

**Mental Illness:
An Overview for
Mental Health Court Teams**
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What is Mental Illness?

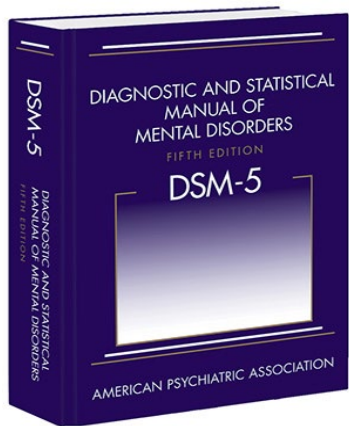
“Mental illnesses are health conditions involving changes in thinking, emotion, or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities.”

(American Psychiatric Association)

How Common is Mental Illness?

- Quite common; in any given year:
 - 19% of US adults experience some form of mental illness
 - 8.5% of US adults experience a substance use disorder
 - 4.1% of US adults have a serious mental health disorder

(American Psychiatric Association estimates)



DSM-V

The most significant of many changes is that this version did away with the Multiaxial system of diagnosis, in which the diagnostician addresses five axes or areas.

Mental Disorders

Neurodevelopmental Disorders

- Intellectual Disability
- Communication Disorders
- Autism Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Specific Learning Disorder
- Motor Disorders

Mental Disorders

Schizophrenia Spectrum & Other Psychotic Disorders

- Schizophrenia
- Schizoaffective Disorder
- Delusional Disorder
- Catatonia

Mental Disorders

Bipolar & Related Disorders

- Bipolar I & II
 - Bipolar I: Mania; depression usually but not required
 - Bipolar II: Less severe mania (hypomania) and one or more depressive episodes
- Depressive Disorders
 - Major Depressive Disorder

Mental Disorders

- **Anxiety Disorders**

- Agoraphobia
- Specific Phobia
- Social Anxiety Disorder
- Panic Attack
- Panic Disorder and Agoraphobia
- Separation Anxiety Disorder
- Selective Mutism

Mental Disorders

Trauma and Stress-Related Disorders

- PTSD
- Acute Stress Disorder
- Adjustment Disorders
- Other Specified Trauma/Stress-related Disorder

Mental Disorders

Obsessive-Compulsive & Related Disorders

- Obsessive-Compulsive Disorder
- Body Dysmorphic Disorder
- Hoarding Disorder
- Trichotillomania
- Excoriation
- Substance/Medication Induced OCD

Mental Disorders

Somatic Symptom & Related Disorders

- Somatic Symptom Disorder
- Medically Unexplained Symptoms
- Hypochondriasis & Illness Anxiety Disorder
- Pain Disorder
- Psychological Factors Affecting Other Medical Conditions & Factitious Disorder
- Conversion Disorder

Mental Disorders

Feeding & Eating Disorders

- Pica and Rumination Disorder
- Avoidant/Restrictive Food Intake Disorder
- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
- Elimination Disorders

Mental Disorders

Sleep-Wake Disorders

- Breathing-Related Sleep Disorders
- Circadian Rhythm Disorders
- Rapid Eye Movement Sleep Behavior Disorder
- Restless Leg Syndrome

Sexual Dysfunctions

Gender Dysphoria

Mental Disorders

Disruptive, Impulse-Control, & Conduct Disorders

- **Oppositional Defiant Disorder**
- **Conduct Disorder**
- **Intermittent Explosive Disorder**

Mental Disorders

**Substance-Related & Addictive
Disorders**

Neurocognitive Disorders

Personality Disorders

Paraphilic Disorders

Substance Use Disorders

- Diagnosed when the recurrent use of alcohol and/or drugs results in clinically and functionally significant impairment as evidenced by:
 - Health and social problems
 - Disability
 - Failure to meet responsibilities
 - Inability to control intake
 - Risky behaviors

Substance Use Disorders

- Most common in the US are:
 - Alcohol Use Disorder (17M Americans)
 - Tobacco Use Disorder (50M Americans)
 - Cannabis Use Disorder (4.2M Americans)
 - Opioid Use Disorder (2.5M Americans)
 - We are in the midst of a national crisis
 - Overdose deaths
 - Debilitating impact of the substances on behaviors as well as painful withdrawal

Personality Disorders

Personality disorders entail significant impairments in self and interpersonal functioning, along with with one or more pathological personality traits.

