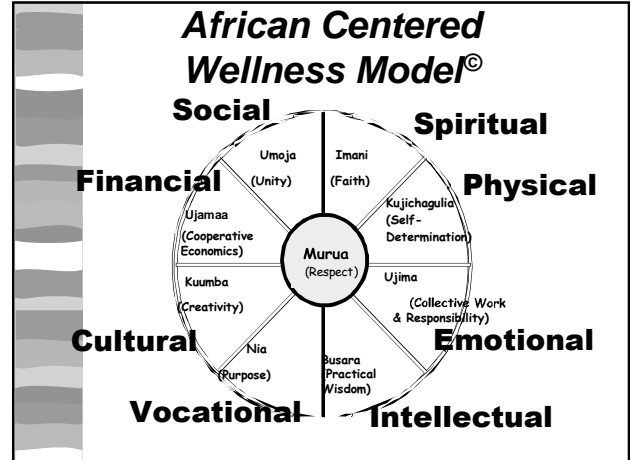


## African American Women's Maternal Mental Health



## Maternal Mental Health Emotional Wellness:

*(Everything You Wanted to Know About Mental Health but were afraid to ask (mental disorders, types of providers & treatment options, stress and coping; monitoring & changing behaviors)*



## What is Emotional Wellness?

- An emotionally well person has the ability to freely express and manage his/her feelings to arrive at personal decisions based upon the integration of feelings, cognitions, and behavior. An emotionally well person functions independently yet is aware of personal limitations and the value of seeking interpersonal support and assistance.
- For children, emotional wellness can be promoted by helping children learn to label, express, and manage their feelings. Also, emotional wellness is addressed by teaching children to become self-aware through exercises that explore their likes and dislikes. Emotional wellness is affiliated with the promotion of self-regulatory behaviors such as positive self-talk and self-soothing skills.

## Learning Objectives

- Participants will be able to identify types of mental disorders
- Participants will be able to identify types of providers and treatment options
- Participants will be able to identify strategies of helping parents cope with stress

## Types of Mental Health Providers

- Psychiatrists
- Psychologists
- Psychotherapists
- Social workers
- Psychiatric nurses
- Mental health counselors
- Marriage and family therapists
- Psychoanalysts
- Pastoral counselors

## What is “Psychopathology?”

- Psychopathology is defined as the manifestation of a mental disorder.



## Categories of Problems that impact wellness

- *Primary Support* (health, death, abuse, discord)
- *Social Environment* (death or loss of friend, inadequate social support, acculturation & discrimination, lifecycle transitions)
- *Education* (illiteracy, academic problems, discord with teachers, inadequate school environment)
- *Occupational* (Unemployment, threat of job loss, stressful schedule, job dissatisfaction, discord on the job)

## What is “Psychopathology?”

Psychopathology involves significant impairment, deviance and distress; it must negatively impact one’s personal, social, occupational or academic life.



## Categories of Problems


- *Housing* (homelessness, inadequate housing, unsafe neighborhood, discord w/neighbors or landlords)
- *Economic* (extreme poverty, inadequate finances, insufficient welfare support)
- *Legal System/Crime* (Arrest, incarceration, litigation, victim)
- *Access to Health Care* (inadequate health care services, transportation to health care facilities unavailable, culturally incompetent & inadequate health insurance)
- *Other Psychosocial & Environmental Problems* (exposure to disasters, wars, discord with non-family caregivers such as physician, social worker or counselor)

## Core Concepts of Psychopathology

- Symptoms - experienced subjectively, cannot be observed & must be reported by the person.
- Signs - can be observed & documented objectively.


## Key Diagnostic Categories

- Substance Related Disorders
- Schizophrenia & Other Psychotic Disorders
- Mood Disorders
- Anxiety Disorders
- Somatoform Disorders
- Factitious Disorders



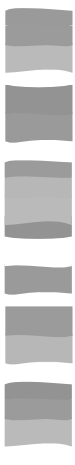
### Personality Disorder Diagnostic Categories

- Paranoid
- Schizoid
- Antisocial
- Borderline
- Histrionic
- Narcissistic
- Avoidant
- Dependent
- Obsessive-Compulsive
- Personality Disorder NOS




### Mental Health: Types of Mental Disorders

- **Psychotic disorders:** Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are hallucinations -- the experience of images or sounds that are not real, such as hearing voices -- and delusions -- false beliefs that the ill person accepts as true, despite evidence to the contrary. **Schizophrenia** is an example of a psychotic disorder.




### Mental Health: Types of Mental Disorders

- **Anxiety disorders:** People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or nervousness, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation, if the person cannot control the response or if the anxiety interferes with normal functioning.
- Anxiety disorders include generalized anxiety disorder, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder, social anxiety disorder and specific phobias.




### Mental Health: Types of Mental Disorders

- **Eating disorders:** Eating disorders involve extreme emotions, attitudes and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa and binge eating disorder are the most common eating disorders.
- **Impulse control and addiction disorders:** People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing) and compulsive gambling are examples of impulse control disorders. Alcohol and drugs are common objects of addictions. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore responsibilities and relationships.



