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Working with Mental Illness in the Criminal Justice System

May 15, 2024 | Presented by:

Dr. Anjali Nandi, PhD, MAC, LAC

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Today's Presenter

Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC

Learning Objectives

- ✓ Develop a deeper understanding about mental health diagnoses and corresponding symptoms.
- ✓ Enhance efficacy with responding to clients presenting with mental health symptoms.
- ✓ Increase ability to match appropriate services as available.



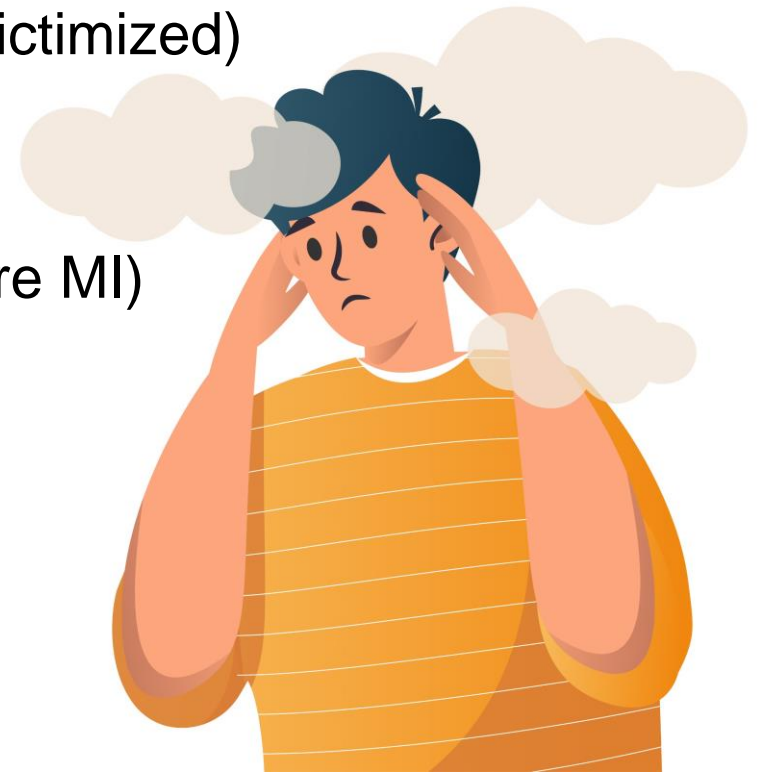
Defining Mental Illness

- Is diagnosable
- Impairs functioning
- Creates distress
- Difficult to regulate without intervention
- Wide range of symptoms
- Can impact cognitive functioning, impulse control, emotional stability, and decision-making skills
- Increases risk for victimization



Facts About Mental Illness (MI)

- Has nothing to do with intelligence or morality or weakness
- Can happen to anyone; not always visible
- Not inherently dangerous (in fact, higher likelihood to be victimized)
- Is a psychological condition – a mental, emotional, or behavioral disorder; but may not be permanent
- Exists on a spectrum from mild to severe (Any MI to Severe MI)
- Is not self-inflicted
- Is different from psychopathy or sociopathy



Mental Health Statistics

1 in 5

1 in 5 U.S. adults live with a mental illness

24.5%

AMI higher among females (24.5%) than males (16.3%).

29.4%

AMI higher among ages 18-25 (29.4%) than ages 26-49 (25.0%), 50 or older (14.1%)

2.5x

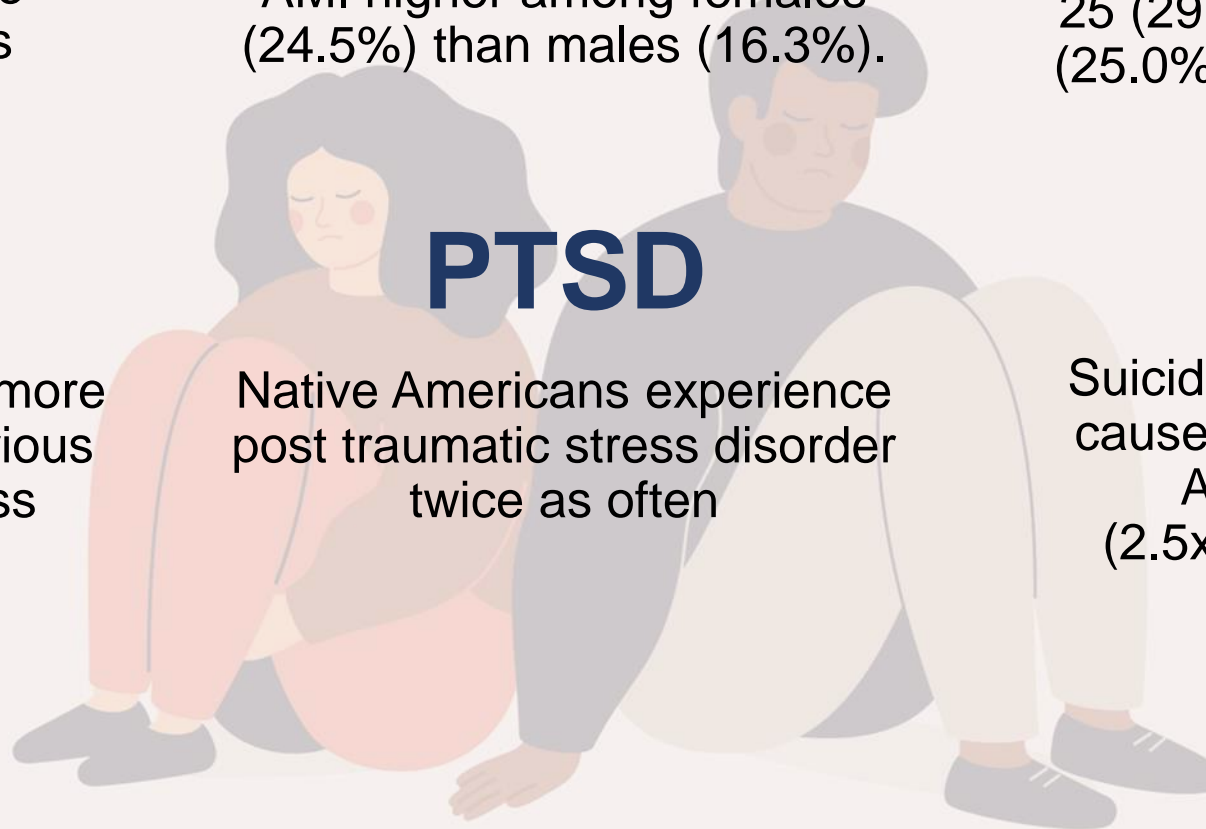
Native Americans 2.5x more likely to experience serious psychological distress

