

# Behavioral Health 101

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THE BASICS

**Magellan**  
HEALTHCARE<sup>SM</sup>

# Agenda

- 1 What is Mental Health?
- 2 Myths & Facts
- 3 Signs & Symptoms of Mental Health
- 4 Signs of Substance Use Disorder
- 5 Talking Points
- 6 How to Get Help

# What is Mental Health

- A **mental illness** is generally considered a condition that affects a person's emotions, thoughts or behaviors. As well it may often affect physical health. We humans are not divided into body organs. We are integrated creatures and we use separate categories such as mental health, mental illness, and physical health more to help provide useful starting points to regain health when we are "out of sorts".
- Mental health is important to relationships, well being, resilience and self-esteem. Symptoms of a mental illness can effect your ability to relate to others and complete daily functions. Each person will have different experiences, even with the same diagnosis.
- Common mental health diagnoses are:
  - Anxiety
  - Cognitive Impairment
  - Mood Disorders (ex. Depression, Bipolar)



**Myth:** People with a mental illness can not be successful in work or school

**Fact:** Individuals with a mental health diagnosis are successful in work, school, and in the community.

**Myth:** Mental Illness is not that prevalent

**Fact:** 1 in 5 Americans experience a mental illness in their lifetime. 1 in 25 Americans will experience a serious mental illness, that impairs one or more major life functions.

## Myths and Facts about Mental Health

(NAMI, 2015)

**Myth:** Individuals with a mental illness are dangerous

**Fact:** Having a mental health disorder does not increase the chances of violence or danger to others. On the contrary, individuals with a mental health disorder are four times more likely to become a victim of violence.

**Myth:** You can never recover from a mental illness

**Fact:** Mental health issues are not always lifelong disorders. Some disorders, such as anxiety and depression, only require short-term treatment and/or medication.

# Signs and Symptoms of a Mental Health Disorder

Frequent crying

Feeling worthless or guilty

Decreased motivation

Too much sleep or unable to sleep

Racing thoughts

Thoughts of death or suicide

Lack of energy

Loss of interests or activities you once enjoyed

Shortness of breath

Numbness in the hands and feet

Trouble concentrating

Panic attacks

# Signs of Substance Use Disorder

1

Loss of interest in hobbies you once enjoyed

2

Slurred speech

3

Denying there is a problem

4

Hostility or depression

5

Solitary or secretive use

6

Suffering from hangovers or black outs

7

Missing work or other obligations due to substance use

8

Poor judgement and engaging in dangerous behaviors

9

Usage requires emergency medical treatment

# Talking Points



If you believe someone may be exhibiting signs of Mental Illness and are unsure what your next steps are, first assure them you are there for support and to listen. Then try asking some of the following questions:

- How are you feeling about your life? Do you feel things are going okay or are you worried about certain things?
- Have you felt like this in the past?
- What can I do to help?
- Are you getting care for your symptoms? If so, are you happy with your care?
- Do you think it would help if you talk to someone else about your thoughts and feelings?
- If symptoms are severe and you (the caregiver) have immediate concerns, ask the question, “Are you have any thoughts or harming yourself or others?” If yes, would you like help finding treatment?

# Treatment and Support Options For Mental Health and D&A



## Types of Professionals

- Psychiatrists
- Doctors (primary care physicians)
- Psychologists, Social workers, counselors, and other mental health professionals
- Certified peer specialists/Certified Recovery Specialists

## Self Help and Other Support

- Peer support groups
- Family support groups
- Family, friends, and faith and other social networks

## Types of Professional Help

- Psychotherapy
- Medication
- Psychoeducation
- Alcohol and other drug treatment
- Other professional supports

# How To Get Help



- In an event of an emergency, call 911 or report to your local Emergency room.
- If seeking urgent treatment, please go to a local agency or assessment center.
- To find an assessment center or in-network Providers please contact us below or utilize our webpage.
- To outreach Magellan about behavioral health services, please call:
  - Bucks County: 1-877-769-9784
  - Cambria County: 1-800-424-0485
  - Delaware County: 1-888-207-2911
  - Lehigh County: 1-866-238-2311
  - Montgomery County: 1-877-769-9782
  - Northampton County: 1-866-238-2312
- To search for a Magellan provider, visit <https://www.magellanofpa.com/for-members/find-a-provider/provider-search-start/>

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