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## MENTAL HEALTH TERMS: MAJOR DEPRESSIVE DISORDER

- Major Depressive Disorder (MDD), also known as clinical depression or major depression, is a mental health disorder characterized by persistent feelings of sadness, loss of interest or pleasure in activities, and a variety of other emotional and physical symptoms. It is a serious condition that can significantly affect a person's daily functioning, relationships, and overall quality of life.
- The Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which is widely used by mental health professionals for diagnosing mental disorders, outlines the criteria for Major Depressive Disorder. According to the DSM-5, a person must experience five or more of the following symptoms during the same two-week period, representing a change from previous functioning. At least one of the symptoms must be either (1) depressed mood or (2) loss of interest or pleasure:
  - Depressed mood most of the day, nearly every day.
  - Diminished interest or pleasure in almost all activities.
  - Significant weight loss or weight gain, or a decrease or increase in appetite.
  - Insomnia or hypersomnia (excessive sleepiness) nearly every day.
  - Psychomotor agitation or retardation (observable restlessness or slowed movements).
  - Fatigue or loss of energy.
  - Feelings of worthlessness or excessive guilt.
  - Diminished ability to think, concentrate, or make decisions.
  - Recurrent thoughts of death, suicidal ideation, or a suicide attempt.
- These symptoms should cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. The symptoms should not be better explained by other medical conditions or substance abuse.
- It's important to note that the severity and duration of symptoms can vary from person to person. Some individuals may experience a single episode of major depression, while others may have recurring episodes throughout their lives. Treatment options for Major Depressive Disorder typically involve a combination of therapy, medication, and support from mental health professionals. Children may have these symptoms but are more likely to also have increased angry outbursts or general increase in irritability.



# GENERALIZED ANXIETY DISORDER

- Generalized Anxiety Disorder (GAD) is a mental health condition characterized by excessive and persistent worrying or anxiety about various aspects of life. People with GAD often find it challenging to control their worrying, and the anxiety is not limited to a specific situation or event. Instead, it tends to be present across multiple areas of their life, such as work, relationships, health, and everyday responsibilities.
- To be diagnosed with GAD, the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) outlines the following criteria:
  - Excessive anxiety and worry: The person experiences excessive anxiety or worry about various issues for most days over a period of at least six months. The worry is difficult to control and goes beyond what would be expected for a given situation.
  - Restlessness or feeling on edge: Individuals with GAD often feel restless, keyed up, or on edge. They may have difficulty relaxing and may be easily startled.
  - Fatigue: GAD is often accompanied by persistent feelings of fatigue, even when there is no physical exertion.
  - Difficulty concentrating: People with GAD may have difficulty concentrating or have their minds go blank due to excessive worry.
  - Irritability: GAD can lead to increased irritability and a sense of being on edge or easily annoyed.
  - Muscle tension: Many individuals with GAD experience muscle tension, such as tightness in the muscles or muscle aches.
  - Sleep disturbances: GAD may cause disruptions in sleep, leading to problems falling asleep, staying asleep, or having restless and unsatisfying sleep.
- It's important to note that the anxiety and worry experienced in GAD are not solely related to another mental health disorder, such as panic attacks, social anxiety, or specific phobias. GAD often coexists with other mental health conditions or physical health issues.
- GAD can significantly impact a person's daily functioning, relationships, health, and overall well-being. Treatment for GAD usually involves a combination of therapy, such as cognitive-behavioral therapy (CBT), and sometimes medication, to help manage symptoms and develop effective coping strategies.

