



ADDRESSING AND MAINTAINING MENTAL AND EMOTIONAL HEALTH.

IHP: BEHAVIORAL HEALTH
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SOCIETY TRIGGERED: 2019-2022

WHAT HAPPENED?

- **2019 POLITICAL & CIVIL STRIFE: USA** Political Division, Protests, Covid-19, Trump. **GUAM** Church Scandal, Dengue Outbreak, Machete Attack.
- **2020 PANDEMIC:** Lockdown, Masks, Sanitize, Economic Shutdown, Lost Jobs, Schools Closed, George Floyd, January 6th., More Protesting. (“year from hell”)
- **2021 Uncertainty:** Vaccines, Karen's, Quarantine, Testing, Delta Variant, Online Learning.
- **2022 Booster:** Omicron Variant, Inflation, WAR!



4/8/2022

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IMPACT ON GUAM

- **“A wave of increased anxiety and depression is sweeping the island. It's across the board, it's male, female, all ages, who have calls for: anxiety that somebody just needs to talk and they're fine after that first conversation we have calls that we realize that are deeper depression and that leads to intake and they actually become a client of ours,” – Theresa Arriola.**

Source: KUAM Interview October 30th 2020

THE IMPACT TO MENTAL HEALTH

**Adults Reporting
Anxiety Symptoms:**
Jan-Dec 2019= 8.6%

**Adults Reporting
Anxiety Symptoms:**
April 2020-Aug 2021=
31.1%

Reports Increased by
284%

Anxiety Symptoms: Persistent

Feeling nervous, restless or tense. Having a sense of impending danger, panic or doom.

Having an increased heart rate. Breathing rapidly (hyperventilation)

Experiencing gastrointestinal (GI) issues. Sweating. Trembling.

Feeling weak or tired. Avoiding. Trouble sleeping.

Trouble concentrating or thinking about anything other than the present worry.

Source: American Psychological Association Nov:2021

IMPACT CONT.

Adults Reporting Depression Symptoms:

Jan-Dec 2019= 7.5%

Adults Reporting Depression Symptoms:

April 2020-Aug 2021= 32.1%

**Reports Increased by
328%**

Depression Symptoms: Persistent

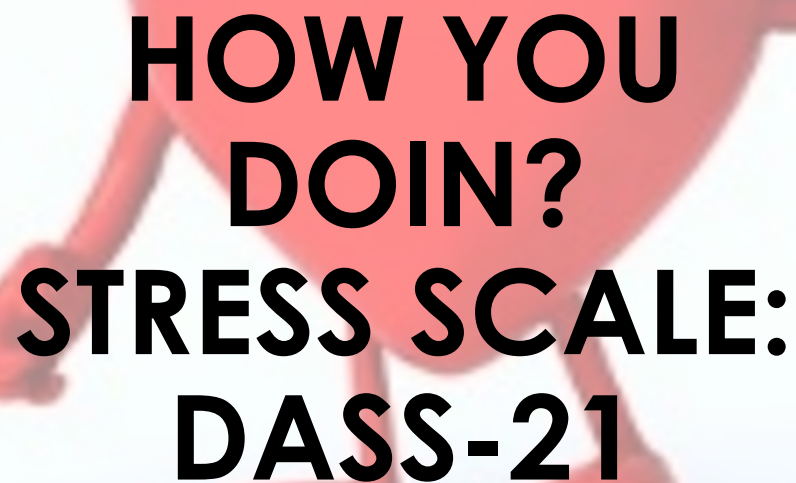
Feeling sad or "empty", hopelessness, pessimism, guilt, worthlessness, helplessness

Loss of interest in hobbies, energy, focus and decision-making

Insomnia, oversleeping, weight loss or weight gain

Suicidal ideation or attempts, restlessness, irritability headaches, digestive disorders, and chronic pain

Source: American Psychological Association Nov:2021



HOW YOU DOIN? STRESS SCALE: DASS-21

DASS21

Name:

