



PIECES

July 2018
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NAMI Knox/Licking County Ohio, 15 E. Vine St., Mount Vernon, OH

A-NOSOG-NOSIA (æ nɒsɒg'noʊziə/) = ?

We get many calls in the office from concerned loved ones of a person whom they deem mentally ill for the same reason—*anosognosia*: “My (loved one) needs help... (he/she) doesn't believe themselves to be sick or need help... !Most of these callers are desperately looking for a way to get their person to care — to “fix” them — to keep them safe.

When someone rejects a diagnosis of mental illness, it's tempting to say that he's “in denial.”

But someone with acute mental illness may not be thinking clearly enough to consciously choose denial. They may instead be experiencing “lack of insight” or “lack of awareness.” The formal medical term for this medical condition is *anosognosia*, from the Greek meaning “to not know a disease.”

When we talk about anosognosia in mental illness, we mean that someone

is unaware of their own mental health condition or that they can't perceive their condition accurately. Anosognosia is a common symptom of certain mental illnesses, perhaps the most difficult to understand for those who have never experienced it.

So what causes this condition?

One of our NAMI handouts on this subject states that we are constantly updating our mental image of ourselves: “When we get a sunburn, we adjust our self-image and expect to look different in the mirror. When we learn a new skill, we add it to our self-image and feel more competent.” Seems simple enough — but the updating process is complicated. It requires the brain's frontal lobe to organize new information, develop a revised narrative and remember the new self image. Brain imaging studies have shown that this crucial area of the brain can be damaged by schizophrenia and bipolar

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PUTTING THE PIECES TOGETHER SINCE 1949!



- Our mission is to make life better for families and individuals living with mental illness.
- Our vision is that there will be no stigma surrounding mental illness and that mental illness will be looked upon just as physical illnesses are.
- Our purpose is to educate, support, and advocate for families and individuals living with a mental illness.

Family Education & support groups
PEER SUPPORT GROUPS

Advocacy

Workshops, Forums, Hope, Help

SUICIDE PREVENTION AWARENESS

ENTER NOW! 8TH ANNUAL KNOX COUNTY SUICIDE PREVENTION COALITION WALK RUN... SUICIDES



CAN BE PREVENTED! LEARN HOW!

(Entry Form Enclosed)

HELP SAVE LIVES — SUICIDES CAN BE PREVENTED!

THERE ARE WARNING SIGNS —LEARN WHAT THEY ARE, HOW TO RECOGNIZE , AND WHAT TO SAY (OR NOT TO SAY)!

IF YOU ARE THINKING OF HARMING YOURSELF—REACH OUT! TELL SOMEONE—GET HELP—

OR CALL 1-800-273-TALK (8255)

SAVE THE DATE:

SEPT. 15, 2018—9:00 A.M. START TIME!

Early Bird 'til 8/31/18 \$15—Thereafter \$20 'til 8:45 a.m. date of event!



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Knox County Suicide Prevention Coalition

DO YOU KNOW?

NEWS YOU CAN USE

Concerns About Suicide or Self-Harm or Threats to Harm Others— American Psychological Association

No emotional crisis is more urgent than suicidal thoughts and behavior, or threats to harm someone else. If you suspect a loved one is considering self-harm or suicide, don't wait to intervene.

It's a difficult topic to bring up, but discussing suicide will not put the idea in someone's head. In fact, it's not abnormal for a person to have briefly thought about suicide. It becomes abnormal when someone starts to see suicide as the only solution to his or her problems.

If you discover or suspect that your loved one is dwelling on thoughts of self-harm, or developing a plan, it's an emergency. If possible, take him or her to the emergency room for urgent attention. Medical staff in the ER can help you deal with the crisis and keep your loved one safe.

If you think someone is suicidal or will harm someone else, do not leave him or her alone. If he or she will not seek help or call 911, eliminate access to firearms or other potential tools for harm to self or others, including unsupervised access to medications.

The National Suicide Prevention Lifeline is also a valuable resource. If you're concerned about a loved one's mental state or personal safety, and unable to take him or her to the emergency room, you can talk to a skilled counselor by calling 1-800-273-TALK.

If you're concerned about a loved one, don't put it off. You can make the difference in helping your friend or family member get back on track to good mental health.

“It's a difficult topic to bring up, but discussing suicide will not put the idea in someone's head.”
<http://www.apa.org/helpcenter/>

KNOW THE SIGNS—ASK QUESTIONS—

Inspire Hope — Save a Life!

