PSYCHOSIS –   
*Adrielle Carrasco,   
Director of Adventist Health, NZPUC*

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| Slide # | Text |
| Slide # 1 | Adventist health week, front page. |
| Slide # 2 | **Disclaimer:** The health information contained in this devotional is for general population use only, and must not be used to replace professional advice, guidance, or treatment. Where there is real concern and need for professional help or review, we strongly recommend contacting your primary care provider, general practitioner, or local mental health team. |
| Slide # 3 | **POWERPOINT HEADING**:  **PSYCHOSIS**  ***Adrielle Carrasco, Director of Adventist Health,  New Zealand Pacific Union Conference.***  **Text:** Our devotional today is focusing on a very specific Mental Health Crises or Challenge. We will be looking at psychosis. |
| Slide # 4 | Psychosis is a mental health challenge that many of us misunderstand or know little about, therefore the more we understand psychosis the better we can help those who experience it.  Psychosis describes a mental health challenge where a person has lost touch with reality or experiences an alternate reality. It is less common than other mental health challenges and affects less then 1% of adults annually, but we know it is on the rise as more people are being prescribed antipsychotic medication each year.  While psychosis is less common it is one that many people associate with those who are experiencing mental health challenges, because it can be seen as aggressive, explosive, loud, and threatening. Most people who experience psychosis or other mental health challenges are not dangerous or violent to others. Only 3-5% of violent acts can be attributed to people in these situations; problematic substance use (excessive amounts of alcohol or drugs) is the more common cause of aggressive or violent behaviour. |
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| Slide # 5 | The mental health challenges or illnesses that are mostly associated with psychosis are: schizophrenia, depression with psychosis, bipolar disorder (which involves experiences of depression or mania with psychosis, schizoaffective disorder and substance-induced psychosis (caused by excess alcohol intake or drug use). Most of these mental health illnesses or challenges are managed well when a person is taking an appropriate medication, as well as caring for their overall wellbeing or health. Having supportive friends and family is vitally important also. |
| Slide # 6 | Psychosis can manifest in different ways. Common signs and symptoms of someone who is acutely unwell are:   * Delusions * Hallucinations * Disorganized thinking * Reduced ability to maintain social relationships, work, or study   Quite often it is during this acute phase that we notice when someone is unwell, especially if they are out in the community, or if they are acting out of character when we are around them. |
| Slide # 7 | It can be stressful, or traumatic when we come across someone experiencing psychosis, especially if they are being loud or aggressive. Remember to claim the promise found in **Deuteronomy 31:6 Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you**. Know that God is with you, and pray for guidance, courage, wisdom, and compassion before you engage with anyone experiencing psychosis. Consider that you may not know the circumstances that have contributed to their mental health challenge at that time, so be kind. However, do not approach them if you feel in danger of being hurt or abused and understand that they are a person just like you, so show them respect. Also remember that most people experiencing psychosis are more in danger or being harmed than harming others. |
| Slide # 8 | A little kindness can go a long way.  When helping someone in psychosis try the following:   * Be understanding and patient, try to stay calm * Show compassion * Speak assertively, not aggressively. * Let them know you care * Don’t judge, patronize, or be sarcastic it will only make things worse   ***Remember: To the person experiencing psychosis, it is very real so don’t argue with their reality.*** |
| Slide # 9 | Here are some ways we can respond to someone who is experiencing psychosis:   * It is important to offer them appropriate help - most people who experience psychosis are already being seen by a mental health professional. * Ask them who you can call for them, family, friends, a health professional * If unsure, connect with their local mental health team and seek advice * Let the person know what you can do for them - where possible make them part of the decision-making process, people respond better when they feel they have a choice. * If they flatly refuse help, and you are afraid for their safety or the safety of others you may need to contact emergency services. While this is not ideal, sometimes it is the only option. Still tell them know what you are doing, and that you are doing it because you are concerned for their welfare. |
| Slide # 10 | The story of Nebuchadnezzar mental health challenge is often referred to when describing someone in the bible who “loses their grip on reality”. The bible tells us he became like an animal, living for a period of time in the wilderness, without clothing, and eating grass for food. His mental decline was seen as an act of God or a lack of belief in God’s authority. For the people of ancient Bible times, this would have been normal. Daily occurrences in life, whether good or bad were seen as a direct intervention of God and His will. For some people today, this biblical interpretation of mental illness is still mistakenly attributed to someone who has lost contact with reality. And in some instances, psychosis is misrepresented as demon possession, and mental illness as a lack of faith in God. |
