

TeachME Professional Development

Mental Health Issues Facing Communities

Terms and Definitions

1. The term _____ refers to interventions that enhance the ability to achieve developmentally appropriate tasks and a positive sense of self-esteem, mastery, wellbeing, and social inclusion and to strengthen the ability to cope with adversity.

- A. Mental health prevention
 - B. Mental health promotion
 - C. Mental health acquisition
 - D. Mental health fulfillment
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Understanding the Basics

2. Although an estimated 19.6 percent of Americans ages 18 and older, about one in five adults, will experience a mental health problem this year, studies show that most people with these issues get better, and many recover completely.

- A. True
 - B. False
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Prevention of Mental Illness

3. Increasing protective factors can prevent mental illness and substance use disorders, and such protective factors include public education and awareness about issues related to mental health and substance use and access to appropriate interventions.

- A. True
 - B. False
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Recovery from Mental Health Problems

4. Recovery is defined as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential, and is built on each of the following EXCEPT;

- A. Overcoming or managing one's disease or symptoms, including abstinence if one has an addiction, and making informed, healthy choices that support physical and emotional wellbeing**
 - B. A stable and safe place to live, along with meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors and the independence, income, and resources to participate in society**
 - C. Relationships and social networks that provide support, friendship, love, and hope**
 - D. Education that includes formal methods of providing information that will result in behavioral changes**
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Mental Health is a Public Health Issue/Substance Abuse and Communities

5. Which of the following accurately describes the impact of mental health issues and substance abuse on communities?

- A. In 2011, an estimated 20.6 million persons (8.0 percent of the population aged 12 or older) were classified with substance dependence or abuse in the past year**
 - B. While approximately six million adults have co-occurring mental health and substance use disorders, only 8.5 percent of individuals receive treatment for both conditions while 48 percent receive no treatment at all**
 - C. One-fourth of individuals with severe mental illnesses who receive community mental health services after lengthy stays in a state hospital achieve full recovery in psychiatric status and social function, and another fourth improve significantly in both areas**
 - D. Over 46,000 Americans died by suicide in 2010, making the number of Americans who die by suicide almost double the number who died by homicide**
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Research About the Mental Health of Young People

6. Research indicates that binge drinking and heavy alcohol use peaks between those aged 18 to 25, with nearly 40 percent of people in that age group reporting binge drinking and 12 percent reporting heavy alcohol use, and that abuse of prescription drugs is highest among young adults aged 18 to 25, with 5 percent reporting nonmedical use in the past month.

- A. True**
 - B. False**
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Perceptions of Violence and Mental Illness

7. Too often, depictions and perceptions of violence and mental illness can perpetuate negative attitudes and myths about individuals living with a mental illness, when in fact people with mental illnesses only commit five to ten percent of violent acts and are just as likely to be victims of violence as they are perpetrators.

- A. True
 - B. False
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Exploration of How to Respond

8. Negative Juvenile Occurrences, or NJOs, is a term that describes all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18 and that can have a profound impact on that child's future health.

- A. True
 - B. False
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Schools Play an Important Role

9. Schools can play a critical role in supporting young people by:

- A. Ensuring that behavioral problems are identified early so that young people can grow and thrive in a healthy environment
 - B. Leading coordination efforts in bringing youth-serving agencies together to help children
 - C. Work to guarantee that children, youth, and families can easily access services that are community based, child centered, family focused, and culturally and linguistically competent
 - D. All of the above
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10. Approximately 50 percent of students age 14 and older with a mental illness drop out of high school, which is the highest dropout rate of any disability group.

- A. True
 - B. False
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Session 4: Community Solutions

11. For communities, it is difficult to know where to start the process of helping those with mental illness, but an important first step is to:

A. Develop a task force to map out prevention strategies, treatment, and recovery support services

B. Determine what mental health resources currently exist in the community and determine what else is needed

C. Identify effective approaches to creating a vision for how your community will address the mental health needs of youth and families

D. Assess the community's capacity (financial resources, organizational commitment, community buy-in) to implement an intervention, strategy, or approach

12. Community factors that may impact mental health include cultural norms , discrimination, food insecurity, income inequality, neighborhood conditions, social status, and access to health services.

A. True

B. False

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