

Major Mental Illnesses & Substance Use Disorders

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Objectives

- Factual understanding of four major diagnostic categories
- Impact of mental health on behavior and communication during encounters/incidents
- When and what treatment is effective
- Identification and understanding of various substances on behavior and communication during encounters/incidents

Why Is This Important???

- Reduce recidivism
 - Do you really want to continue to deal with the same person and problem that you've dealt with 100 times?
 - Getting people the help they need reduces recidivism and increases the chances you'll be appreciated in the community.
- Allows the department to focus on other criminal activity
- Can save \$100,000s of State and Local funds

But REALLY,

- It is all about safety.
- Symptoms of mental health disorders can impair communication, both listening and talking
- They also impair thoughts and beliefs.
 - “Everyone is out to get me.”
- Bad communication, for both officer and citizen, can often result in escalation.

It's Part of Being Human...

- Many of the following disorders affect 1-2% of the population.
- Everybody, at some point in time, will be affected by depression and anxiety.

Four Main Diagnostic Categories

- Major Depressive Disorder
- Bipolar Disorder
- Schizoaffective Disorder
- Schizophrenia



Major Depressive Disorder

Debilitating Sadness

Symptoms of a Major Depressive Episode

- Depressed mood most of the day, nearly every day
- Loss of interest or pleasure
- Significant weight loss or weight gain
- Insomnia or hypersomnia
- Psychomotor agitation or retardation
- Fatigue or loss of energy

Symptoms of a Major Depressive Episode

- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate, or indecisiveness
- Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide

Treatment of Depression

- First course of action is somewhat dependent on severity
 - More severe - need meds on board and working (4-6 weeks) before talk therapy will have desired effect
 - Moderate/less severe - can start talk therapy
- Treatment varies dependent on presenting problem
 - Cognitive-Behavioral Therapy
 - Interpersonal Process Therapy

Bipolar Disorder

Mania + Depression

Symptoms of a Manic Episode

- Inflated self-esteem or grandiosity
- Decreased need for sleep
- More talkative than usual or pressure to keep talking
- Flight of ideas or subjective experience that thoughts are racing
- Distractibility
- Increase in goal-directed activity
- Excessive involvement in pleasurable activities that have a high potential for painful consequences

Treatment of Bipolar Disorder

Medication



Treatment of Bipolar Disorder

- So, why don't they just take it?!?
 - Getting stuff DONE
 - Because sometimes, mania feels *great*
 - Shopping sprees, lots of sex, tons of energy, killer ideas...
 - Getting a person with severe depression out of bed and to the psychiatrist is like taking a cat for a walk on a leash.
- Psychotherapy tends to focus on medication compliance and recognizing the onset of symptoms

Schizoaffective Disorder

Psychosis

+ Episodic Mood-Related Symptoms

Schizoaffective Disorder

Schizophrenia

Hallucinations, Delusions, &
Disorganized Behavior

Hallmark Symptoms of Schizophrenia

- Delusions
- Hallucinations
- Disorganized speech
- Grossly disorganized or catatonic behavior
- Negative symptoms, i.e., affective flattening, inability to speak, or lack of desire/motivation to pursue meaningful goals

Types of Delusions

- Persecution/Paranoia
 - The government is watching me via a tracking device that has been implanted in my body.
 - Someone is poisoning my food/medication.
- Grandeur
 - I am Jesus Christ.
- Reference
 - Angelina Jolie is sending special messages to me when she does interviews.

Types of Hallucinations

- Visual – Seeing something that is not really there
 - Usually substance-induced
 - Not likely psychiatric
- Tactile – Feeling something that is not really there
 - Usually substance-induced
 - Not likely psychiatric

Types of Hallucinations

- Proprioceptive – Feeling as if you are floating, flying, or having an out-of-body experience
 - May occur before/after sleep or due to anesthesia
- Olfactory – Smelling things that are not really there
 - Usually related to neurological damage (i.e., brain tumors and seizures)
 - Not likely psychiatric

Types of Hallucinations

- Auditory – Hearing things that are not really there
 - Often psychiatric
 - Comment on what you are doing
 - Tell you to do weird stuff – like wear a red shirt
 - Say derogatory things to you

Disorganized Speech/Behavior

- Disorganized speech
 - “The cat is fat. I like monkey soup. No I don’t! Wait, who said that. The supermarket is closed today. Stop yelling at me to kill my brother! He’s good!”
- Disorganized behavior
 - Joe was cooking. Then he started lifting weights. Then he started counting the kids on the street.

Catatonia

- Motoric immobility as evidenced by catalepsy (including waxy flexibility) or stupor
- Excessive motor activity (that is apparently purposeless and not influenced by external stimuli)
- Extreme negativism (an apparent motiveless resistance to all instructions or maintenance of a rigid posture against attempts to be moved) or mutism

Catatonia

- Peculiarities of voluntary movement as evidenced by posturing (voluntary assumption of inappropriate or bizarre postures), stereotyped movements, prominent mannerisms, or prominent grimacing
- Repetitive speech or the involuntary repetition of

Treatment for Schizophrenia

Medication



Treatment for Schizophrenia

- Psychological treatments that focus on:
 - Monitoring symptoms and skill building (e.g., med compliance, hygiene, social)
 - Group psychotherapy is most effective

Why Won't People Just Take Their Meds?