### Mental Health: Types of Mental Disorders

- **Mood disorders:** These disorders, also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are depression, mania and bipolar disorder.



### Mental Health: Types of Mental Disorders

- **Sexual and gender disorders:** These include disorders that affect sexual desire, performance and behavior. Sexual dysfunction, gender identity disorder and the paraphilias are examples of sexual and gender disorders.
- **Somatoform disorders:** A person with a somatoform disorder, formerly known as psychosomatic disorder, experiences physical symptoms of an illness even though a doctor can find no medical cause for the symptoms.



## Mental Health: Types of Mental Disorders

- **Tic disorders:** People with tic disorders make sounds or display body movements that are repeated, quick, sudden and/or uncontrollable. (Sounds that are made involuntarily are called vocal tics.) Tourette syndrome is an example of a tic disorder.



## Mental Health: Types of Mental Disorders

- **Personality disorders:** People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school or social relationships. In addition, the person's patterns of thinking and behavior significantly differ from the expectations of society and are so rigid that they interfere with the person's normal functioning. Examples include antisocial personality disorder, obsessive-compulsive personality disorder and paranoid personality disorder.



## Mental Health: Types of Mental Disorders

- **Adjustment disorder:** Adjustment disorder occurs when a person develops emotional or behavioral symptoms in response to a stressful event or situation. The stressors may include natural disasters, such as an earthquake or tornado; events or crises, such as a car accident or the diagnosis of a major illness; or interpersonal problems, such as a divorce, death of a loved one, loss of a job or a problem with substance abuse. Adjustment disorder usually begins within three months of the event or situation and ends within six months after the stressor stops or is eliminated.



## Mental Health: Types of Mental Disorders

- **Dissociative disorders:** People with these 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.
- **Factitious disorders:** Factitious disorders are conditions in which physical and/or emotional symptoms are experienced in order to place the individual in the role of a patient or a person in need of help.



## HOW TO MODEL & TEACH EMOTIONAL WELLNESS?

(Adapted from "Emotional Intelligence Matterstm by Steven M. Sulzhanoff, Ph.D. <http://www.humormatte.rs.com>)

1. Demonstrate in yourself (and reward and encourage in your children) these four core abilities associated with emotional intelligence:
  1. self control,
  2. zeal and persistence;
  3. self motivation;
  4. and empathy for oneself and others.
2. Learn to identify and label your own emotions.
3. Develop the capacity to express or choose not to express those emotions-*feel* and *act effectively* on your feelings.
4. *Create an atmosphere where a child experiences/feels the parent's capacity to manage emotional experiences*



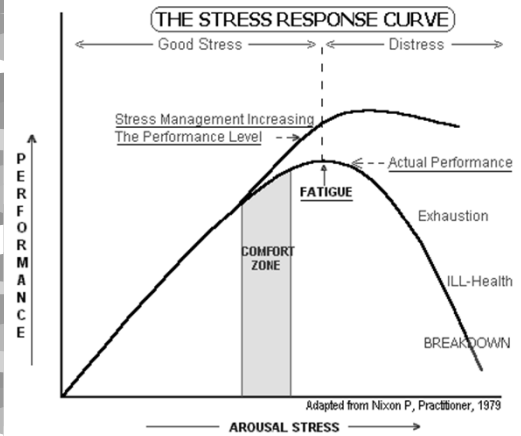
## Effect of Maternal Mental Illness on Pregnancy Outcomes

- Studies have show that up to 18% of women experience depressed mood during pregnancy with nearly 13% having an episode that would meet the diagnostic criteria for a major depressive disorder.

## Effect of Depression on Pregnancy Outcomes



- Maternal depression has been highly correlated with Pre-term Delivery and Low Birth Weights
- Depression has significant associations with miscarriage, bleeding during pregnancy, higher uterine artery resistance and higher risk of operative deliveries



## Effect of Bipolar Disorder on Pregnancy Outcomes



- Bipolar disorder has been associated with placental abnormalities and antepartum hemorrhages but not stillbirths, fetal anomalies, birthweight or gestational age.

## Techniques that Focus on Relaxing the Body

- Exercise
- Rest
- Nutrition
- Progressive Relaxation
- Breathing
- Autogenics
- Imagery
- Meditation
- Massage
- Biofeedback



Table 1. Estimated Prevalence of Selected Psychiatric Illness During Pregnancy

Disorder	Illness	Estimated prevalence (%)	Ref.
Depressive disorders	Major depression	13-20	[18,87]
	Bipolar disorder	Unknown	
Anxiety disorders	General anxiety disorder	8.5	[85,96]
	Panic disorder	1-2	
	Post-traumatic stress disorder	3.5	
	Obsessive-compulsive disorder	0.2-1.2	
Eating disorders	Anorexia only	1.4	[93]
	Bulimia only	1.6	
	Both anorexia and bulimia	0.7	
Personality disorders		6.4	
Psychotic disorders		Unknown	[95]

## Techniques that Focus on the Mind & Cognitive Processes

- Communication Skills
- Conflict Resolution
- Prob. Solving
- Coping Skills
- Assertiveness
- Time Management
- Cognitive Reappraisal
- Thought Stopping
- Group Involvement

