

# CAREGIVER VOICE HEARING EXPERIENCE:

## Caregiver Guide: A Mental Health Symptom Training



**Choose**  **VA**

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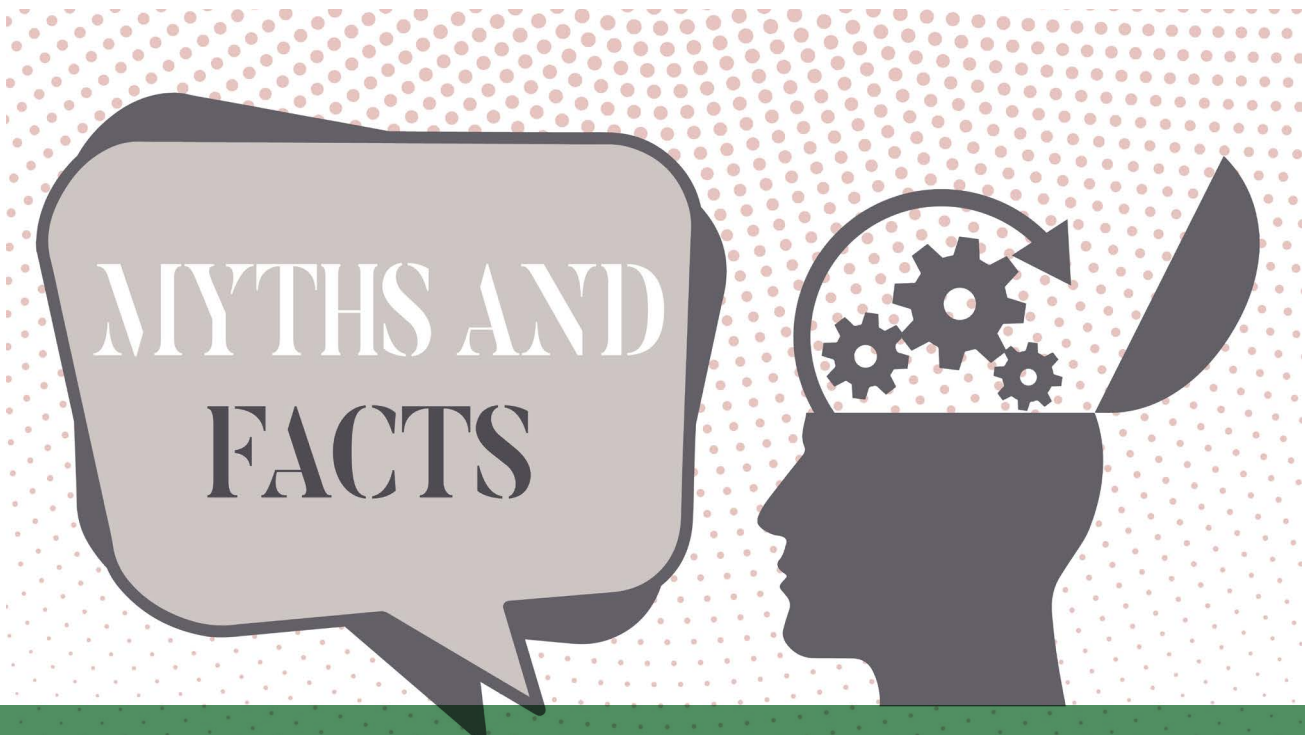
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# MENTAL HEALTH: MYTH OR FACT

- 1. Mental health problems don't affect me.**
- 2. People with mental illnesses are violent and unpredictable.**
- 3. I can't do anything for people with mental health needs.**
- 4. Once people develop severe mental illnesses, they will never recover.**
- 5. People with mental illness can tolerate the stress of holding down a job.**
- 6. People with schizophrenia can experience hallucinations.**



# MYTH AND FACT ANSWER KEY

## 1. MYTH

**In 2018, about:**

- One in five American adults experienced a mental health issue.
- 7% of U.S. adults experienced a Major Depressive Episode (that equals approx. 17.7 million people).
- One in 25 U.S. adults experience serious mental illness each year.
- Suicide was the 10th leading cause of death overall in the United States, claiming the lives of over 48,000 people.

