

SEPTEMBER 2022 • VOLUME 5

MENTAL NOTES

CAL-HOSA MENTAL HEALTH NEWSLETTER



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Did You Know?

- Bipolar disorder is more common than you might think: 2.8% of U.S. adults experienced bipolar disorder in the past year. 83% of those are classified as severe.
- According to the Diagnostic and Statistical Manual (DSM-5), there are seven types of bipolar disorder
- The extreme highs and lows of bipolar disorder are vastly different from mood swings or moodiness. People with bipolar disorder experience severe changes in energy, activity and sleep.
- Bipolar disorder features a wide range of mood disturbances, including mania, hypomania and depression.

<https://www.nami.org/Blogs/NAMI-Blog/May-2021/Myths-and-Facts-of-Bipolar-Disorder>
Bipolar Disorder

Bipolar Disorders

Symptoms of Mania and Hypomania (less severe form of mania)

These episodes include three or more symptoms:

- Upbeat, jumpy wired
- Elevated energy or agitation
- Sense of well-being and self confidence
- Diminished need for sleep
- Talkativeness
- Racing thoughts
- Distracted
- Poor decision making, risk taking, psychosis, suicide

Symptoms of Major Depression

- Depressed mood, sadness, hopeless, tearful in children and teens
- Lack of interest, no pleasure
- Weight loss, weight gain, Loss of appetite, increased appetite, failure to gain weight in children
- Insomnia or sleeping excessively
- Restlessness or slowed behavior
- Fatigue, loss of energy, inability to concentrate
- Misuse of alcohol or drugs
- Feeling of worthlessness, inappropriate guilt, thoughts of suicide

Causes

- Genetics- increases if family history
- Stress- extreme stressful events may trigger episodes of manic or depression
- Brain Structure and function- subtle differences in brain size and activation of structures, not being used in diagnosis currently

Diagnosis

- Symptoms
- Lifetime and family history
- Experiences

Treatment

- Psychotherapy- talk therapy
- Medications- mood stabilizers, antipsychotics, anxiety meds, sleep, antidepressants
- Self-Management strategies- early identification, concerns, choices
- Healthy lifestyle and a life chart- exercise and supplement

NAMI Helpline: 800-950-6264

NIMH: <https://www.nimh.nih.gov/health/publications/bipolar-disorder>

Bipolar Disorders

Bipolar disorder was previously called manic depressive illness. It is a mental health disorder that causes atypical changes in mood swings. You can see this in increased energy levels and activities or manic and extreme lows or depression. Bipolar is often difficult to identify in children and teens because patterns vary from those of adults. Bipolar is a lifelong condition that requires treatment.

There are several types of bipolar disorders, we will concentrate on four:

Bipolar I Disorder- condition where people have experienced one or more episodes of mania. Most people have episodes of mania and depression. The mania must last at least seven days or be so severe it requires hospitalization

Bipolar II Disorder- this is a subset of Bipolar I whereby a person has depressive episodes going back and forth with hypomanic episodes but not a full mania.

Cyclothymic Disorder- chronic condition of unstable moods where the person has hypomania and mild depression for at least two years. One year in children and teenagers. These people may have periods of normal mood lasting less than eight weeks.

Other specified- these persons do not meet the criteria for Bipolar I or II or Cyclothymic Disorders. They experience periods of significant abnormal mood elevation causing distress and depression affecting areas of life functioning.

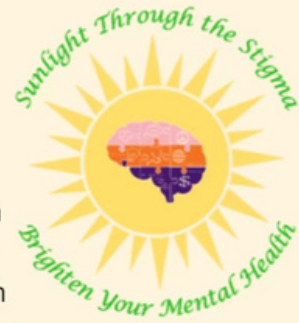


PALMDALE HIGH SCHOOL - SUNLIGHT THROUGH THE STIGMA



HOSA SLC-

At this year's HOSA SLC, our group decided to create a survey for all members to fill out, regarding their own mental health. Included was an interactive wheel, which allowed students to win various prizes, once they filled out the survey. We were pleasantly surprised with the results and enjoyed interacting with students who share the same interests as us.



Every month, we host a table outside during lunch a couple of times a week.

During this, we invite students to join us in mental health activities. Our activities are themed on what's going on during the month. For example, in February, we celebrated Valentine's day with self-love by having students write something they loved about themselves on a heart and displaying the hearts in the library. They were all anonymous so students would feel safe responding with whatever they wished to. During the month of November we did leaves and students wrote things they were grateful for, which were also displayed. Additionally, in September, to honor Suicide Prevention and Awareness Month, our table included shirts, bracelets, ribbons, and pamphlets to spread information regarding suicide awareness.

- Lunch Tables



V-A-R Training -



We know that oftentimes, we may want to help those struggling with mental health issues. But we aren't always equipped with the right skills to do so properly. We adopted a system abbreviated with the acronym V-A-R. Which stands for Validate, Appreciate, and Refer. Since adopting these skills, we have provided training to various students, teachers, and even parents throughout our school community. We have received very positive feedback and hope to do more training sessions in the future.



