## Community Education Series

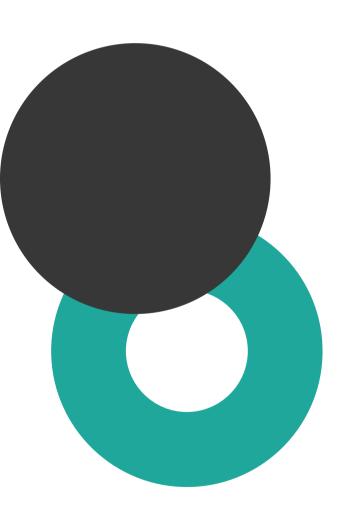
The Recovery Village and Advanced Recovery Systems





#### **Presentation Topic:**

Complexities in Men's Mental Health



#### Speaker:

Bridget Richard, LISW-S

### About the Speaker:

Bridget Richard, LISW-S, Psychotherapist



- Bridget Richard, LISW-S has worked in mental health for the last 20 years.
- She is a lifelong resident of Northeast Ohio where she lives with her husband, two kids, and her Kat Mandu
- Currently sees clients as the owner of Lamplight Counseling Services a counseling private practice in Northeast Ohio.
- Mental health has long been an interest and the need for wellness for the whole family, male and female included, inspired the opening of Lamplight.

### Myths

- Depression means weakness
- Men should be able to control their emotions
- Real men don't need help to solve their problems
- Reaching out to others will only burden them

#### Myths Continued



#### **Men Don't Cry**

Research has shown that there are no differences in how men and women emotionally respond to situations.

However, men have been less likely to exhibit emotion because of social conditioning.



## Post Partum Only Affects Women

Recent research shows that new fathers are also at risk for depression



#### PTSD only Affects Military Personnel

PTSD can affect anyone who has experienced a traumatic event (including sexual, emotional or physical abuse)

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### It's About Biology

- Mental illnesses are identified by a range of symptoms which are caused by physical factors.
- Your brain can be influenced by its own deficits and that of other parts of the body.
- Co-morbid diagnoses which have mental components include:
  - Diabetes
  - Thyroid Disease
  - Low Vitamin D
  - Chronic Stress

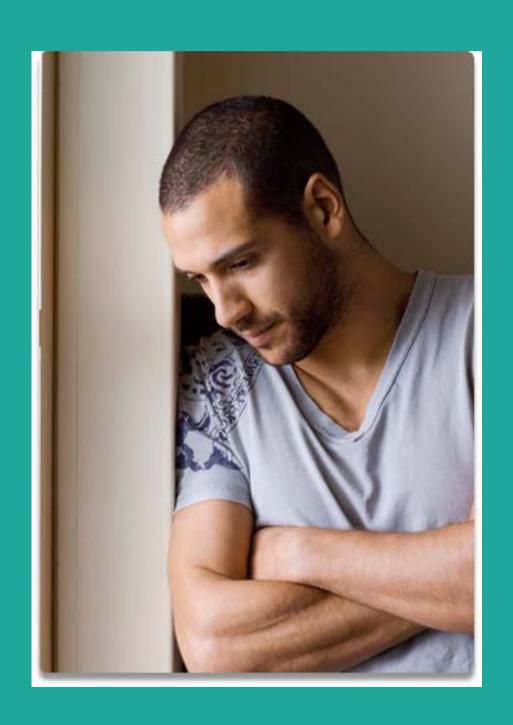


#### Symptoms In Men Look Different

- Anger, Irritability, Aggression
- "Laziness" Lack of Motivation Sleepiness
- Engaging in High-Risk Activities
- Suicidality
- Aches and Digestive Problems Without a Cause
- Erectile Disfunction
- Difficulty with Concentration
- Feeling Flat, Sad or Hopeless
- Workaholism

