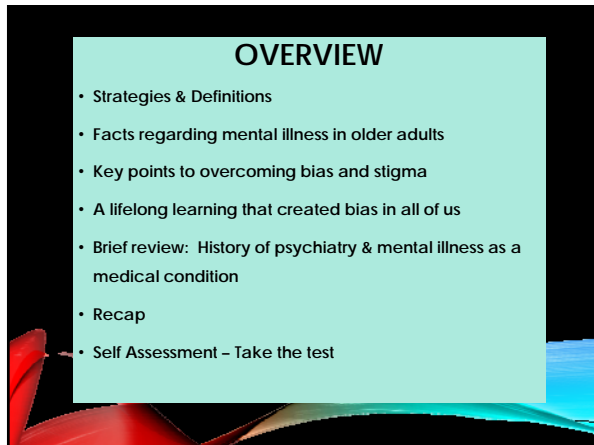


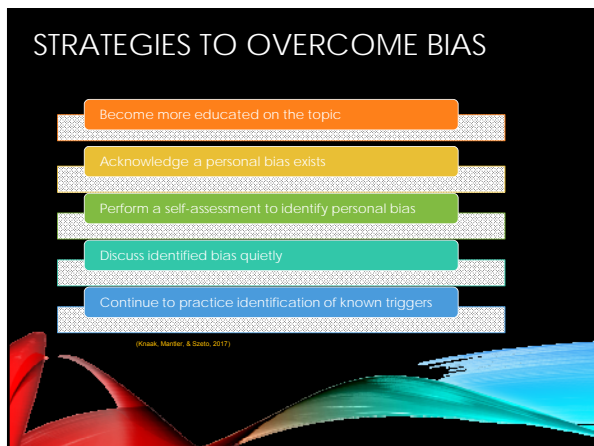
GERIATRIC POPULATIONS WITH MENTAL ILLNESS IMPACTED BY BIAS: OVERCOMING THIS BARRIER

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OVERVIEW

- Strategies & Definitions
- Facts regarding mental illness in older adults
- Key points to overcoming bias and stigma
- A lifelong learning that created bias in all of us
- Brief review: History of psychiatry & mental illness as a medical condition
- Recap
- Self Assessment – Take the test



STRATEGIES TO OVERCOME BIAS

- Become more educated on the topic
- Acknowledge a personal bias exists
- Perform a self-assessment to identify personal bias
- Discuss identified bias quietly
- Continue to practice identification of known triggers

(Krusak, Martiner, & Sato, 2017)

DEFINITIONS

Stigma: "A mark of disgrace associated with a particular circumstance, quality, or person" ("Dictionary: stigma," n.d.); "a mark of shame or discredit" (Merriam-Webster, 2018)

Bias: "a tendency to **believe** that some people, ideas, etc., are better than others that usually results in treating some people unfairly" ("Dictionary: bias," n.d.)

Implicit bias (aka "implicit social cognition"): "The attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner." ("Implicit bias," 2015)

FACTS: MENTAL ILLNESS IN OLDER ADULTS

- Approximately **15%** of all older adults (age 65 and older) in the world suffer from a mental health disorder (World Health Organization, 2017).
- The 2015 data for adults ages 65 and older in the U.S. showed **6.7% reported frequent mental distress** and **14.5% reported a lifetime diagnosis of depression** (Center for Disease Control and Prevention).
- The number of older adults with mental illness ages 55 and older were expected to **double to 15 million** in the United States (U.S.) between 2000 to 2030 (American Association of Geriatric Psychiatry, 2012).

A FEW KEY POINTS: OVERCOMING IMPLICIT BIAS

- Develop knowledge
 - Psychiatry – General
- Provide resources
 - Individual skills and tools to recognize personal bias
- Keep it real
 - Offer real experiences

(Knaak, Mantler, & Szeto, 2017)

What have you been taught?



Figure 1. Science of the Lunatic - Hannibal Lecter ("Hannibal", 2014)



Figure 2. Image of Ted Bundy (Common Media Images, n.d.)



Figure 3. Image of Jeffrey Dahmer (stockphoto, 2010)

HIPPOCRATES

- Greek physician
- "The Father of Medicine"
- Treated mental disorders as diseases
- Used herbal treatments in an attempt to treat mental illness (purgative hellebore)



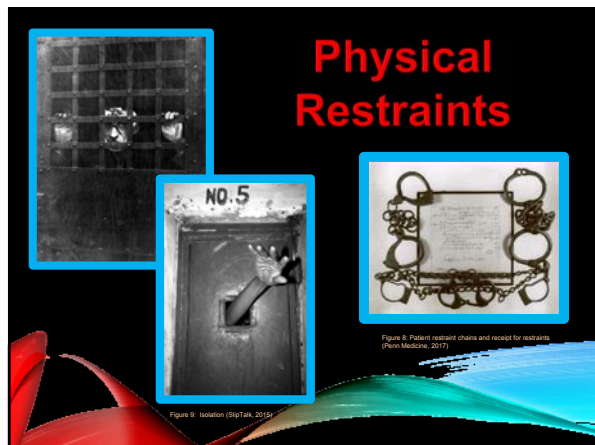
Figure 4. Hippocrates (Yotukank, n.d.)

