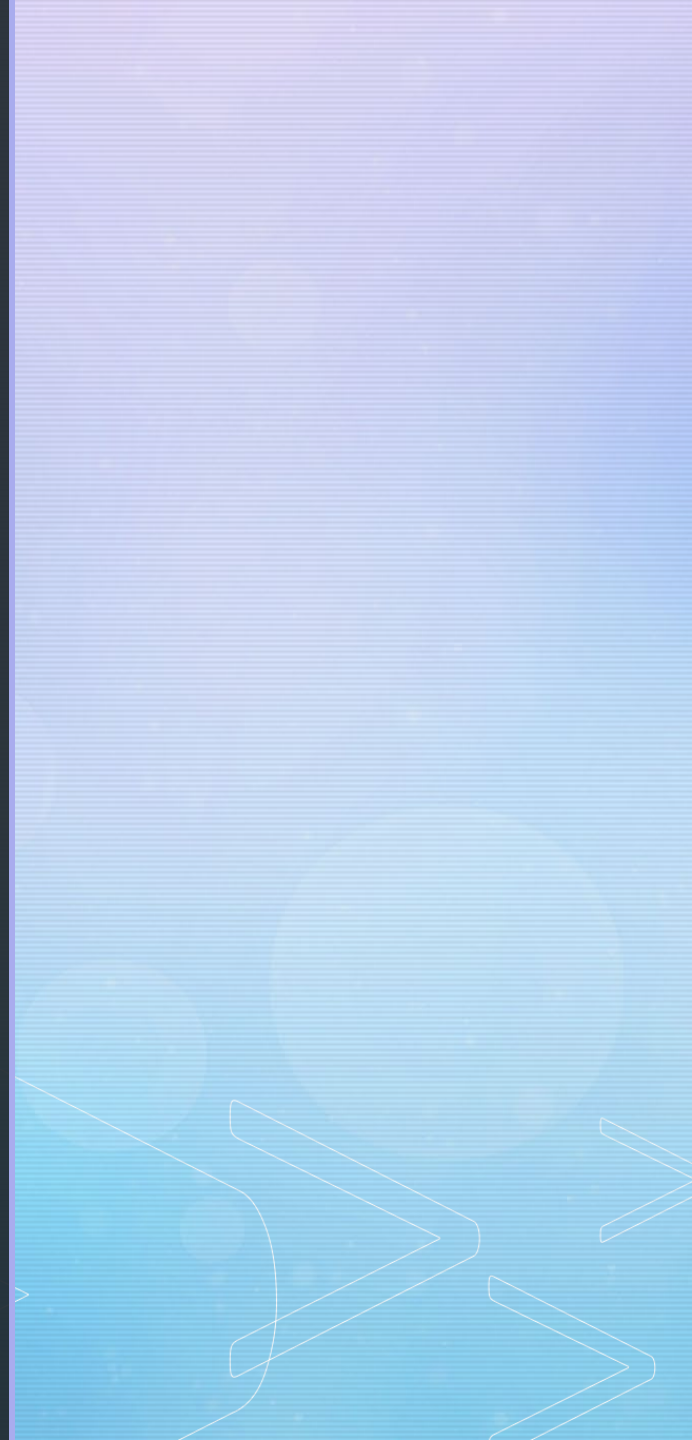


MENTAL HEALTH and our role

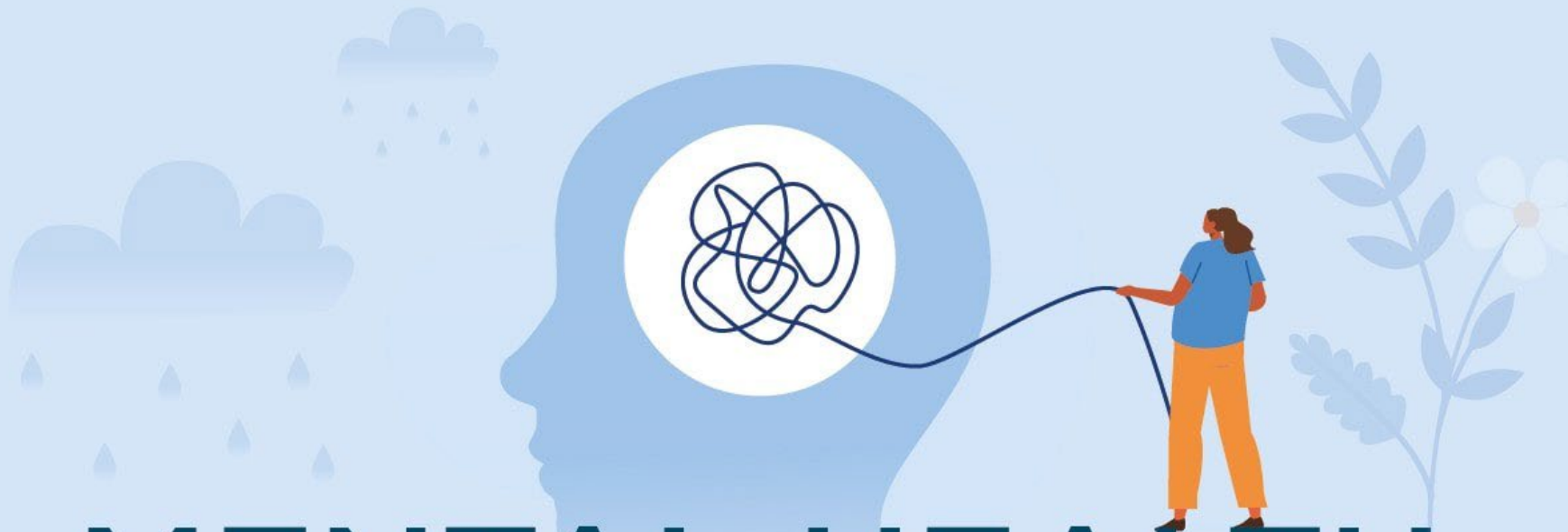


Lucas Swank & Solomon Gatton
Mental Health Practice Coordinators



▸ Objectives

- What is Mental Health?
- Our role in representation



MENTAL HEALTH

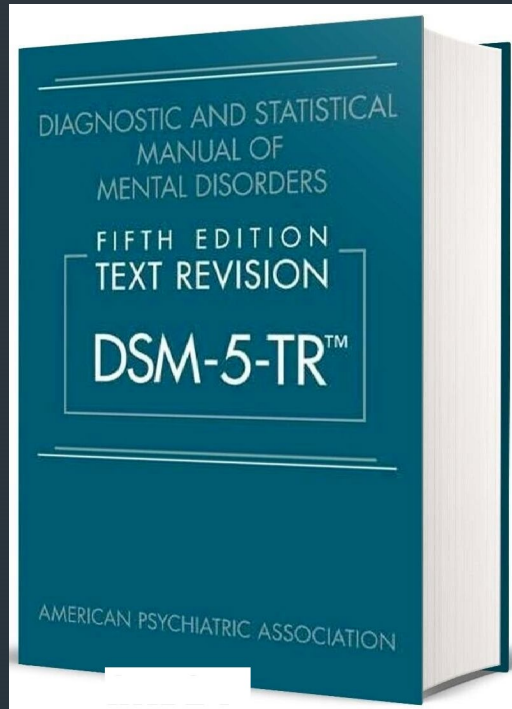
IS...

- A part of everyone
- Something to look after
- Real and complex
- Really important
- Something you can change

ISN'T...

- A sign of weakness
- All in your head
- Something you can just snap out of
- Always a negative thing
- Something to be ashamed of

DSM-V / ICD-10-CM