Save The Date!

EVENTS ON HOSA, MENTAL HEALTH, & MORE

August 1- January 31, 2023

2022-2023 Affiliation Process Opens

September 1, 2022 3:45-4:45p

CDPH - Cal HOSA Partnership

"Vaccinate All 58"

[https://us02web.zoom.us/j/84940227674?](https://us02web.zoom.us/j/84940227674?pwd=NmhYSVZnZlErYWWhVMmVDmVDbO1KdnQ5dz09)

[pwd=NmhYSVZnZlErYWWhVMmVDmVDbO1KdnQ5dz09](https://us02web.zoom.us/j/84940227674?pwd=NmhYSVZnZlErYWWhVMmVDmVDbO1KdnQ5dz09)

September 13-14, 2022

Virtual New Advisor Training

September 24-27, 2022

Washington Leadership Academy (WLA)

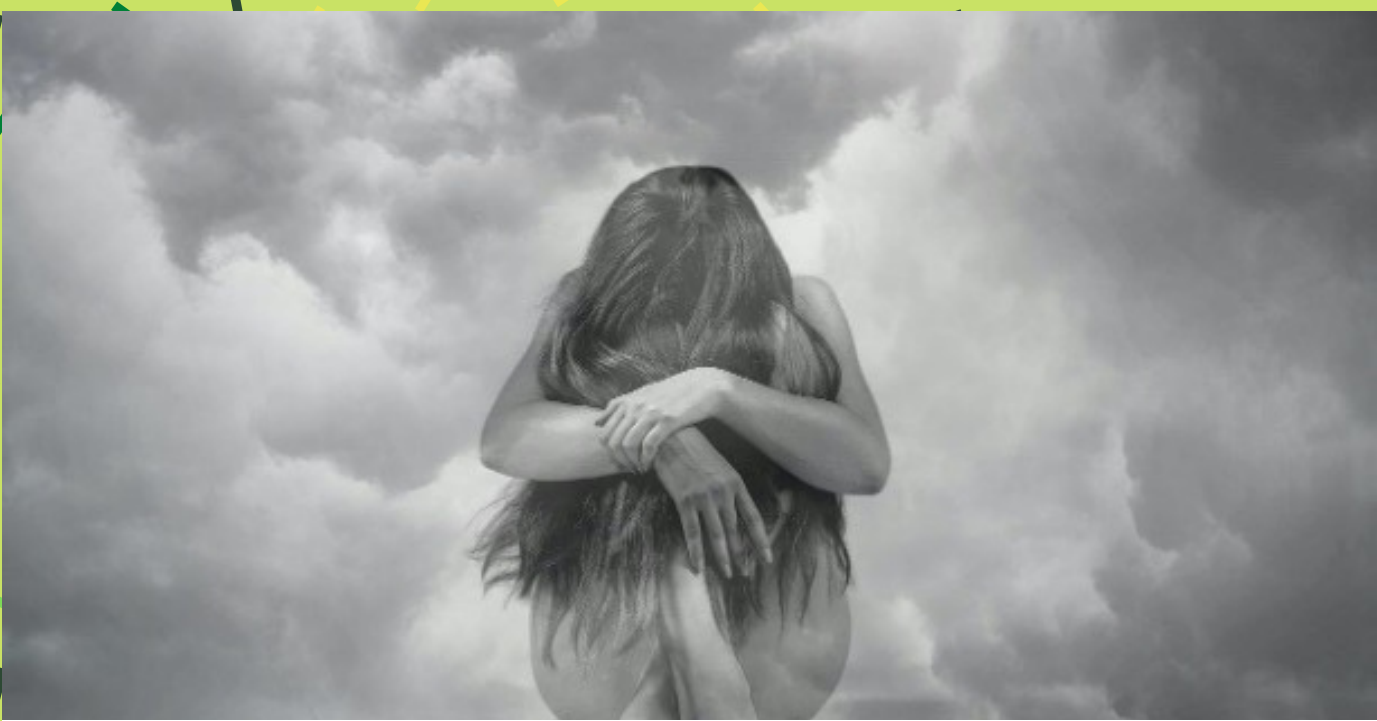
October 22, 2022

Virtual Fall Leadership Conference

October 22- December 1, 2022

State Leadership Conference (SLC) Pin Design Submission dates

Cal-HOSA State Officers post mental health facts every Monday on Cal-HOSA's social media platforms



Resources

<https://www.mayoclinic.org/diseases-conditions/bipolar-disorder/symptoms-causes/syc-20355955>
Bipolar disorder - Symptoms and causes - Mayo Clinic

<https://www.nimh.nih.gov/health/topics/bipolar-disorder>
Bipolar Disorder

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Bipolar-Disorder>
Bipolar disorder

<https://youtu.be/XQ2PbPr2AH4>
Bipolar what does it mean?

I knew who I
was this morning,
but I've changed
a few times
since then.

-Lewis
Carroll



Cal-HOSA's MHWPEII project is funded by Kaiser Permanente