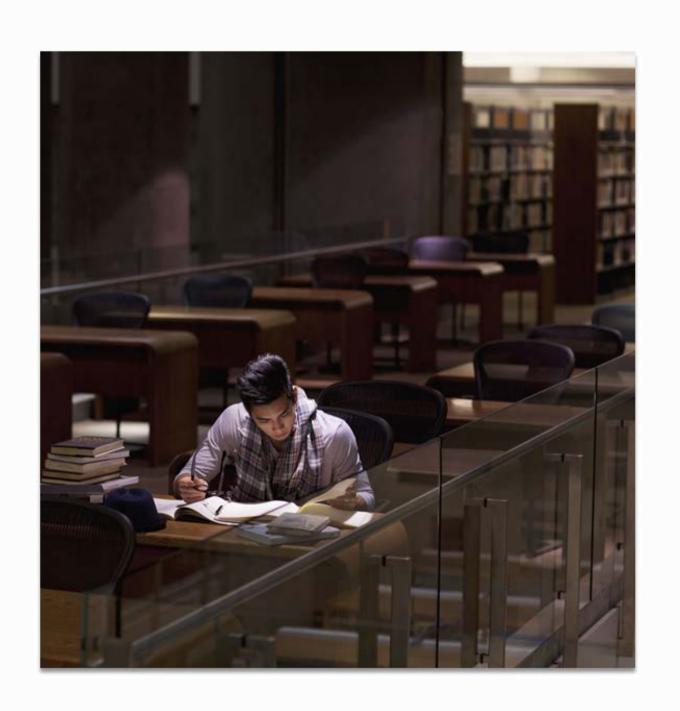
#### Risk Factors

- Physical health problems
- Relationship problems
- LGBTQ
- Employment problems
- Social isolation
- Significant change in living arrangements (i.e. separation or divorce)
- Age
- Drug and alcohol use



# Men's Issues are Complicated by Societal Roles and Expectations

- They feel they need to be the breadwinners in the family
- Display traditional "masculine" traits, such as strength and control
- Be self-reliant
- Not speak openly about their emotions



### Stigma

A study published in Canada in the <u>Community Mental Health Journal</u> in 2016 showed male respondents were more likely than females to hold views such as:

"I would not vote for a male politician if I knew he had been depressed,"

"Men with depression are dangerous,"

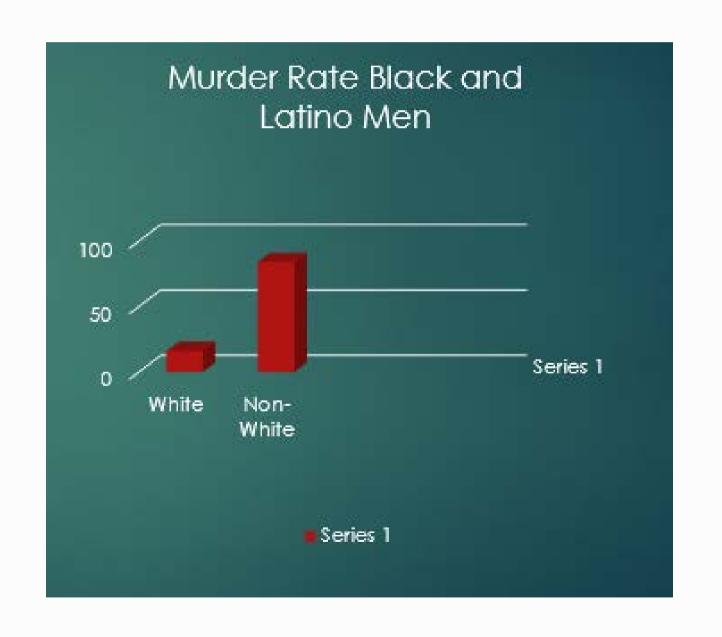
"Name it a least in the second of the secon

"Men with depression could snap out of it if they wanted."

### The Statistics Are Staggering

American Indian
Men Are Most Likely
To Commit Suicide

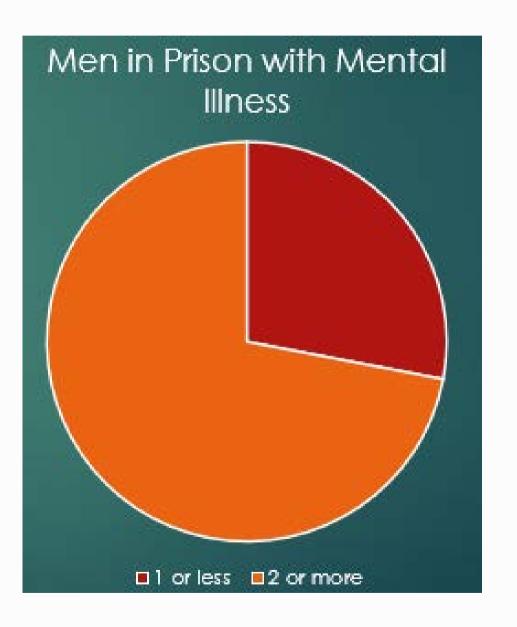
Black Men are Most
Likely to Be
Incarcerated