Date:

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree or a good part of time
- 3 Applied to me very much or most of the time

1 (s)	I found it hard to wind down	0	1	2	3
2 (a)	I was aware of dryness of my mouth	0	1	2	3
3 (d)	I couldn't seem to experience any positive feeling at all	0	1	2	3
4 (a)	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5 (d)	I found it difficult to work up the initiative to do things	0	1	2	3
6 (s)	I tended to over-react to situations	0	1	2	3
7 (a)	I experienced trembling (e.g. in the hands)	0	1	2	3
8 (s)	I felt that I was using a lot of nervous energy	0	1	2	3
9 (a)	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10 (d)	I felt that I had nothing to look forward to	0	1	2	3
11 (s)	I found myself getting agitated	0	1	2	3
12 (s)	I found it difficult to relax	0	1	2	3
13 (d)	I felt down-hearted and blue	0	1	2	3
14 (s)	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15 (a)	I felt I was close to panic	0	1	2	3
16 (d)	I was unable to become enthusiastic about anything	0	1	2	3
17 (d)	I felt I wasn't worth much as a person	0	1	2	3
18 (s)	I felt that I was rather touchy	0	1	2	3
19 (a)	I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	0	1	2	3
20 (a)	I felt scared without any good reason	0	1	2	3
21 (d)	I felt that life was meaningless	0	1	2	3

WHAT IS MENTAL/EMOTIONAL HEALTH?



- **Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.**
- **More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.**
- **Trauma, chronic medical conditions, biological factors, alcohol/drug abuse, feelings of loneliness or isolation.**

SOURCE: CDC

PUT YOUR MASK ON FIRST


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- 1. Unplug (Social Media, News, Problems)**
 - 2. Talk to someone (IHP, GBHWC)**
 - 3. Sleep, eat, drink and exercise (Moderation)**
 - 4. Understand and Welcome Anxiety/Depression (Don't Drown)**
 - 5. Accept that you cannot control everything (Maybe?)**

HELP SOMEONE



- 1. Build Trust and Rapport: (Greet, Compliment, Wave, Smile)**
- 2. Validation: (Listen!)**
- 3. Levity: (Laughter is Medicine)**
- 4. Encouragement: (Brainstorm Solutions Together)**
- 5. Consistency: (Lather, Rinse, Repeat)**
- 6. Provide information (insurance) on how they can get help.**

Source: Intentional Interviewing and Counseling (2007)



DASS-21 MY RESULTS

DASS-21 Scoring Instructions

The DASS-21 should not be used to replace a face to face clinical interview. If you are experiencing significant emotional difficulties you should contact your GP for a referral to a qualified professional.

Depression, Anxiety and Stress Scale - 21 Items (DASS-21)

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress.

Each of the three DASS-21 scales contains 7 items, divided into subscales with similar content. The depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. Scores for depression, anxiety and stress are calculated by summing the scores for the relevant items.

The DASS-21 is based on a dimensional rather than a categorical conception of psychological disorder. The assumption on which the DASS-21 development was based (and which was confirmed by the research data) is that the differences between the depression, anxiety and the stress experienced by normal subjects and clinical populations are essentially differences of degree. The DASS-21 therefore has no direct implications for the allocation of patients to discrete diagnostic categories postulated in classificatory systems such as the DSM and ICD.

Recommended cut-off scores for conventional severity labels (normal, moderate, severe) are as follows:

NB Scores on the DASS-21 will need to be multiplied by 2 to calculate the final score.

	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	28+	20+	34+

Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.) Sydney: Psychology Foundation.

MAYBE -ALLEN WATTS



DOES MY INSURANCE COVER BEHAVIORAL COUNSELING SERVICES?

YES!!

Ask your HR department for details on behavioral health benefits and coverage in your plan.



**ON BEHALF OF IHP
THANK YOU
GUAM CHAMBER OF
COMMERCE!**

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