- ????? “I'm concerned about you.”
- TO “Do things seem hopeless to you?”
- ASK “Are you thinking of killing yourself?”
- “Do you have a plan?”

Lend an Ear

If you suspect your loved one is experiencing a mental health crisis, reaching out is the first step to providing the help he or she needs to get better.



Sit down to talk in a supportive, non-judgmental way.

You might start the conversation with a casual invitation: "Let's talk. You don't seem like yourself lately. Is there something going on?"

Stay calm, and do more listening than talking. Show your loved one that you can be trusted to lend an ear and give support without passing judgment. When discussing your concerns, stick to the facts and try not to blame or criticize.



Here to help

<http://www.apa.org/helpcenter/emotional-crisis.aspx>

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 150 local crisis centers, combining custom local care and resources with national standards and best practices.



<https://suicidepreventionlifeline.org/about>

Save the date: NAMI KLCO ANNUAL MEETING

Hear Jamie Ingledue speak: "A Parent Advocate's Journey through Darkness..."

NOVEMBER 15, 2018

Gallagher Centre—6:00 p.m.

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disorder as well as by diseases like dementia. When the frontal lobe isn't operating at 100% a person may lose—or partially lose—the ability to update this self-image. Without an update, we're stuck with our old self-image from before the illness started. As a caretaker, we conclude that our perceptions feel accurate. We conclude perhaps that our loved ones are either lying or making a mistake. The person with an illness may begin to avoid them or get frustrated or angry — a crisis situation may occur.

Concerned family members, who insist they are right, that we have contact with become quite upset and frustrated and don't know where to turn. Short of dragging their loved one to the hospital emergency room, what can they do?

Anosognosia affects 50% of people with schizophrenia, and 40% of people with

NAMI says, "Get help, you are not alone"



bipolar disorder. It can also accompany illnesses such as major depression with psychotic features. Treating these mental health conditions is much more complicated if lack of insight is one of the symptoms. People with anosognosia are placed at increased risk of homelessness or arrest. Learning to understand anosognosia and its risks can improve the odds of helping people with the difficult symptom.

Why is Insight Important?

For a person with anosognosia, this inaccurate insight feels as real and convincing as other people's ability to perceive themselves. But these misperceptions cause conflicts with others and increased anxiety. Lack of insight also typically causes a person to avoid treatment. This makes it the most common reason for people to stop taking their medications. And, as it is often combined with psychosis or mania, lack of insight can cause reckless or undesirable behavior.

Resource: <https://www.nami.org/Find-Support>

IN OUR LIBRARY:

"I AM NOT SICK, I Don't Need Help!"
- Dr. Xavier Amador



In this book, I AM NOT SICK, I Don't Need Help, Dr. Amador discusses the experience of the individual afflicted with a mental illness. These individuals do not see themselves as being sick or needing any help. There are four crucial steps... You can check it out!

NAMI suggests for Family Members:

- NAMI Family to Family Education Program *
- NAMI Family Support Group **

Enroll now for class beginning September 10, 2018—6:00 pm—8:30 pm. /two locations:

*NAMI KLCO office, 15 E. Vine Street Front, Mount Vernon

**The Main Place, 112 S. Third Street, Newark, OH

Preregistration required—call our office
(740)-397-3088 or E-mail:
namiklcoho@embarqmail.com

** **FAMILY SUPPORT GROUP:**

- Mount Vernon—Second Tuesday, 7:00 p.m., Faith Lutheran Church, 170 Mansfield Ave.
- Newark—Second Thursday, 6:00 p.m., The Main Place, 112 S. Third Street.
- **PEER** group meets every Thursday at Gay Street UMC, 7:00—8:30 p.m.

Learn how to help a loved one through diagnosis and beyond —

#American Psychological Association

Mental illnesses are disorders that affect a person's mood, thoughts or behaviors. Serious mental illnesses include a variety of diseases including schizophrenia, bipolar disorder; panic disorder, obsessive-compulsive disorder (OCD) and major depressive disorder. Although they can be scary, it is important to remember that these disorders are treatable. Individuals diagnosed with these diseases can live full, rewarding lives, especially if they seek treatment as needed.