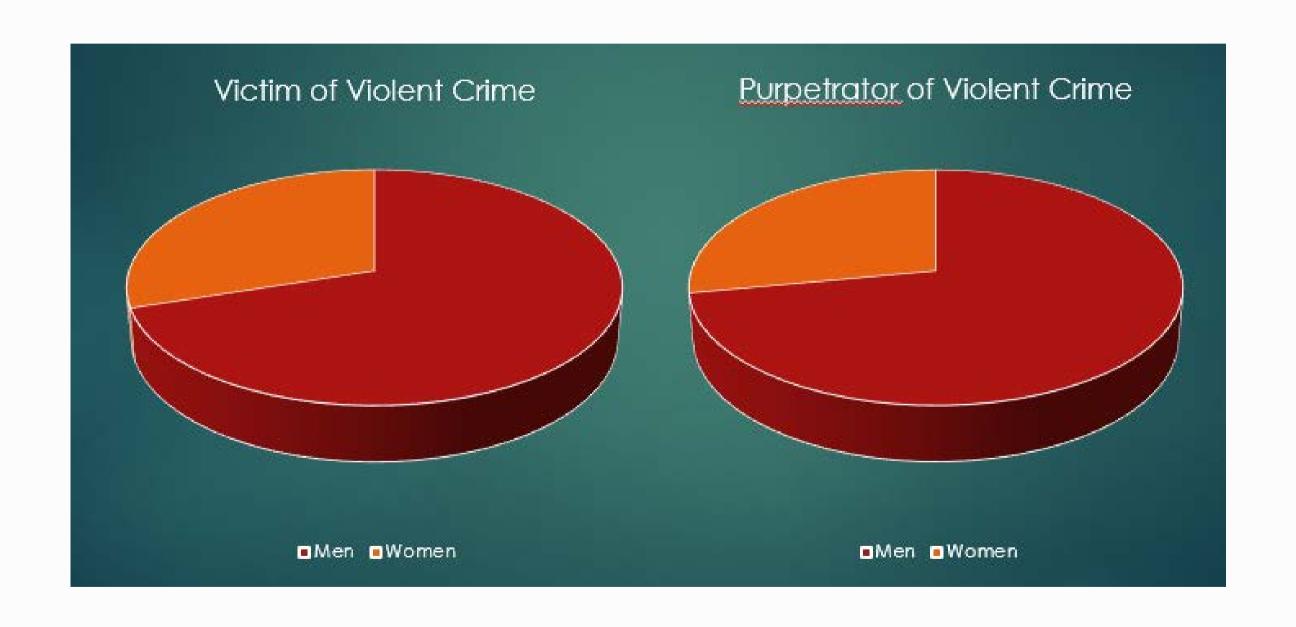


## The Prison System

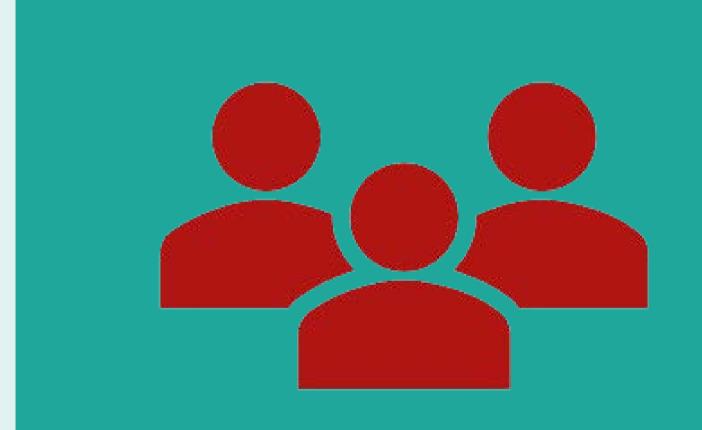




#### Violent Crime



### Impact



- Divorce
- Job Loss
- Disability
- Low Economic Status
- Addiction
- Caregiver Burnout
- Incarceration