| Slide # 11 | This can be problematic and can hinder someone getting the professional help and treatment they require. Realizing that most psychotic behavior today is a result of an undiagnosed or untreated mental health illness, will assist anyone experiencing psychosis to get the best help they need as soon as possible.  Like many physical illnesses of the body, a Mental Health Illness or challenge is treatable, and people living with it can lead very productive lives, contributing in a positive way to their community. But also, like physical illnesses, sometimes a person with a mental health illness can become unwell. For example, someone with a physical illness like Asthma can make valuable contributions to their society. They treat their asthma with medication or good lifestyle habits, lead normal lives, and they are not judged for having Asthma. However, sometimes things in their life may cause an exacerbation of their asthma, and this may result in them needing time off work or a visit to the doctor to get the treatment needed so that they heal and recover. It is the same for people who live with a mental health illness and experience a psychotic episode. They also may need time off work and will need to be seen by a mental health professional. But with the right treatment, support, and care they too will heal and recover, and once again make positive contributions to their community. |
| Slide # 12 | By having the correct understanding that people who are diagnosed with a mental health illness are just like those living with a physical health illness, we eliminate the stigma and judgement that many people experiencing a mental health challenge like psychosis go through. When this is done, we reduce the risk of suicidal harm to that person, and they are more likely to seek the help they need sooner.  Thankfully, there are many ways to support someone who is living with a Mental Health illness or experiencing a mental health challenge. |
| Slide # 13 | When someone is going through an episode of psychosis, it is important to know that there is always hope for them to get better.  Giving hope to someone, maintaining hope for ourselves is a positive way we can help them  ***Discussion: Find examples of stories or people in the Bible where ‘Hope’ was the main theme.***  [Give 5 mins for discussion and 5 mins for sharing] |
| Slide # 14 | An important aspect of healing for people going through psychosis or a mental health challenge is to stay connected with their community, family, friends or church. Here are a list of some community supports that people can access themselves or for their friend or loved one.   * Local primary health care providers – general practitioners, nurses, other clinicians * Mental Health Crises teams * Mental Health Professionals – counsellors, psychologists, psychiatrists * Online or phone help support teams * Family and friends of the person experiencing psychosis * Home care supports – usually linked to your GP * Church family * Substance use support groups – alcoholic anonymous and other similar groups   Most countries in the world have access to mental health services, find out who your local team is so that you know who to contact when needed. You can find your local mental health team by doing a search online. |
| Slide # 15 | **Discussion:**  **Aside from professional help what ways could you provide practical support for someone who is experiencing a mental health challenge?**  \*Remember that someone going through a mental health challenge may be having difficulty with attending to their daily needs, like eating good food, showering, cleaning the house, caring for family or pets, or even just getting up in the morning.  [Give 10 mins for this discussion and 10 mins for sharing. Ask your groups to consider the following; the cultural expectations and norms for a person you are helping, and how you can support them without taking away their autonomy or choice] |
| Slide # 16 | **2 Thessalonians 3:16 says “Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you”**  When we are in the middle of helping someone who is experiencing a mental health challenge it is comforting to know that God can bring peace into our lives. He does this in all ways, and at all times. No matter what we are facing, God’s peace in our lives can help alleviate the pressure or anxiety we might experience - He is always an amazing support especially when we need Him.  **Discussion:**  **Are there other scriptures in the Bible that focus on Mental health. What are some of them and how can we apply them to our lives as we support someone experiencing psychosis.**  [Examples: Psalm 34:4-5, Isaiah 41:10, Zephaniah 3:17, Psalm 34:18, Psalm 73:26, Galatians 6:2, Philippians 4:6-7. Matthew 11:28-30] [GIVE 5 mins for discussion and 5 min for sharing] |
| Slide # 17 | As we finish, it is always positive to focus on the love God has for us no matter who, or what we are experiencing.  God’s love is unconditional, there is nothing we can do to earn His love, and just as importantly, there is nothing we can do to lose His love.  Those who experience psychosis or live with a mental health illness can claim this promise as powerfully as anyone else. Let us always endeavor to help and support those who need us and need to see God’s love through us.. |
| Slide # 18 | **God Understands  when you’ve lost contact with reality…  and He wants you to feel you belong** |
| Slide # 19 | D**isclaimer**: The health information contained in this devotional is for general population use only, and must not be used to replace professional advice, guidance, or treatment. Where there is real concern and need for professional help or review, we strongly recommend contacting your primary care provider, general practitioner, or local mental health team. |
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