

# *Working with Mental Health Issues in Tribal Justice Systems*

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# What is Motivation? Where does it come from?

- Interpersonal
- Internal / External
- Desire/Discrepancy/Dissonance
- Emotion
- Agency/Ability
- Reward

# Why is Motivation an Issue?

- Addiction/Mental health
- Dopamine
- Choice/Gratification
- Stress/Trauma
- Hierarchy of needs
- Safety



# 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





# 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- Withdrawn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 d/o)
- Anxiety disorders
- Trauma and stressor-related disorders
- Personality disorders



# Personality Disorders

- Cluster A
  - Odd/eccentric type
- Cluster B
  - Dramatic type
- Cluster C
  - Anxious/fearful



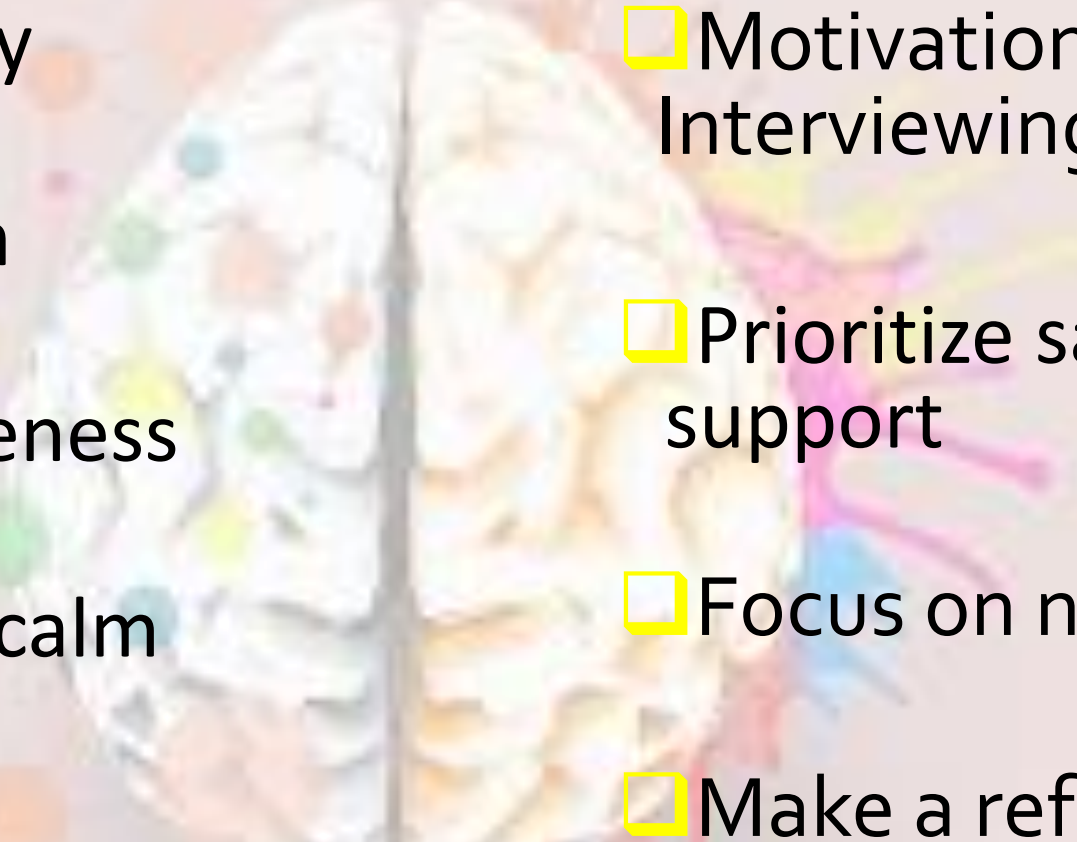





- Awareness
- Don't panic!
- Keep the goal in mind
- Don't try and fix
- There is no self-destruct button
- Don't take things personally
- Keep it simple
- Be patient and consistent

START WITH YOU

# PRIORITIZE “HOW” NOT “WHAT”

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

A person wearing a dark hoodie is seen from behind, standing on a mountain ridge. They are looking out over a vast, misty mountain range under a hazy sky. The scene is atmospheric and somewhat somber, with the person's silhouette contrasting against the lighter, hazy background.

# What is the impact of stigma?

- Fear of accessing care
- Untreated and suffering
- Reduced quality of care
- Isolation
- Shame
- Prejudice / discrimination

# How do we reduce stigma?

## INDIVIDUALLY

- Be compassionate
- Reserve judgment
- Offer support
- Avoid labels
- Speak up
- Share your story

## COLLECTIVELY

- Education
- Normalizing
- Availability of services



# Practical Tips

- Get curious about the person's experiences and ask questions from a place of interest versus judgment
- Check our presumption of faulty or irrational thinking
- Focus on the helpfulness of the thoughts versus their validity or rationality
- Seek to understand their worldview and get curious of the impact of identity or intersectionality on the development on certain beliefs





# Practical Tips

- Validate their feelings, and their experiences, and we acknowledge that we do live in a society where these painful experiences abound
- Target the thoughts that reinforce internal biases that results in an identity shaped by untrue social beliefs
- Work to change the environment where possible, before trying to change or challenge the person's thoughts about it