- Diagnostic and Statistical Manual of Mental Disorders – 5th Edition – Text Revision – Published 2022 – American Psychological Association
- International Classification of Diseases – Tenth Revision – Clinical Modification – Effective October 2015
- These are the main diagnostic tools used in the field
 - Constantly updating and evolving

What is a Mental Health Disorder?

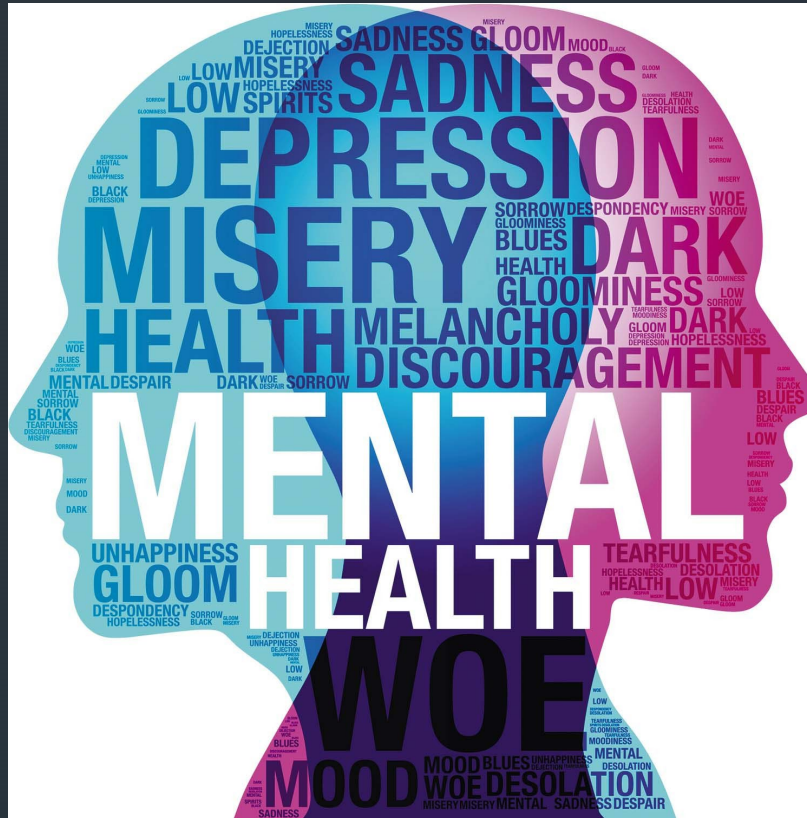
- DSM-5-TR – Widely Recognized Diagnostic Tool :
- “A mental disorder is a syndrome characterized by clinically significant disturbance in an individual’s cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental health functioning.”