#### The Link Between Alcohol & Mental Health

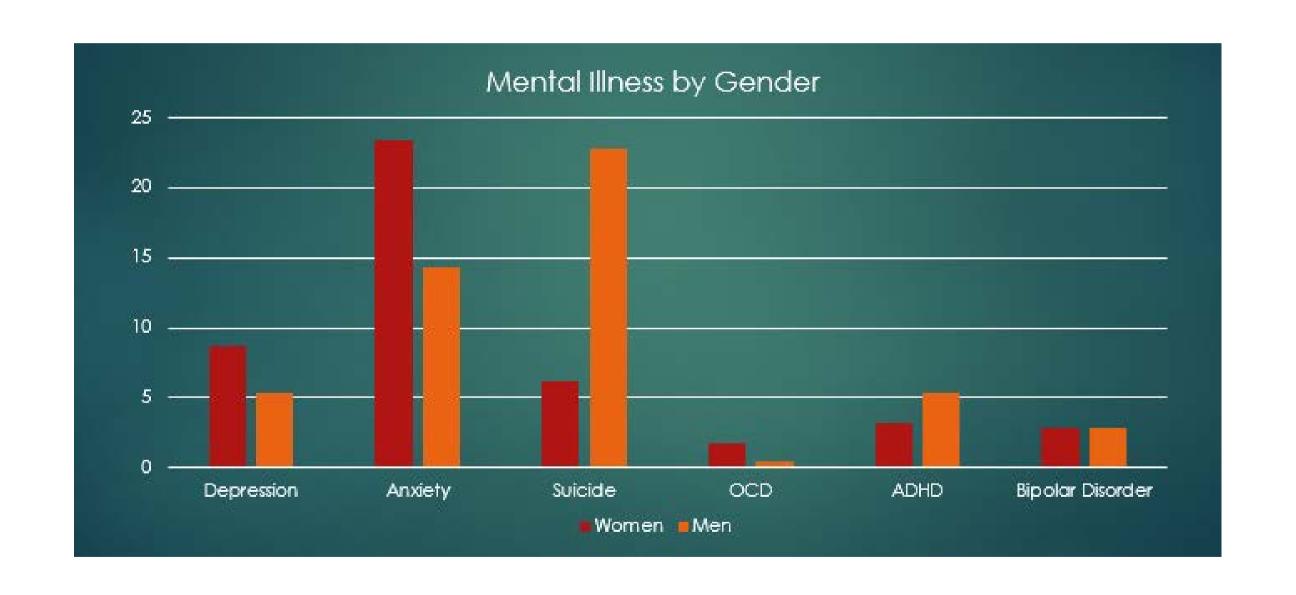
- Alcohol use may lead to psychiatric symptoms dependence on alcohol
- It may produce psychological symptoms intoxication may result in short-term behavioral or psychological problems
- Withdrawal or detoxification from alcohol may lead to psychological or psychiatric symptoms
- Alcohol use may exacerbate a pre-existing mental health problem
- Pre-existing mental health problems may lead to increased alcohol use
- Males are more than three times as likely to die by suicide than females, and more likely to have been drinking prior to suicide



## Social Impact of Not Getting Help

- Fatherless Homes
- Increased Rates of Domestic Violence
- Homelessness
- Increased Cost and Stress on Health Care System
- Continuation of Stigma

#### Statistics





### The Challenge for Gay Men

Research shows that, compared to other men, gay and bisexual men have higher chances of having:

- Major depression
- Bipolar disorder
- Generalized anxiety disorder





# Risk Factors for Gay Men

- Coming out repeatedly
- Social Isolation and Anxiety
- Lack of Acceptance by Family or Friends
- Lack of Understanding
- Discrimination and Bullying
- Less Encouragement to Structure their Life Like Heterosexual Families Do

# Archaic Beliefs Change the Way Men Seek Help

#### A National Health Interview Survey reports that:

- 1 in three men took medication for mental health concerns.
- Only 1 in 4 men spoke to a mental health professional.

# Better Mental Health Education Starts at Home

1

Start the discussion early

2

Normalize getting help for problems you have 3

Talk about family history and the impact of not getting help



Praise others for getting support



Don't gossip – What you say at home matters

## Lifestyle Changes Can Help Too

Eat	Eat a balanced diet.
Sleep	Get enough sleep.
Exercise	Exercise on most days.
Destress	Manage stress through meditation, yoga, mindfulness or prayer.
Avoid	Limit or avoid the use of alcohol and drugs.

# How & Where to Access Help When You Need It

Participate	Participating in Online therapy
Finding	Finding In-person therapy
Talking	Talking to Your General Physician
Consulting	Consulting With a Psychiatrist
Seeking	Seeking out a Self-Help Groups
Getting	Getting Support from Community Organizations like NAMI



#### Reduce Your Risk

- Be open and talk with family and friends, especially during times of stress.
- Seek treatment promptly if any mental health symptoms develop.
- Continue with maintenance treatment to prevent relapses of depression or other mental health conditions.
- Learn to manage stress through meditation, mindfulness, creative outlets, or other methods.
- Practice positive lifestyle choices, such as eating well, sleeping enough, and exercising.
- See a therapist for issues such as low self-esteem or childhood trauma, which could trigger mental health problems later in life.

# Do's and Don'ts of Having a Conversation About Mental Health

#### Do

- Let people know you are open to talking about mental health
- Do Listen
- Do empathize with the person you are talking to
- Do ask if someone is feeling suicidal
- Do let them talk openly
- Do respect their boundaries
- Do let them know if they ever want to talk
- #realconvo

#### Don't

- Don't minimize
- Don't give advice
- Don't make assumptions
- Don't interrupt
- Don't try to fix it
- Don't pressure them to do something they are not ready to do.
- Don't wait for the "right time"

# Talking About Mental Health Takes Practice

- If at first, you don't succeed try again.
- Keep using open ended questions, "Are you okay?", "Do you want to talk?"
- Is there any way I can help?"
- And always invite the person for more conversations if needed.
- "I'm here to talk if you need to"

# Lamplight Counseling Services, LLC

- Virtual Therapy Available
- 2 Offices in Northeast Ohio
- Independence & Medina
- 216-455-5571 & 330-331-5800
- www.lamplightconseling.net



## QUESTIONS



## THANK YOU



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