They are also:

1. Relatively stable across time and consistent across situations;
2. Not better understood as normative for the individual's developmental stage or sociocultural environment; and
3. Not solely due to the direct effects of a substance or general medical condition

Characteristics of Personality Disorders

Personality disorders are characterized by four primary features:

- Distorted thinking patterns
- Problematic emotional responses
- Difficulties with impulse control (either over- or under-regulation)
- Interpersonal issues

The above must cause significant and enduring difficulties navigating through life

Personality Disorder Clusters

Cluster A (characterized by odd, bizarre, eccentric behavior and affect)

- Paranoid PD
- Schizoid PD
- Schizotypal PD

Personality Disorder Clusters

Cluster B (characterized by dramatic, erratic behavior and affect)

- Antisocial PD
- Borderline PD
- Histrionic PD
- Narcissistic PD

Personality Disorder Clusters

Cluster C (characterized by anxious, fearful behavior and affect)

- Avoidant PD
- Dependent PD
- Obsessive-compulsive PD



Mental Disorders

You are most likely to encounter substance-related and addictive disorders, personality disorders, psychotic disorders, and mood disorders in court.



Mental Disorders

It's not just a matter of prevalence – it's that the behavioral manifestations of these disorders are more likely to result in encounters with the criminal justice system.

A Caution about Diagnoses

Diagnoses are not things, they cannot be observed – they are constructs that represent clusters of symptoms that often occur together.

When describing disorders such as depression or schizophrenia, we think of these as categorical rather than continuous constructs. Basically, you either have schizophrenia or you don't (based on the number of symptoms you have).

A Caution about Diagnoses

Personality disorders occur on a continuum. Traits such as narcissism occur along a dimension, rather than as a dichotomous category.



Manifestations of Mental Illness

- Psychosis – disorders of thought
- Mood disorders – of emotion
- Personality disorders – of character
- Substance use disorders –
neurochemical agents from outside
- Developmental disabilities – intellectual,
cognitive, information processing

What is a co-occurring disorder (COD)?

A condition in which a person experiences a mental illness and a substance abuse problem simultaneously.

CODs represent a very broad category and extent of disorder, ranging from someone with mild, situational depression due to their substance abuse all the way to a person with bipolar disorder who uses meth during acute episodes of mania.

COD Incidence and Prevalence

People with mental health disorders are more likely than others to also have an alcohol or substance use disorder

Persons with a substance use disorder are more likely to have a mental disorder when compared with the general population

COD Incidence and Prevalence

Studies have found that between 72 and 87 percent of justice-involved individuals with severe and persistent mental illness (SPMI) have co-occurring substance use disorders.

(Abram & Teplin, 1991; Abram, Teplin, & McClelland, 2003; Chiles, Cleve, Jemelka, & Trupin, 1990; James & Glaze, 2006).

Gap in Services

Despite these high rates of COD, relatively few justice-involved individuals report receiving adequate treatment services for these disorders in jails, prisons, or other justice settings.

(National GAINS Center, 2004; Peters, LeVasseur, & Chandler, 2004)

Treatment Components

- Medication-based approaches
- Counseling/Psychotherapy (CBT)
- Self-help and Support Groups
- Family Involvement
- Individualized treatment plans
- Intensive case management
- Frequent, random drug screens

Treatment for COD

Attend to the interactive nature of the disorders via ongoing assessment, individualized treatment planning, and service provision.

Treatment for COD

The focus should be on the extent of functional impairment caused by the two disorders and their interaction, with treatment sequence determined by the extent and severity of specific impairments.

(Peters, LeVasseur, & Chandler, 2004)

Treatment for COD

Integrated Treatment (as recommended by SAMHSA) addresses mental and substance use disorders simultaneously, each within the context of the other disorder. Similar to the drug court team approach, integrated treatment requires interdisciplinary collaboration.

<http://store.samhsa.gov/product/Integrated-Treatment-for-Co-Occurring-Disorders-Evidence-Based-Practices-EBP-KIT/SMA08-4367>

Treatment for COD

Treatment planning is collaborative and client-centered, in that it addresses clients' goals using treatment strategies and methods that are acceptable to them.

Resources

- NIC clearinghouse:
<http://nicic.gov/library/topic/79-co-occurring-disorders>
- SAMHSA GAINS Center:
<http://www.samhsa.gov/gains-center>
- National Alliance on Mental Illness: <http://nami.org/>

Thank you!
Questions?

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