

Mental Health

Jennifer Van Hunnik and Jeanna Wasenius spoke at the Optimist Club on April 23 on mental health. Stress from work, a friend's death, money problems, and other problems can lead to treatable mental problems. Depression, often the result of stress, can be easily treated with activities and medicines.

When people often think of mental health, they think of mental institutions. However, there are no long term mental care institutions today in the United States. Medicines are used to treat these illnesses. It is possible to get an injection that will last a month for some types of depression.

Jenny Edmundson provides both inpatient and outpatient treatment. Treatment starts with a thorough diagnosis. They provide individualized therapy and specialized therapy groups. The focus of inpatient treatment is to teach relapse prevention skills and coping skills. Therefore, an inpatient stay is usually only three to five days.

The symptoms that show someone needs treatment include suicidal intentions; suicidal attempts, thoughts, or plans; homicidal ideas with poor impulse control; and bizarre disoriented behavior. The most important aspect of mental health treatment is to "Believe in Recovery"