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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 biases quietly
- Continue to practice identification of known triggers

(Knaak, Mantler, & Szeto, 2017)
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
1. Develop knowledge
   - Psychiatry - General
2. Provide resources
   - Individual skills and tools to recognize personal bias
3. Keep it real
   - Offer real experiences
   (Kraak, Marder, & Szeto, 2017)
What have you been taught?

HIPPOCRATES

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

NEW BETHLEM HOSPITAL
How did we get from there to here?

Deinstitutionalization

Move the patient’s out

Close the institutions

TIMELINE

1955 - Thorazine introduced and implemented

1963 - Pres. John F. Kennedy - Community Mental Health Act - Lacked funding

1965 - Medicaid was passed (Did not cover mental illness)


By 1985 - Federal government reduced funding down to 11% of the CMH operating budget

1996 - Mental Health Parity Act (MHPA) - Began the road to mental illness being covered by private insurers
WHERE ARE THEY NOW?

The Truth About Mental Illness

• Medical Condition

• Chemical Imbalance in the Brain

• Treated with Medications and Therapy

In schizophrenia, dopamine collects in the synapse. D2 receptor blockers prevent circulation.
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/