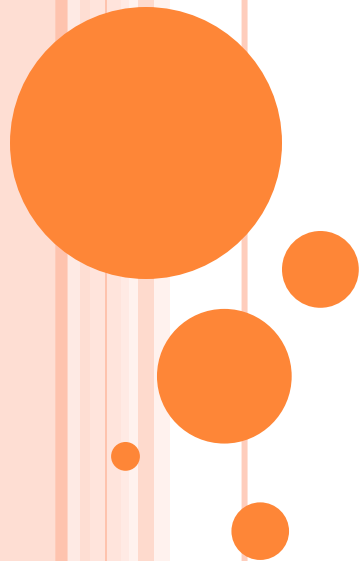


MENTAL HEALTH AND ANXIETY PRESENTATION

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PRESENTATION OUTLINE

- Mental health vocabulary
- Test anxiety/test taking tips
- Mental health provider/ treatment



VOCABULARY

- Health Plan
 - Medical
 - Dental
 - Behavioral Health/Mental Health plan
- Behavior Health
 - Provider
 - Inpatient/Outpatient
 - Mental Illness/Disorders



Q & A

○ Question:

- Which of the following has the most mental health problems?
 - Caucasians born in US
 - Immigrants
 - Children of Immigrants

○ Answer:

- You're probably okay, but children or your friend's children may be at high risk
 - Why?



MENTAL HEALTH PROBLEMS

- Depression
 - Symptoms
 - 7-16%, life time – 19%
- Relationship Problems
 - Marital, Work, School
- Post Traumatic Stress Disorder (PTSD)
 - 1-14%
- Anxiety
 - Symptoms
 - 9-20%, life time 30 %



DEPRESSION



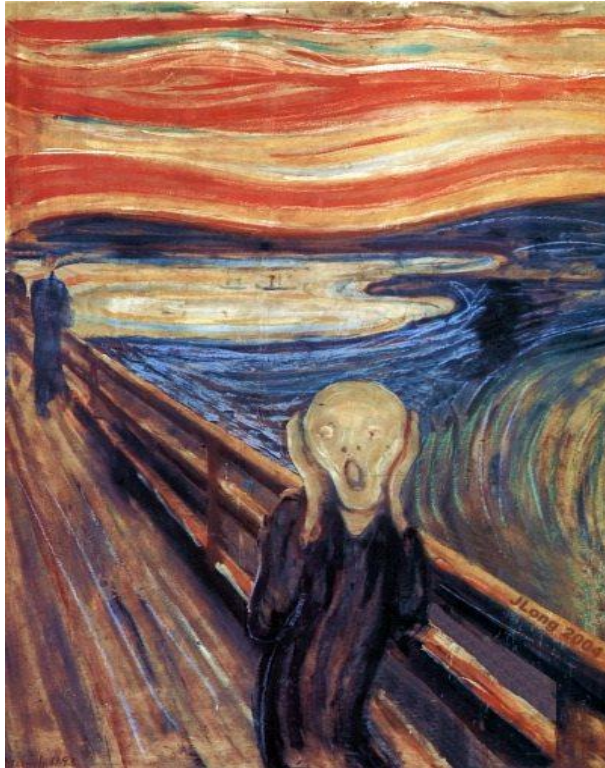
PTSD



ANXIETY



WHAT IS ANXIETY?



- Feelings of nervousness
- Emotional Distress
- Fears
- Constant Worrying
- Unpleasant emotional and negative thoughts



WHAT IS ANXIETY?

Signs and Symptoms

- Feeling tense or jumpy
- Accelerated heartbeat
- Feeling of panic and fear
- Sweating
- Fatigue
- Headache
- Shortness of breath

Situations you may experience anxiety

- Before a test
- Public speaking
- Settling into a new culture or country
- In social situations
 - At a party, at a new school, on a date
- Before a job interview



COPING WITH TEST ANXIETY

○ Before the Test

- Study Effectively
- Practice relaxation techniques,
- Get a good night's sleep the night before the exam
- Eat right, avoid caffeine and excessive sugar
- Think positive, visualize success

○ During the Test → practice test taking techniques

• TRUE-FALSE Questions

- Watch for qualifiers: 100% words: all, none, always, only, never, best
- The non-extreme words: seldom, sometimes, often, frequently, most, many, few, some, usually, generally, ordinarily
- Check each part of sentence, If any part false, whole sentence is false
- Beware of negative prefixes/words (Anti-, Dis-, Ir-, Non-, Un-)
- Guess when you must, never leave answers blank

TEST TAKING TIPS

○ Multiple Choice Questions

- Read Directions carefully
- Skip Questions you don't know
- Underline/circle the negative and extreme words in questions
- Eliminate impossible/foolish answers FIRST, if you are unsure of the correct answer, rely on your first impression and move on.

○ Essay/Short Answers

- Outline ideas before writing, this avoids “rambling” and repetition
- Read questions carefully, watch for key words “summarize” or “compare”
- Use transition words (First, Second, In addition, In Summary, In conclusion, etc”
- Proofread at end



COPING WITH TEST ANXIETY

- During the Test (continued)
 - Psych yourself down before the test:\
 - Control negative and anxious thoughts. Tell yourself “I can be anxious later, now is the time to take the test”.
 - Look over the test when finished, make sure all questions are answered, use full time allowed
- After the Test
 - Reward yourself
 - Communicate with your instructor about your test anxiety
 - If you are not satisfied with your grade, speak with your instructor to see if there’s a make-up exam or any extra credit
 - Learn from your experience taking this test
 - What worked? What didn’t work? Do you need new study techniques?



ANXIETY IS NORMAL

- It is OK to feel anxious
 - Anxiety will come and go
 - It is part of the normal human condition
 - You are not alone
-
- Stress and anxiety are normal emotions and they can teach us how to react to a problem appropriately.



MENTAL HEALTH TREATMENT PROVIDERS

- Therapist/Counselor/ Psychologist
- “Clinical” Social Workers
- Psychiatrists



BEFORE



TODAY



SUGGESTIONS WHEN MEETING PROVIDERS

- How much per session?
- Is the first session free?
- Sliding scale? Co-Pay? Insurance?
- Policy for missed appointments



CODE OF ETHICS

- Confidentiality and privacy
 - Access to records
 - Parents/children
- Consent to treatment



BARRIERS TO CARE

- Why do some people not seek help?
 - Differences in language and culture?
 - Poorer quality of care?
 - Misdiagnosis often occurs
 - Shame and loss of face
 - Lack of Understanding
 - \$\$\$



QUESTIONS???

