholism and drug abuse. Financial difficulties, troubles with interpersonal relationships and other undesirable situations play a significant role.

<http://en.wikipedia.org/wiki/Suicide>

<http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml#Suicide>

People who have a form of dissociative disorders suffer severe disturbances or changes in memory, consciousness, identity, and general awareness of themselves and their surroundings. These disorders usually are associated with overwhelming stress, which may be the result of traumatic events, accidents, or disasters that may be experienced or witnessed by the individual. Dissociative identity disorder, formerly called multiple personality disorder, or "split personality", and depersonalization disorder are examples of dissociative disorders.

<http://www.webmd.com/mental-health/mental-health-types-illness>

Schizophrenia is a mental disorder that makes it difficult to tell the difference between real and unreal experiences, to think logically, to have normal emotional responses, and to behave normally in social situations. Schizophrenia is a complex illness. Even experts in the field are not sure what causes it. Some doctors think that the brain may not be able to process information correctly. Genetic factors appear to play a role. People who have family members with schizophrenia may be more likely to get the disease themselves.

<https://health.google.com/health/ref/Schizophrenia>

Anorexia is an eating disorder where people starve themselves. Anorexia usually begins in young people around the onset of puberty. Individuals suffering from anorexia have extreme weight loss. Weight loss is usually 15% below the person's normal body weight. People suffering from anorexia are very skinny but are convinced that they are overweight. People with anorexia continue to think they are overweight even after they become extremely thin, are very ill or near death. Often they will develop strange eating habits such as refusing to eat in front of other people. Sometimes the individuals will prepare big meals for others while refusing to eat any of it. The disorder is thought to be most common among people of higher socioeconomic classes and people involved in activities where thinness is especially looked upon, such as dancing, theater, and distance running.

<http://www.mamashealth.com/anorexia.asp>

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Symptoms of bipolar disorder are severe. They are different from the normal ups and downs that everyone goes through from time to time. Bipolar disorder symptoms can result in damaged relationships, poor job or school performance, and even suicide. But bipolar disorder can be treated, and people with this illness can lead full and productive lives.

Bipolar disorder often develops in a person's late teens or early adult years. At least half of all cases start before age 25.Some people have their first symptoms during childhood, while others may develop symptoms late in life.

<http://www.nimh.nih.gov/health/publications/bipolar-disorder/complete-index.shtml>

Organizations

1. Green Doors, Founded in 1990 by a formerly homeless young woman, Green Doors' mission is to prevent and help end homelessness and poverty housing for those working to achieve independent living in Central Texas. <http://www.austinhomeless.org/>
2. 2. OME, is a Texas-based military support charity that does its best to **H**elp, **U**nderstand, **G**ive and **S**erve those who have sacrificed so much for America. Some things they do; Providing one-on-one support and comfort, filling individual private requests of injured personnel, sponsoring a monthly breakfast in honor of our wounded outpatients and their families, hosting outings & dinners for outpatients & families, providing financial assistance in their time of crisis. <http://www.operationmilitaryembrace.com>
3. 3. LDAT was chartered in 1963 as a not-for-profit, parent/professional membership organization to offer help and hope to those struggling with learning disabilities, the “invisible disability.” <http://www.ldat.org/>
4. 4. Founded by a group of people with OCD in 1986, the International OCD Foundation (IOCDF) is an international not-for-profit organization made up of people with Obsessive Compulsive Disorder (OCD) and related disorders, as well as their families, friends, professionals and others. http://www.ocfoundation.org/

5. The **American Foundation for Suicide Prevention** (AFSP) is the leading national not- for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page\_id=7E68DCA5-9C9E-2C63-FC64DD3F4F0419F2