WHAT'S GOING ON?

Getting Clarity in Mental Health issues

Carolyn Russell (GP and Counsellor, Brisbane)

For Southern Cross Presbyterian Church LISMORE

25th August 2020

COME WITH *SOME* UNDERSTANDING

- To Connect well with the ones we care for, we must first have a map in our minds of what MAY be happening in them….. But we do not KNOW!
- We have our OWN experiences which change the way we approach understanding.
- Be aware of this bias. IT IS OK…. You are YOU, and cannot be anyone else!

- A good Start for all --- SAFETY (S.A.F.E.T.Y.)
  - Size and similarity (gender, age, life situation)
  - Attitudes
  - Facing
  - Empathic
  - Time appropriate (reliable and available as much as can)
  - YOU (ie interested in the the other YOU)

CONNECTING: ESSENTIALS

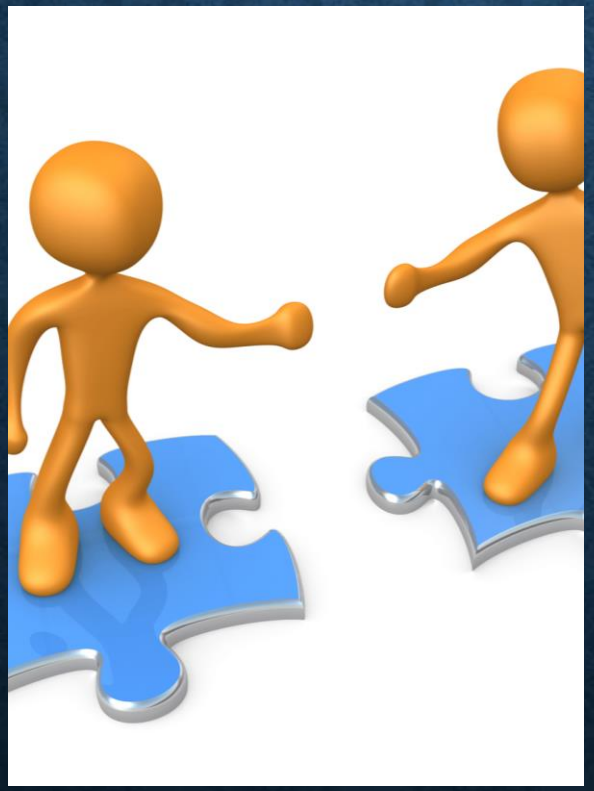
- Invitational….. Ask permission to walk along side
- Triangle …… Aware that we live Coram Deo (before God) and He will speak into this situation too.
- Pyramid …..We are part of a larger community who can also be called on to care…. We do not have to be LONE SAVIOURS!
- A's : ATTACH ATTUNE ATTEND ACCOMPANY

SOLID TO ATTACH

WILLING TO TUNE IN

‘TURNING UP’ (ATTENDING) EVEN IN CHAOS

‘TURNING UP’ EVEN IF BORED/ TIRED



WALKING TOGETHER

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AS WE CONNECT WE DISCOVER

- Understanding from
  - Listening ……..to story – words and emotions (or physical clues)
  - Locating ---------- source of information and what is important to the person
  - Linking ---------- into a Narrative of their life with *themes* : wilderness, confusion, aloneness, being different ….etc

- And this allows us to LINGER where the person needs to explore or to consider who else might be able to help with this particular problem

BIGGEST PROBLEMS FOR MENTAL HEALTH ISSUES

- Assuming we KNOW
- Or Assuming we Understand

- And acting on our faulty thinking

WHAT MIGHT WE DISCOVER IN STORIES?

- Mental health struggles come in varying narratives : Common ones are
- Mood or emotional states
- Anxiety related issues
- Adjustments to crises of life (Stresses)
- Deterioration into psychosis
- Associations with pregnancy, Grief or Loss, marriage or long term stress ,age changes
- Associations with Substances or addictions

