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MENTAL NOTES

CAL-HOSA MENTAL HEALTH NEWSLETTER



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Did You Know?

- Schizophrenia affects 20 million people worldwide. (Global Burden of Disease, 2017) Less than a third receive treatment.
- Schizophrenia is one of the top 15 leading causes of disability worldwide. (Global Burden of Disease, 2008)
- About 20% of people with schizophrenia attempt suicide at least once. (The Recovery Village, 2020)
- Schizophrenia is often diagnosed in young people during their late teens to early 30's with symptoms commonly presenting earlier in males than females (National Institute of Mental Health, 2018)

<https://www.singlecare.com/blog/news/schizophrenia-statistics/>

Schizophrenia

Schizophrenia comes from Greek origins, with “schizo” meaning split and “phrene” meaning mind. It is a serious mental disorder that interferes with a person’s ability to think clearly, manage emotions, make decisions and relate to others. They interpret reality abnormally which in turn impairs daily functioning. Schizophrenia can occur at any age, the average age of onset tends to be in the late teens to the early 20’s for men, and late 20’s to early 30’s for women. People with schizophrenia require lifelong treatment, early treatment may help control symptoms before serious complications can occur. It is possible to live well with Schizophrenia.

Symptoms

It is sometimes difficult to diagnose schizophrenia in teenagers. The first signs can include a drop in grades, change in friends, sleep issues and irritability.

These are common adolescent behaviors. Other factors may be isolating oneself, withdrawing from others, increasing unusual thoughts and suspicions, family history of psychosis. In teens this stage is known as the prodromal period. (NAMI 2022). It is essential to get a complete medical evaluation in order to get the best diagnosis for the person. Part of the diagnosis is dependent on symptoms being present for 6 months and reduced functioning.

Delusions: These are false beliefs not based in reality. A person may believe that they are famous, have exceptional ability or a major catastrophe is going to occur.

Hallucinations: These usually involve seeing or hearing things that do not exist. Hearing voices is the most common.

Disorganized thinking (speech): Effective communication can be impaired and answers to questions may be partially or completely unrelated. These people may often struggle with remembering things, organize thoughts and complete tasks.

Negative symptoms: These symptoms diminish a person’s abilities. They have a emotional flat affect, speaks in a dully disconnected manner. They may show little interest in life and sustaining relationships. They may neglect personal hygiene, no eye contact and have a loss of interest in everyday activities, lack the ability to experience pleasure. (Mayo clinic 2022) Negative symptoms may be confused with clinical depression.

NAMI Helpline: 800-950-6264
or text "Helpline" to 62640

Schizophrenia

Causes

Genetics: Heredity does play a role, you may have six times higher risk if you have a close relative with this disorder. It is a complex condition of genetics and environmental influences.

Environment: Exposure to Viruses or malnutrition before birth, in the first and second trimester increasing risk for schizophrenia.

Brain Chemistry: Problems with neurotransmitters called dopamine and glutamate. Neurotransmitters allow the brain cells to communicate with each other.

Substance use: Taking mind altering drugs during teen years and young adulthood can increase the risk of schizophrenia. The younger and more frequent use, the greater the risk.

Diagnosis

Diagnosing is not always easy especially if the patient uses drugs. Methamphetamines or LSD can cause schizophrenia-like symptoms. Many persons with schizophrenia are unable to believe that they have it. This greatly complicates the situation of schizophrenia and treatment.

No single physical or laboratory test can diagnose schizophrenia. The physician must evaluate the clients' symptoms and the course of their illness over a six-month period to help ensure an accurate diagnosis. The health care provider must rule out brain tumors, medical conditions, and other psychiatric conditions such as bipolar disorder. Substance abuse screenings may be indicated.

To be diagnosed with schizophrenia, a person must have two or more of the following symptoms that occur persistently causing a reduction in function:

- Delusions
- Hallucinations
- Disorganized speech
- Disorganized or catatonic behavior
- Negative symptoms

Early identification improves a person's chances of managing the illness. It can reduce psychotic episodes and recovering. African Americans and Latinos are more likely to be misdiagnosed, mainly because of differing cultural perspectives or barriers. It would be in their best interest to work with someone with an understanding of their cultural backgrounds.

