

# HOPE FOR MENTAL HEALTH

## *Managing Depression & Anxiety*

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Saddleback Church  
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# HOPE MINUTE

No, in all these things we are *more than conquerors* through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (Romans 8:37-39 NIV)

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# TOPICS

- Common Types
- Facts about Depression & Anxiety
- Causes of Depression & Anxiety
- ALERT!-Warning Signs
- Importance of Self-Care
- Managing Your Emotions

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## WHAT IS MENTAL HEALTH

"A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (Source: World Health Organization)

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## EXERCISE-*Absorbing our Environment*

Fill in the blank \_\_\_\_\_

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## COMMON TYPES OF DEPRESSION AND ANXIETY

### Depression

- Major Depressive Disorder-6.7%
- Persistent Depressive Disorder-1.5%

### Anxiety

- Generalized Anxiety Disorder-3.1%
- Social Anxiety Disorder (Social Phobia)-6.8%
- Specific Phobia-8.7%
- Panic Disorder-2.7%

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### FACTS-PREVALENCE

- Half of all mental illness begins by age 14. (SAMHSA CHESQ Report 2016)
- Depression is one of the most prevalent mental health disorders among adolescents. In 2015, approximately 12% of California teens reported having a major depressive episode in the previous year. (U.S. Dept. of Health & Human Services)
- Approximately 1 in 6 California Adults has a mental health need. (15.9%) (NIMH 2017)
- Major Depressive and Anxiety Disorders have a higher prevalence in women. (DSM-5, 2013)
- Anxiety Disorders are the most common mental illness in the U.S. affecting 40 million people. (NIMH 2018)
- People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders. (NIMH 2018)

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### CAUSES OF DEPRESSION & ANXIETY DISORDERS

- Heredity
- Biology
- Family Background/History
- Life Stressors (relational, medical, financial, work related)
- Medical Conditions
- Belief System & Self-talk

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### DEPRESSION

ANGER

Hurt Fear Guilt Shame

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## WARNING SIGNS-DEPRESSION

### Major Depressive Disorder

Five or more of the symptoms have been present during the same 2 week period.

- Sadness, tearfulness
- Anhedonia
- Weight change
- Insomnia
- Psychomotor agitation or retardation

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## WARNING SIGNS-DEPRESSION CONT'D

- Fatigue
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentration, making decisions
- Recurrent suicidal ideation, thoughts of death (DSM-5, 2013)

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## WARNING SIGNS-ANXIETY

### Panic Disorder

Recurrent unexpected panic attacks with at least one attack followed by 1 month or more of persistent worry about having an additional attack and/or a behavioral change related to the attack such as avoiding exercise. (Four or more symptoms)

**Symptoms:** palpitations, sweating, shaking, shortness of breath, feelings of choking, chest pain or discomfort, nausea or abdominal stress, feeling dizzy, light-headed or faint, numbness or tingling sensations, feelings of unreality or being detached from oneself, fear of losing control or going crazy, fear or dying (DSM-5, 2013)

- FEAR, The "What ifs"

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## HOPE MINUTE

Be joyful in hope, patient in affliction, faithful in prayer. (Romans 12:12, NIV)

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## THE POWER OF THOUGHT

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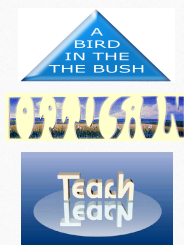
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## EXERCISE



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CBT APPROACH

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Thoughts>Feelings>Behaviors

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### CBT Technique Review

Thoughts>Feelings>Behaviors

- **Negative Automatic Thought**  
"I don't feel good about myself because I don't think people like me or value who I am. I don't have a lot of friends so I must not be worth the bother."
- **Reframe**  
"I'd like to have more friends and can learn how to reach out to others. Good self-esteem isn't showing the world you're good. It's showing yourself."

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### THE HEART OF THE ETERNITY

A large, brilliant-cut heart-shaped diamond is shown against a dark background. The diamond's facets are clearly visible, reflecting light in various directions.

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## WHY IS SELF-CARE IMPORTANT

- To maintain balance
- Your physical health could be affected
- You're emotional health could be affected
- To be your best **"YOU"**
- To help create a healthy community

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## TOOLS FOR MANAGING YOUR EMOTIONS

- Spirituality and Prayer
- Education about depression and anxiety
- Diaphragmatic Breathing
- Medication
- Mood Chart (helps with med compliance)
- Reframing Thoughts/Thought Record
- Goal Setting
- Track Successes- "Success Journal"
- Good nutrition, Exercise, Strive for 8 hours of sleep
- Aromatherapy
- Guided Imagery

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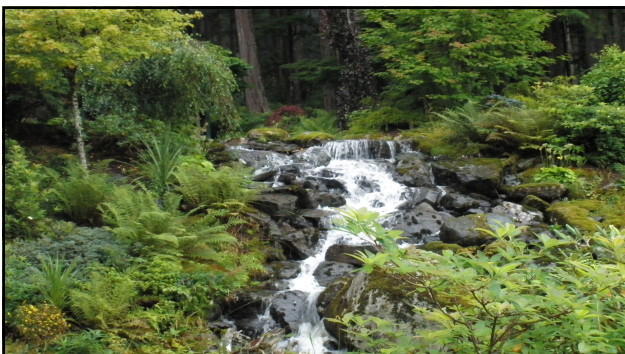
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## HOPE MINUTE

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So do not fear, for I am with you;

do not be dismayed, for I am your God.

I will strengthen you and help you;

I will uphold you with my righteous right hand.

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## THANK YOU!

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**CONTACT INFORMATION:**

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## Orange County Resources

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- **Individual Therapist** (list from insurance co., Psychology Today)
- **Local Hospitals:** St. Joseph, Hoag, Mission Hospitals
- **Family Resource Centers:** (949) 364-0500
- **NAMI Helpline** (National Alliance for the Mentally Ill): (800) 950-6264 Provides support/education, raises awareness
- **DBSA** (Depression Bipolar Support Alliance): (949) 445-1073 (714) 744-8718 Provides support/education for mood disorders
- **National Suicide Prevention Lifeline:** (800) 273-8255
- **NAMI Warmline:** (714) 991-6412: Non-crisis support for mental health

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## Orange County Resources Cont'd

- **Dial 211**-will help find local resources
- **OC Health Care Agency's OC Link**: (855) 625-4657-information/referral line
- **CAT**-Crisis Assessment Team: (866) 830-6011-psychiatric emergencies
- **Olive Crest Parent Education Services**: (714) 543-5437
- **Treehouse** (total recovery enriching experience): (714) 289-3936-Short-term residential services for Mental Health crisis and/or dual diagnosis crisis
- **AKUA Mind and Body**: (833) 258-2669-Outpatient/Residential CI, and Mental Health services
- **D'Amore Health Care**: (714) 375-1110-for dual diagnosis, substance abuse mental health, residential

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