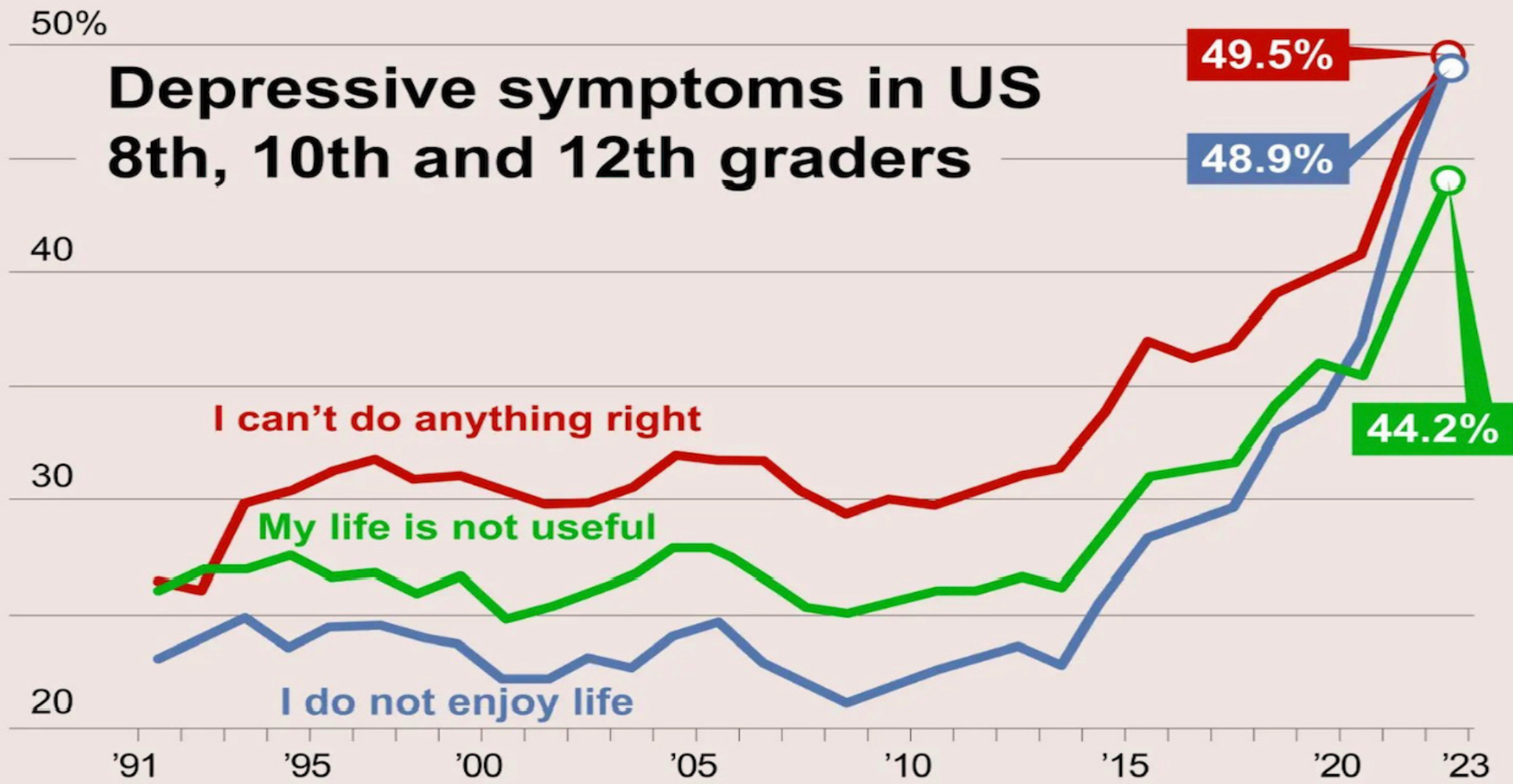


# MENTAL HEALTH STATS

- Approximately 20% (50 million) of American adults experienced a mental illness in 2019
- 4.58% of Adults Report having serious thoughts of suicide, this has increased every year since 2011-2012.
- Approximately 15% of youth experienced major depressive disorder in the past year
- 10.6% (2.5 million) youth in the USA have severe major depression disorder.



# Depressive symptoms in US 8th, 10th and 12th graders



Source: Monitoring the Future, analyzed by Jean Twenge

Note: 2020 data was collected in February and early March, before schools shut down during the COVID-19 pandemic.