Because ...

- Unpleasant side effects.
 - Weight gain
 - Sedation
 - Nausea
 - Sexual dysfunction
 - Dry Mouth

Because ...

- People don't always realize they are sick or how sick they are.
- Getting a person with severe depression out of bed and to the psychiatrist is like taking a cat for a walk on a leash.
- They feel "fine" now.

Because ...

- Mania can feel GREAT!
 - Getting stuff DONE!
 - Shopping Sprees!
 - Lots of Sex!
 - Tons of Energy & Killer Ideas!

The Paradox of Paranoia

“I don’t want to feel this way, but if I start thinking no one is going to get me, then I drop my guard, and they WILL get me.”

Substance Intoxication & Withdrawal

- Alcohol
- Cocaine
- Marijuana
- Methamphetamine
- Opiates
- Bath Salts
- Flakka/Crocodil



Alcohol Intoxication

- Dis-inhibition of Normal Social Functioning
- Euphoria (excessive talking, showing off)
- Ataxia (uncoordinated gait-walking)
- Poor judgment
- Loss of memory
- Slurred speech

Alcohol Intoxication

- Poor motor coordination
- Vomiting
- Confusion and disorientation
- Progressive lethargy and coma
- Ultimately the shutdown of respiratory centers and death

Alcohol Withdrawal

- Minor Alcohol Withdrawal Symptoms
 - Shaky hands
 - Sweating
 - Mild anxiety
 - Nausea and/or vomiting
 - Headache
 - Insomnia

Alcohol Withdrawal

- Visual, auditory, or tactile hallucinations – usually resolve within 48 hours
- Delirium Tremens Symptoms
 - Disorientation, confusion, and severe anxiety
 - Hallucinations (primarily visual) which cannot be distinguished from reality
 - Profuse sweating
 - Seizures
 - High blood pressure
 - Racing and irregular heart beat
 - Severe tremor
 - Low-grade fever

Alcohol Withdrawal

- Communication with a person in DTs will be one-sided.
- Unlikely to follow directions.
- Likely to become agitated.

Cocaine Intoxication

Clinically significant maladaptive behavioral or psychological changes (e.g., euphoria or affective blunting; changes in sociability; hypervigilance and: interpersonal sensitivity; anxiety, tension, or anger, stereotyped behaviors: impaired judgment; or impaired social or occupational functioning) that developed during or shortly after the use of cocaine.

Cocaine Intoxication

- Two or more of the following developing during, or shortly after, cocaine use
 - Tachycardia (rapid heart rate) or bradycardia (slow heart rate)
 - Pupillary dilation
 - Elevated or lowered blood pressure
 - Perspiration or chills
 - Nausea or vomiting

Cocaine Intoxication

- Evidence of weight loss
- Psychomotor agitation or retardation
- Muscular weakness, respiratory depression, chest pain, or cardiac arrhythmias
- Confusion, seizures, spasms, writhing, or coma

Cocaine Withdrawal

- Dysphoric mood and two (or more) of the following physiological changes, developing within a few hours to several days after cessation of cocaine use
 - Fatigue
 - Vivid, unpleasant dreams
 - Insomnia or hypersomnia
 - Increased appetite
 - Psychomotor retardation or agitation

Marijuana Intoxication

Clinically significant maladaptive behavioral or psychological changes (e.g., impaired motor coordination, euphoria, anxiety, sensation of slowed time, impaired judgment, social withdrawal)

Marijuana Intoxication

- Two (or more) of the following signs, developing within 2 hours of cannabis use:
 - Red eyes
 - Increased appetite
 - Dry mouth
 - Tachycardia

Marijuana Withdrawal

- Irritability
- Mood swings
- Anxiety
- Sleep disruption
- Headaches



Methamphetamine Intoxication

- Loss of appetite
- Increased energy
- Increased body temperature which produces sweating
- Increased breathing rate

Methamphetamine Withdrawal

- Fatigue
- Irritability
- Depression
- Psychotic reactions
- Disturbed sleep
- Anxiety

Opiate/Pain Pill Intoxication

- Extreme sleepiness or loss of alertness
- Breathing problems – breathing may stop
- Small pupils

Opiate/Pain Pill Withdrawal

- Agitation
- Muscle aches
- Insomnia
- Sweating
- Abdominal cramping

Opiate/Pain Pill Withdrawal

- Diarrhea
- Nausea
- Goose bumps
- Dilating pupils

Bath Salts Intoxication

- Euphoria
- Enhanced awareness
- Agitation
- Paranoia
- Visual hallucinations

Bath Salts Intoxication

- Increased heart rate
- Erratic behavior
- Dilated pupils
- Seizures

Bath Salts Withdrawal

- Same as methamphetamines:
 - Fatigue
 - Irritability
 - Depression
 - Psychotic reactions
 - Disturbed sleep
 - Anxiety

Questions?