Common Diagnoses

- Schizophrenia spectrum
- Bipolar I and II disorders
- Depressive Disorders
- Anxiety Disorders
- Obsessive Compulsive Disorders
- Trauma and Stressor Related Disorders
- Substance Related and Addictive Disorders



Common Symptoms



- Delirium
- Rambling thoughts
- Paranoia
- Sadness
- Racing thoughts
- Irrational connections

▶ Anosognosia uh-naa-suh-now-zhuh

- Neurological condition – client is unaware of their neurological deficit or psychiatric condition
- Concurrent diagnosis with :
 - 50% of individuals with schizophrenia
 - 40% of individuals with bipolar
- Also common in dementia and stroke patients

Statistics



- According to the American Psychological Association (APA):
- Nearly 1 in 5 U.S. adults experience some form of mental illness
- 1 in 24 has a serious mental illness
- 1 in 12 has a diagnosable substance use disorder
- 50% of lifetime mental illness starts at 14 yrs. / 75% by 24 yrs.
- 17% of youth (6-17) experience a mental health disorder



Incarcerated Populations

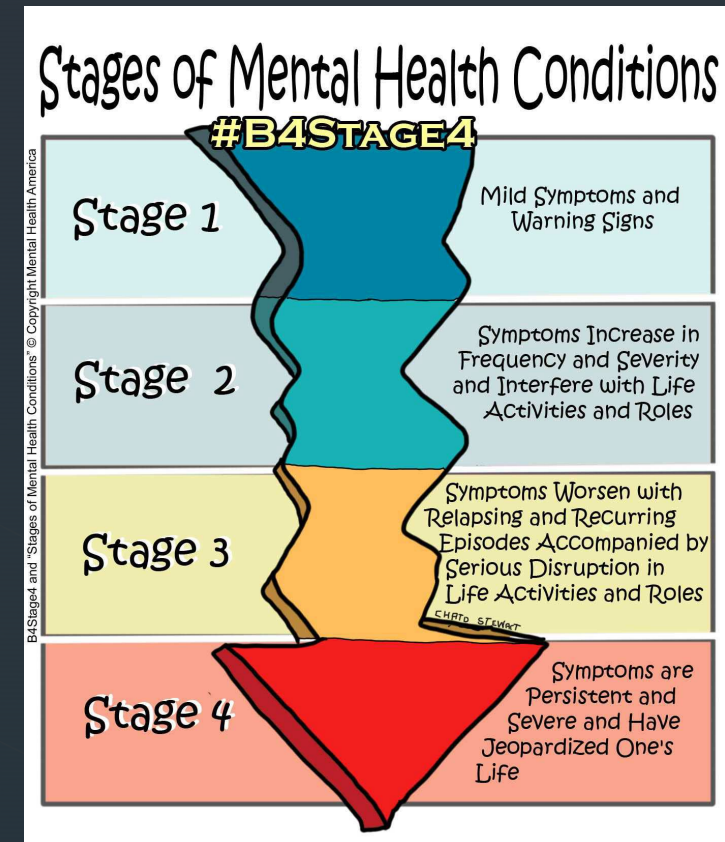
- 44% of incarcerated individuals have a mental health disorder
- Conservative estimates are that 3.5%-6.2% of incarcerated individuals have a psychotic disorder

Trauma-Informed Care

- Trauma – DSM-V: “exposure to actual or threatened death, serious injury, or sexual violence in or more ways: directly, witnessing, learning of a close family member’s trauma, experiencing repeated or extreme exposure to aversive details of trauma.”
- Informed care : recognize the trauma, triggers, and integrate that knowledge into our wholistic representation to tell our client’s story while avoiding re-traumatization

Fluidity of Mental Health

- Symptoms may get worse
- Even after stabilized medication/treatment may prove insufficient (treatability is a factor)
- Decompensation – APA – “breakdown in an individual’s defense mechanisms, resulting in progressive loss of normal functioning or worsening of psychiatric symptoms”



Our Role – As a team



- 1) Be our client's voice
- 2) Actively listen
- 3) Help guide effectively
- 4) Compassion

Role of Counsel

- Ethical Rules:
 - 1.2 – Represent Client’s Stated Interests
 - 1.6 – Confidentiality
 - 1.14 – Client with diminished capacity
 - “mental impairment” **can** be grounds for diminished capacity
 - “lawyer **shall**, as far as reasonably possible, maintain a normal client-lawyer relationship”
 - 2.1– Advisor

Prepare the meeting/case

- Review everything
- Setting: in-person
- Records/releases
- Prepare to discuss options
- Criminal law: competency
- Sentencing memo
- Permission to speak with family



Tips and Tricks



- Patience and understanding
- Language at client's level
- Take your time
- Don't overload
- Simple, direct sentences
- Visual aids
- Visit often
- Time of day
- Active listening



Questions/Help

Lucas Swank

swankl@opd.wi.gov

Solomon Gatton

gattons@opd.wi.gov