## 2. MYTH

**Only 5% of violent crimes in the United States are committed by people with serious mental illness. It's known that people with mental illness are at just as great a risk, if not greater, of being a victim of a crime.**



# MYTH AND FACT ANSWER KEY

## 3. MYTH

Friends and loved ones can make a big difference. Only 44% of adults with a mental health condition and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services he/she needs by:

- Reaching out and letting the person know you are available to help.
- Helping the individual access mental health services.
- Addressing misinformation by learning and sharing the facts about mental health.
- Treating those with mental health conditions with respect.
- Refusing to define a person by a diagnosis or using labels such as “crazy.”

## 4. MYTH

Studies show that most people with mental illnesses get better, and many recover. Recovery is a condition in which people are able to live, work, learn, and take part in their communities. For some individuals, recovery is the ability to live a fulfilling life. For others, recovery is the reduction or complete remission of symptoms. Having hope is integral to an individual's recovery.

## 5. FACT

People with mental health problems are as productive as other employees. Employers who hire people with mental health problems report good attendance and timeliness. They are just as motivated, produce good work, and stay on the job as long or longer than other employees. When employees with mental health problems receive effective treatment, it can result in lower total medical costs, increased productivity, lower absenteeism, and decreased disability costs.

## 6. FACT

Hallucinations are experiences of something that is not there, e.g. hearing a sound even though there was none. They are vivid, clear, and perceived as real. They may occur in any of the five senses, but “hearing voices” is the most common in severe mental illnesses.



# WHAT ILLNESSES INCLUDE PSYCHOSIS?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

There are other diagnoses that can include psychosis. These include, but are not limited to: Delusional Disorder, Brief Psychotic Disorder, Substance-Induced Psychotic Disorder, and Psychosis due to medical condition.



# **SYMPTOMS**

**Schizophrenia**

**Schizoaffective Disorder**

**Major Depression**

**Bipolar Disorder**





# PSYCHOSIS

**Circle the words that are features of psychosis.**

Poor Hygiene

Poor Concentration

Irritability

Slurred Speech

Delusions

Uncooperative Behavior

Combative Behavior

Talkativeness

Disorganized Behavior

Disorganized Thoughts

Social Withdrawal

Argumentativeness

Outgoing Behavior

Hallucinations



# PSYCHOSIS

## DELUSIONS

## HALLUCINATIONS

## DISORGANIZED THOUGHTS

## DISORGANIZED BEHAVIOR

### DELUSION:

A fixed, false belief, i.e., a belief that is not rooted in reality and cannot change.

Constant feeling of being watched or followed.

Religiously themed delusions (“I am Christ”).

Grandiose delusions (Ex: believing someone has powers that other people don’t have).

### HALLUCINATION:

An experience of perceiving a stimulus even when one is not present.

Auditory hallucinations: Hearing something that isn’t there.

Visual hallucinations: Seeing something that isn’t there.

Tactile hallucinations: Physical sensations, as if someone or something is touching someone.

### DISORGANIZED THOUGHTS:

Thoughts that are difficult to follow or understand.

Thoughts that may not make sense.

Thoughts that may jump from one topic to another.

Use of made-up words (neologisms).

### DISORGANIZED BEHAVIOR:

Failure to attend to personal hygiene.

Behavior that may be inappropriate to the situation, e.g., laughing.

Poor social skills.

# HEARING VOICES EXPERIENCE

What do you imagine it is like to hear voices? Try this!