PTSD

Native Americans experience post traumatic stress disorder twice as often

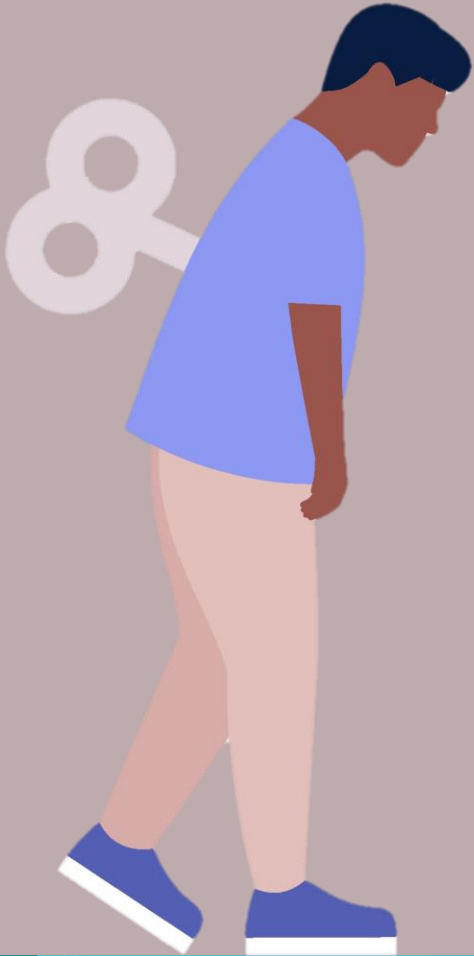
2nd

Suicide is the 2nd leading cause of death for Native American youth (2.5x the national rate)



General Signs of Mental Illness

- Something off
- Confusion
- Disoriented
- Darting looks
- Talking to self
- Poverty of speech
- Pressured speech
- Behavior changes
- Flat or depressed affect
- Withdrawn
- Panic
- Psychosomatic complaints
- Poor hygiene
- Inappropriate attire



Broad Categories

- Substance-related
- Thought disorders (psychosis, schizophrenia, schizoaffective)
- Mood disorders (depression, mania, bipolar)
- Anxiety disorders
- Trauma and stressor-related disorders
- Personality disorders



Start With You



- Awareness
- Don't panic!
- Keep the goal in mind
- Don't try and fix
- There is no self-destruct button
- Don't take things personally
- Keep it simple
- Be patient and consistent

Prioritize “How” Not “What”

- Empathy
- Warmth
- Genuineness
- Project calm
- Motivational Interviewing skills
- Prioritize safety, skills, support
- Focus on next steps
- Make a referral



Managing Crises

- What is a crisis?
- What requires your immediate action?
- Balancing empowerment and safety
- Knowing your resources



Important Considerations

- Capacity
- Co-occurring issues
- Basic needs and prioritization
- Accommodations
- Responding to behavior



Contact Information & Final Q&A



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✓ *Case Planning*

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✓ *Decision-Making Using RNR and the Good Lives Model*

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August 8, 2024 | 1:00 – 2:00 PM CT

✓ *Collaborating with Stakeholders with Different Priorities*

June 5, 2024 | 1:00 – 2:00 PM CT

✓ *Restorative Justice Practices and Healing Circles*

September 4, 2024 | 1:00 – 2:00 PM CT

✓ *Reentry Issues and Reintegration*

July 10, 2024 | 1:00 – 2:00 PM CT

✓ *Decision-Making and Critical Thinking*

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✓ *Change Management*

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