

MEDICATIONS & BEYOND

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Health



World Health Organization (WHO)

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Bio-Psycho-Social



- According to this model, none of these factors in isolation is sufficient to lead definitively to health or illness—it is the deep interrelation of all three components that leads to a given outcome.

Biological Factors



- Genetics/ Family history
- Medical Problems
- Medications

Psychological Factors

- Trauma
- Abuse
- Bullying
- Personalities

Social Factors

- Friends
- Family
- Fun
- Finances
- Faith

Treatments



- Medications
- Psychotherapy

Medications

- Antidepressants
- Anti anxiety
- Mood Stabilizers
- Antipsychotics

Psychotherapy

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (dBT)
- Mindfulness
- ACT
- Exposure Response Prevention Therapy (ERP)
- Family Therapy
- Couples Counselling
- Group Therapy

Therapies for Children



- Parent-Child Interaction Therapy (PCIT)
- Multi Systemic
- Play Therapy

Expected Attitudes

- "I can't let anyone know."
- "Panic is evil, bad, the enemy."
- "I want to avoid the symptoms."
- "I must relax right now."

- "I must stay on guard."

- "This is a test."
- "I must be certain (that there is no risk)."
- "This must work."

Healing Attitudes

- "I am not ashamed."
- "What can I learn as a student of panic?"
- "I want to face the symptoms to gain skills."
- "It's OK to be anxious here."
- "I won't guard myself against anxiety."
- "This is practice."
- "I can tolerate uncertainty."
- "It's OK if it doesn't work."

Life Style

- Exercise
 - Decrease the risk of side effects
 - Endorphins
- Supplements: Drug Interactions
- Diet:
 - Breakfast
 - Less Packaged, Whole food
 - Food-mood connection

Life Style

- ❑ Connect with others
- ❑ Stay positive
- ❑ Get physically active
- ❑ Help others
- ❑ Get enough sleep
- ❑ Create joy and satisfaction
- ❑ Eat well
- ❑ Get professional help if you need it

Drugs & Alcohol

- Decrease effectiveness of Treatment
- Mood altering
- Alcohol Depressant
- Unmasking
- Worsening of psychosis

Addiction is a mental health problem and not a social or moral issue.

Suggested Readings..

- **Mindfulness**
- **Sleep disorders**
- **ADHD**
- **Hoarding**
- **Anxiety disorders**
- **Bipolar disorder**
- **Depression**

Smartphone Applications

- **Anxiety**: mind shift (teens & young adults)
- **Relaxation**: need to relax, color, bloom
- **Meditation**: Headspace, Stop Breath & Think, Insight Timer, Calm, Simply Being, Relax and Rest, Meditation Oasis, Smiling Mind, 10% Happier
- **Mind Tracking Apps**: Unstuck.com, ACT Coach, Buddhify-mindfulness & meditation
- **PTSD**: PTSD coach

Smartphone Applications

- **Sleep**: CBT I coach, Rain Rain
- **Sleep Cessation**: Smoke-Free
- **Mindfulness**: Insight Timer Meditation App
- **CBT**: TF-CBT Triangle of life
- **YouTube**:
 - ▣ Hot Air Balloon Ride: a Guided Meditation for Kids
 - ▣ 4– 7– 8 Breathing Exercise by GoZen

QR Scanner: Books & Apps



Do you see a face or a word?



THANK YOU