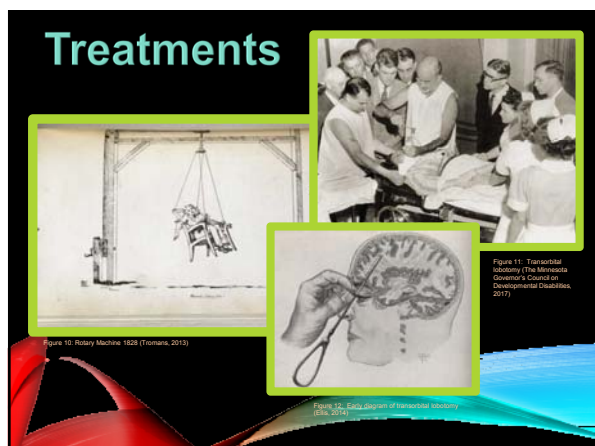
NEW BETHLEM HOSPITAL

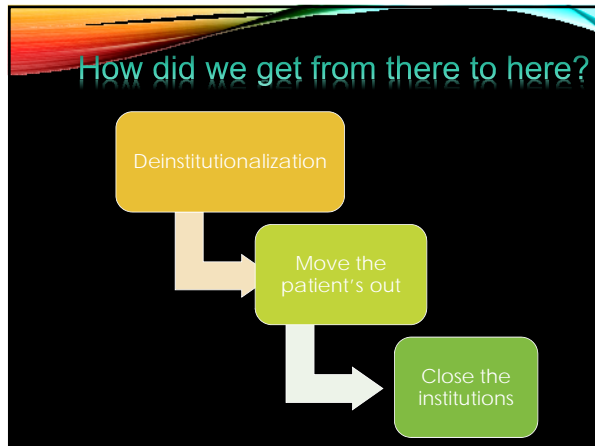


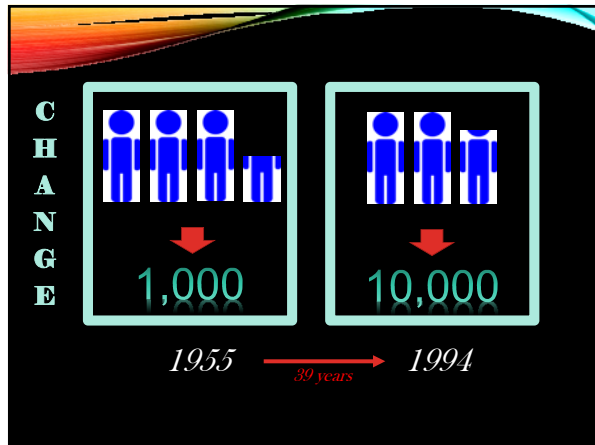
Figure 5. New Bethlem Hospital (Routledge, 2014)

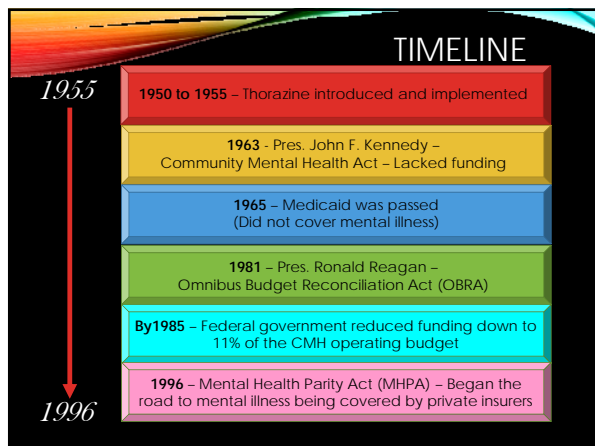




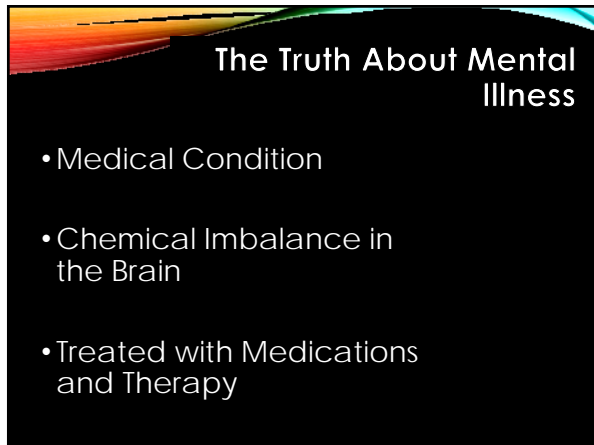


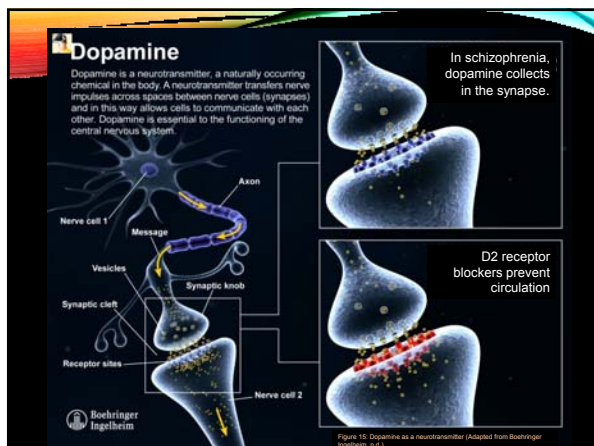

















RECAP

- What did you learn growing up?
- History of mental illness
- Mental illness as a medical condition
- Successful treatments with medications and therapy
- Productive people that are successful



<https://implicit.harvard.edu/implicit/>

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