PATTERNS

CHANGES IN FUNCTION

- Work or school
- Tasks of life
- Earning
- Enjoyment

CHANGES IN ENERGY

High or low

Sleep less or more

Weight loss or gain

CHANGES IN

RELATIONSHIPS

COMMUNITY ENGAGEMENT

CHANGES IN APPEARANCE AND CONNECTION

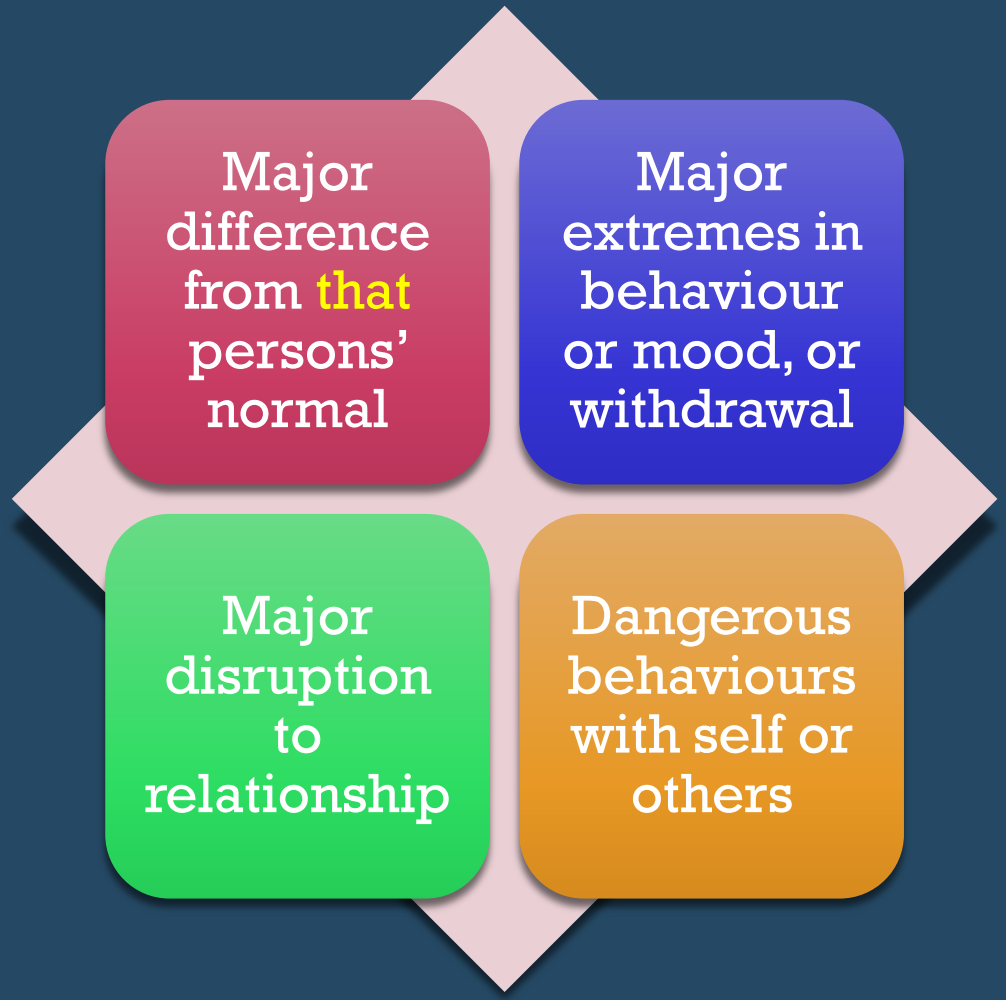
LISTEN LINGER AND CONSIDER PATTERNS

Certain patterns help us to know what this MIGHT be,

Or just to be able to describe it to another, who might recognise what is going on!

YOU are not the one to diagnose,

YOUR job is to get along side, and notice. Then to engage the person to get help.



MORE CHANGES = POTENTIALLY MORE SERIOUS

MOOD AND ANXIETY RELATED SITUATIONS

- Depressive Disorders : Uni or Bipolar types
- Anxiety disorders : Social Anxiety through to severe Panic Disorders with Agoraphobia
- Pregnancy MOOD issues: often crises (esp post delivery)
- Genetic potential and effects on next generation

PSYCHOSES

- Suddenly or gradually losing connection with what most would see as reality (feeling of oddness/'other worldness' as you listen to, or watch, the person)

- Drug related
- Genetic potential : schizophrenia or schizoaffective disorder)
- Sometime aging population (dementia/degenerative diseases)
- With pregnancy

MOSTLY EMERGENCY if occurs swiftly, or extremes

TRAUMA RELATED SITUATIONS

- Our world is NOT an easy place. The effects of sin are everywhere…. Many Suffer at the hands of others

- struggle with childhood neglect or acts of abuse

- have abusive partnerships or jobs

- experience trauma from outside themselves due to disaster

- The consequences of these things can be dire: suicidal thought, severe mood distress, poor function, poor relationships …….

HAVING A RESOURCE COMMUNITY

- KNOW who and where the supports are in the community for others and for YOU

- GPs with interest in Mental Health
- Social services in area /headspace
- Life Line or other counselling service
- Hospital Mental Health team (almost all have care lines now)
- Magistrates for emergency requests for review
- Ambulance and Police (Mental Health Acts to provide service of SAFETY)
- Pastoral team who prays for you, and listens to YOU

AND A WILLINGNESS TO ENGAGE WITH THEM

- Be prepared for this,
- As it WILL happen in the life of your community, or congregation
- Get connected by a visit or phone call if you are pastorally caring
- And to get help for you too, if you need support

KEEP CONNECTION!

When people are being cared for by medical teams or psychologists/psychiatrists, YOUR role does not cease.

Keep helping with increased function or fun, and 'normalising' life

Attempt NOT to get into arguments about correct treatment….. YOU may not know. BE informed

However, if the person seems to be getting worse in those areas ALERT someone and discuss (with permission if can get this…. If NOT… as much as possible)

ON LINE RESOURCES

- Mind and Soul Foundation Mental Health Access Pack *****
- Beyond Blue/ Y B Blue
- Black Dog Institute
- Butterfly Foundation
- SANE Australia
- E Mental Health resources (This Way UP or Mood Gym)
- https://www.korusconnect.org.au/initiatives/whole
- Scripture Union etc

CONNECT

UNDERSTAND

CONNECT – IF YOU LOSE IT GO BACK!

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