# TREATMENT ACCESS ISSUES

- 25% of adults with a mental illness report unmet need for treatment. This number has not declined since 2011.
- Over 60% of youth with Major Depressive Disorder do not receive any mental health treatment
- Even in states with greatest access to mental health services, 1 in 3 youth are going without treatment
- More than half of adults with a mental illness do not receive treatment (over 27 million adults in the USA).
- Only 27% of youth with severe depression receive consistent treatment and that is in the best access states. States with poor access to care, only 12% receive consistent care
- 11% of Americans with a mental illness are uninsured and that rate is climbing
- 8% of children had private health insurance that did not cover mental health services (totaling 950,000 youth not covered for mental health services).



# J.P. MORELAND "FINDING QUIET" AND THE FOUR STEP PROCESS

- Story of awareness
- We all have an availability bias meaning that we are only aware of the data that is available to us that we have intentionally grown in awareness and the true mark of self awareness is coherence across all 8 senses and submitting to the Father in each of those areas.
- **First Phase** to finding and living out of a quiet center, is to be intentional about learning what that looks like
  - We can believe we are calm because who we are comparing ourselves to,
  - If we don't intentionally invite the holy spirit when we evaluate, we can quickly default to what we believe is the right answer or how we want to view ourselves instead of how He views us.
  - We may have never seen true calm
  - Utilizing the VIM model is really valuable.



# SECOND PHASE

- is practice increasing your awareness of the noise level in and around you and how that is impacting you.
- Hub of awareness-joy and peace in your core
- Rim of awareness—All 8 senses
  - First five we are all pretty aware of (sight, sound, smell, taste and Touch)
  - 6<sup>th</sup> sense is your interior of the body (bones, muscles, skin, organs)
    - Scan your body starting at the top of your head and move slowly down to your toes and notice any sensations and keep your attention on the parts of your body that you are scanning
  - 7<sup>th</sup> sense is your mind (emotions, cognitions, beliefs)
    - Pay attention to how your cognitions impact your emotions, your emotions impacting your thoughts, and how beliefs impact and is impacted by both your cognitions and feelings
  - 8<sup>th</sup> sense is your interconnectedness
    - Exploring connections to others around us. How we perceive these connections is impacted by experiences, beliefs, emotions and cognitive processing.
- Once we have awareness, we can then step into a process of more fully joining with the Father.
- JP Moreland experience that led to the four step model





# STEP ONE: RELABELING

- Your brain processes thousands of messages daily
- “Don’t scuba dive alone!”
  - Psalms 139:
  - Psalms 16
- False messages and negative thoughts can be identified and overcome!! Sometimes we can begin to believe that this has been this way and will always be this way... it simply not true!
  - Old neuropathways are identified, challenged and rewired
  - Neuroplasticity can change your brain
- Our self-talk and internal dialogue around any given situation determines our mood and behaviors. If we disrupt and rewire this, we can adapt and update what the neuro network looks like and that will create different outcomes.



# STEP TWO: REFRAMING

- Psalms 139:23-24 Become so aware of the pattern and give a name to it. Takes power out of your thoughts, be mindful in cooperation with the holy spirit
- Distorted thinking patterns of problematic thinking handout.
  - Which pattern do you most readily recognize within yourself.
  - Briefly journal
    - Write an invitation to Jesus to help you with this pattern of problematic thinking



# STEP THREE: REFOCUSING

- **Neuroplasticity**—changing negative brain grooves to positive grooves.
- **Recognize distorted thought, name it, and dismiss it. Then work to find another engaging activity to focus in on.**
  - How to use a Bank Vault in your mind
  - What is another engaging activity do you run to once you have identified the patterns, named it, and dismissed it?
  - One should not run away first, at minimum recognize it. Then distract to get back into the window of tolerance in order to continue the steps.



# STEP FOUR: REVALUATING

- When it is appropriate, you can return to the container and re-evaluate how steps 1-3 went. If it distresses you, then you might need to put it back into the container and come back to it again later.
- What went well in the steps, what can be better next time in your processing through the steps.
- Challenging questions worksheet