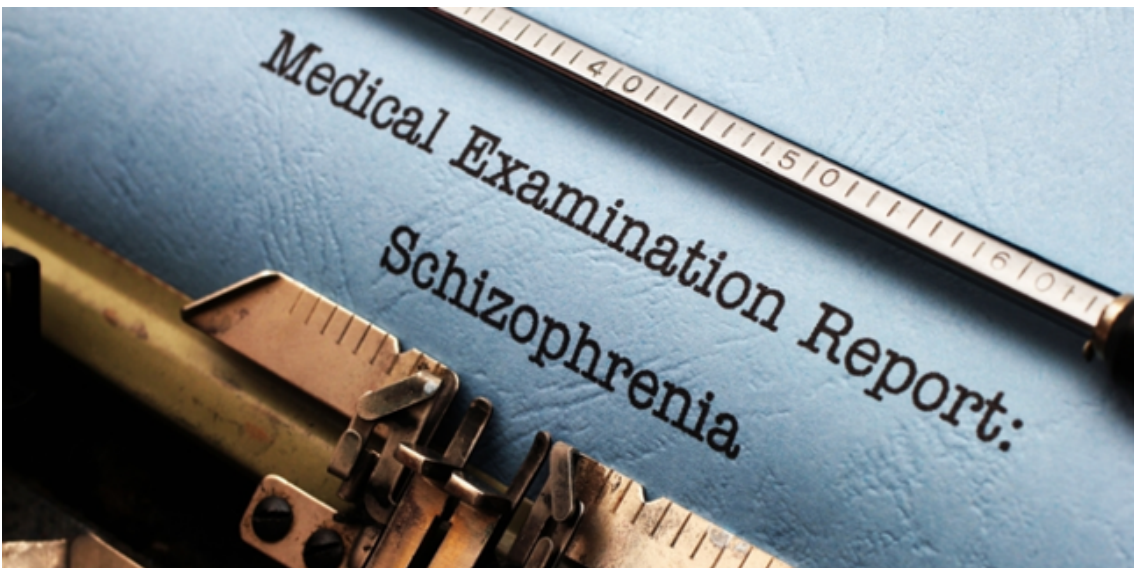


Schizophrenia

Treatment

There is no cure for schizophrenia, but it can be treated and managed in different ways.

- Antipsychotic medications - it can take several weeks of medication to see improvement. The side effects of some of the medications may cause a reluctance to adhere to the prescribed medication.
- Psychotherapy - cognitive behavioral therapy, assertive community treatment and supportive therapy.
- Self-management strategies and education



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Venture Academy PEI Project
Yellow Ribbon Suicide Prevention Program
Advisor: Tracey Bidwell

Venture Academy started the Yellow Ribbon Suicide Prevention program by having an outside trainer from the Child Abuse Prevention Agency come in and train all the medical pathway students in a 4-hour training to certify all students in presenting the Yellow Ribbon presentation. The students also completed a 4-hour Safe Talk training for some additional skills and expertise in identifying individuals that might need mental health assistance. Last year 4 students and an advisor did a 2-day training to become Yellow Ribbon trainers. The training allowed the 4 students with the assistance of their advisor to become the trainers at their school site. All medical pathways students were trained last year by students from within the chapter. The students went on to train all the staff at Venture Academy on how to be a Link in the prevention of suicides and how to talk to students, how they might be having mental health issues or had given the teacher an Ask For Help card. This was the first time that Venture Academy staff had received this training. Students also assisted counseling staff with in-person presentation to all 10th graders on the Yellow Ribbon suicide prevention. We finished off the year by presenting at Cal-HOSA SLC.

This year we are working to train more students to be trainers and continue the work that was started last year. Each student that becomes a trainer is certified for 2 years. We are looking to add a parent workshop on suicide prevention.

Another goal that we have this year is to partner with other schools and train students at those schools to be Yellow Ribbon Presenters. The students feel a direct impact as they can assist peers that are having a difficult time and help get them to the counseling center. This has become a mission for our HOSA chapter and an area where we will continue to train and expand student knowledge.





Save The Date!

**EVENTS ON HOSA, MENTAL HEALTH, & MORE
August 1- January 31, 2023**

2022-2023 Affiliation Process Opens

September 1, 2022-February 15, 2023

For work through March 2023

CDPH - Cal HOSA Partnership

"Vaccinate All 58"

[https://us02web.zoom.us/j/84940227674?](https://us02web.zoom.us/j/84940227674?pwd=NmhYSVZnZlErYWWhVMmVDb0lKdnQ5dz09)
pwd=NmhYSVZnZlErYWWhVMmVDb0lKdnQ5dz09

October 22- December 1, 2022

State Leadership Conference (SLC) Pin Design Submission dates

December 1, 2022 - January 23, 2023

Regional Competitive Events (RCE) Registration

Mandatory Event for SLC Competitive Events (CE) Qualification

January 20 at 6:00 pm

DEADLINE

National Anthem/Patriotic Song Submission Timeline

December 1, 2022 - February 25, 2023

ALL State Officer Applications and Forms

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



Resources

<https://www.singlecare.com/blog/news/schizophrenia-statistics/>

Tell me about Schizophrenia Video

<https://youtu.be/tYiTznmuSu4>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia>

<https://www.mayoclinic.org/diseases-conditions/schizophrenia/symptoms-causes/syc-20354443>

<https://www.nimh.nih.gov/health/topics/schizophrenia>

<https://www.psychiatry.org/patients-families/schizophrenia/what-is-schizophrenia>