## FUN THINGS TO DO

A	E	S	T	L	D	P	I	G	I	R	B	O	E
C	N	D	Y	S	R	O	O	O	L	S	D	G	E
T	T	R	R	E	I	G	P	L	R	R	I	T	X
A	E	O	L	I	V	K	N	O	O	Y	L	A	E
F	R	W	L	B	I	S	G	I	K	E	I	L	R
E	T	S	A	B	N	D	N	S	D	E	I	K	C
G	A	S	B	O	G	R	I	G	A	I	R	N	I
E	I	O	T	H	D	A	Y	O	I	P	R	I	S
A	N	R	O	R	T	C	A	L	T	N	E	G	E
T	I	C	O	D	R	I	L	F	O	I	T	T	E
I	N	D	F	L	P	I	P	G	Y	O	T	K	S
N	G	W	A	L	K	I	N	G	S	O	T	O	I
G	P	O	X	L	K	R	A	P	L	W	T	T	T
N	K	G	N	I	H	C	T	A	W	D	R	I	B

BIRDWATCHING

CROSSWORDS

PARK

DRIVING

HOBBIES

PETS

RIDING

POLO

TOYS

PLAYING

ENTERTAINING

TALKING

EXERCISE

EATING

FOOTBALL

GOLF

WALKING

POKER

CARDS



## Hearing Voices Experience

Discussion:

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# ELEMENTS OF RECOVERY

## HOLISTIC OUTLOOK:

Pay attention to a person's basic needs.

Share sources of support with the individual and his/her family.

Reach out to colleagues in the community to extend care plans.

**PERSON CENTERED APPROACH:**

Recognize that the illness is only one facet of a person.

Learn about each person as a unique individual.

Learn what a person identifies as being most important for recovery.

### NON-LINEAR APPROACH:

Reframe a hospitalization as a part of the recovery process, not a failure.

Respect each person's current circumstances.

Develop a partnership with the individual, his/her family, and friends.

Share ideas for next steps.



# ELEMENTS OF RECOVERY

## **RESPONSIBILITY:**

Support individuals' journey toward greater independence.

Provide models of coping skills and wellness plans.

Assist in locating community resources.

## **STRENGTH-BASED APPROACH:**

Ask about personal preferences, interests, and skills.

Include the individual's strengths and talents in the care plan.

Search for community connections to match with the individual's interests.

## **HOPE:**

Maintain a positive approach.

Focus on the person's abilities, not disabilities.

Create service options and support.

Believe in the goals of recovery.



# ELEMENTS OF RECOVERY

## **SELF-DIRECTION:**

Actively protect each person's rights.

Listen carefully to the individual's concerns.

Assist individuals with communicating his/her needs and hopes.

Provide information to assist in decision making.

## **EMPOWERMENT:**

Share information.

Answer questions clearly.

Provide choices and suggestions.

## **PEER SUPPORT:**

Encourage individuals to share their experiences.

Search for social support in the community.

Organize group sessions.

Provide NAMI information.

## **RESPECT:**

Use a pleasant, caring voice.

Provide personalized care to each individual and family.

Listen to ideas on how to improve our services.

Set aside labels and assumptions.



## NOTES

[illegible]

## NOTES

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# RESOURCES:

National Alliance for the Mentally Ill (NAMI). Colonial Place Three, 2107 Wilson Blvd., Ste. 300, Arlington, VA 22201-3042. (800) 950-6264. <http://www.nami.org>.

U.S. Department of Health and Human Services. 200 Independence Avenue, S.W., Washington, D.C. 20201. <http://Mentalhealth.gov>

Substance Abuse and mental Health Services Administration (SAMHSA). 5600 Rishers Lane, Rockville, MD 20857. (1-877-726-4727). <https://www.samhsa.gov/>

Mental Health America (MHA). 500 Montgomery Street, Suite 820, Alexandria, VA 22314. (703) 684-7722. <https://www.mhanational.org>

Wellness Recovery Action Plan (WRAP). <https://mentalhealthrecovery.com>

U.S. Department of Veterans Affairs Recovery Services, (VA). 810 Vermont Avenue, NW Washington D.C., 20420. <https://www.mentalhealth.va.gov/nhr-varecoveryservices.asp>

The hearing voices experience can be found at <https://youtu.be/MMjjSYISyBU>



**RECOVERY IS  
POSSIBLE!**