Being diagnosed with a serious mental illness can be a shock — both for the person diagnosed and for his or her family and friends. On the other hand, finally obtaining a diagnosis and treatment plan can sometimes help relieve stress in the

family and start moving recovery forward. Family members can be an invaluable resource for individuals dealing with serious mental illnesses. By learning more about the illness, you can support your loved one through diagnosis and beyond.

Encouraging a loved one to seek help—

While symptoms of serious mental illnesses vary, the following signs are among the more common:

- Social withdrawal
- Difficulty functioning at school or work
- Problems with memory and thinking
- Feeling disconnected from reality
- Changes in sleeping, eating and hygiene habits

- Alcohol or drug abuse
- Extreme mood changes
- Thoughts of suicide

If you're concerned a friend or family member is exhibiting these signs, try to stay calm. It's easy to imagine the worst-case scenario, but signs of mental illness often overlap with other problems. Consider whether there are other circumstances that might be affecting the person's mood or behavior. Did they recently experience a shock, such as a death of a loved one: Have they recently lost a job or started a new school? Regardless of your answers to those questions, don't let your fear of a diagnosis prevent you from encouraging your loved one to seek help. Start by

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www.namiknoxohio.com



National Alliance on Mental Illness

Better Together



**WE'RE ON THE
WEB!**
namiknoxohio.com

We are a self-help 501 (3) (c) Charitable organization incorporated in the state of Ohio.

Our mission is to make life better for the families and individuals who live with mental illness.

Our purpose is to conquer the stigma that surrounds mental illness by providing educational mental health forums, individual and family support groups, and advocacy for the mentally ill and their families.

We are funded by NAMI memberships, donations, and grant sources.

“Our strength is in the people we serve”

With your help, NAMI KLCO can continue its work as an affiliate of the National Alliance on Mental Illness (NAMI)

America's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. JOIN NAMI TODAY!

*\$40 Individual; \$60 Family; Open door hardship \$5
Make checks payable to NAMI KLCO and mail to 15 E. Vine St., Front, Mount Vernon, OH 43050 note name, address, telephone, e-mail address/es (family)*



▶ talking to him or her. Express your concerns without using alarmist language or placing blame. You might say, “I’ve noticed that you seem more stressed than usual,” or “I’ve noticed you don’t seem like yourself lately.” Then back up those statements with facts, pointing out changes in hygiene or daily activities, for example.

Encourage your loved one to seek treatment. If they are hesitant, offer to accompany them. If they don’t take you up on that idea, and there is a family doctor involved, you could alert the doctor as to what you are seeing. Though, because of privacy laws, the physician may not be able to share information with you, it will give the doctor a head’s up to be on the lookout for signs of mental health problems.

If you feel your loved one is in danger of harming himself or herself, or harming someone else, that’s an emergency. Don’t hesitate to call 911. If possible ask for an officer trained in crisis intervention (CIT)—[Knox and Licking County do have CIT trained officers on staff who are trained to diffuse a mental health crisis in the best possible way].

One of the most important things you can do to

support a family member with a mental illness is to educate yourself.

*Our *NAMI Family to Family class helps loved ones understand mental illness and offers excellent coping skills to handle the flurry of emotions when a loved one is diagnosed with a serious mental illness — guilt, shame, disbelief, fear, anger, and grief are all common reactions.*

Remember — individuals with mental illness still have an identity, and they still have a voice. Engage your loved one in open and honest conversations. Ask what they are feeling, what they’re struggling with and what they’d like from you. Work together to set realistic expectations and plan the steps for meeting those expectations. Recognize and praise your loved one’s strengths and progress. Medications work— treatment works—and positive support ties it all together.



* SIGN UP FOR CLASS STARTING SEPT. 10

The article “Learn how to help a loved one through diagnosis and beyond may be seen in full at:

www.apa.org/helpcenter/improving-care.aspx

Additional resources:

NAMI offers support and resources at the local, state and national levels.

Go to [NAMI.org/Find=Support/
Family=Members=and=Caregivers/
Taking=Care](http://NAMI.org/Find=Support/Family=Members=and=Caregivers/Taking=Care)

<https://www.changedirection.org/#five-signs>

NAMI SUGGESTS:

Taking Care of Yourself—

To be able to care of the people you love, you must first take care of yourself. It’s like the advice we’re given on airplanes: put on your own oxygen mask before trying to help someone else with theirs. Taking care of yourself is a valid goal on its own, and it helps you support the people you love.