



How
We
Grew
To
Prioritize
Mental Health

**BROUGHT TO YOU BY: THE
MIGHTY CHONDRIAS**

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HOW TREATING MENTAL HEALTH HAS EVOLVED

1800S

Insane Asylums were the equivalent of “medieval dungeons.” In 1971, employees started going on strike, citing “degrading” treatment of the ill. As word of these horrors spread, the public turned on the institutions.



Rather than fix the problems in asylums, so they could fulfill their initial purpose, they were shut down (Rogan, 2021).



Dorothea Dix greatly contributed to the mass construction of state mental hospitals in the U.S. in the 1800s. These institutions were originally built to act as sanctuaries for the protection of mental patients.

1954-1971

However they offered no real treatment or comfort to the mentally ill, forcing patients to live in inhumane conditions and subjecting them to cruel abuse.



Countless people who didn't need mental health help such as homosexuals, the homeless, and those with physical disabilities were locked up needlessly.



Many were forced to undergo surgeries and lobotomies, or were experimented on without their consent. Staff would be indifferent to issues, often beating patients who spoke up (D'Antonio, 2022).





National Alliance on Mental Illness

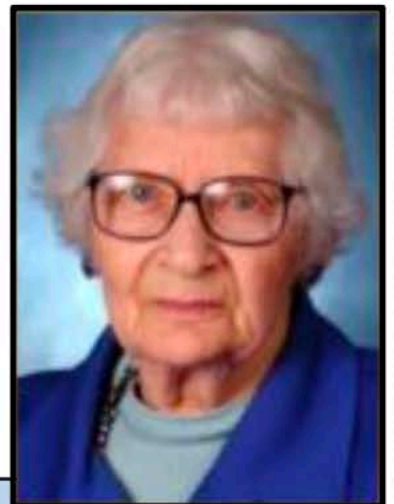
1979

NAMI's mission is "providing advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives"

Its vision is "a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares"



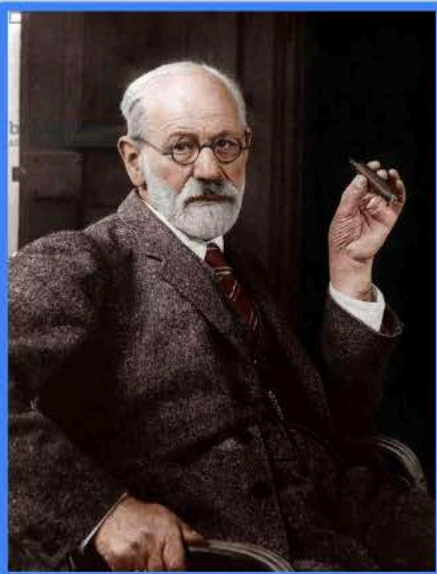
In 1979 two women, Harriet Shetler and Beverly Young, both had sons diagnosed with schizophrenia and "were tired of being blamed for their son's mental illness."



Unhappy with the lack of services available and the treatment of those living with mental illness, they started NAMI (NAMI.org, 2021).

1980 - NOW

Now there are short-term and general hospital-based acute psychiatric care units. These strive to give the patients the best quality of life possible and truly help them get better.

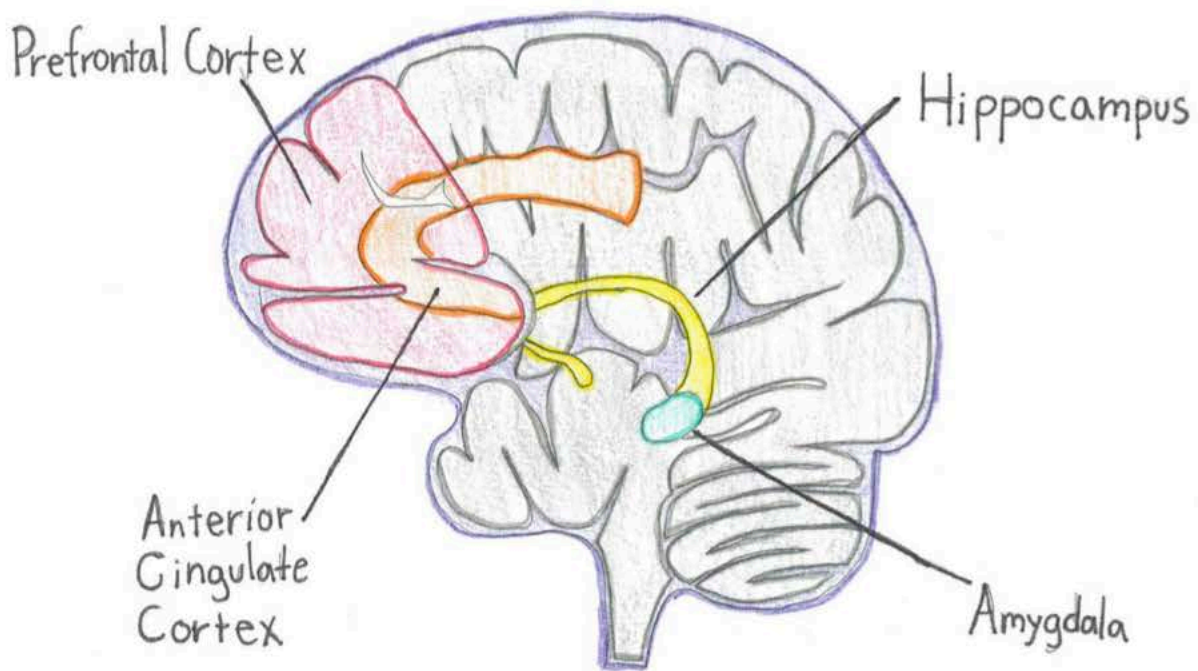


Mental illness is mainly treated with drugs and psychotherapy. Psychotherapy was heavily influenced by Sigmund Freud and his ideas paved the way for treatments (Stein, 2020).



Natural and at-home treatments have also become more popular. Treatments like mediation, yoga, journaling, self-care, etc.

AREAS AFFECTED BY DEPRESSION



FUNCTIONS

- **Prefrontal cortex**
 - Reasoning, problem solving, comprehension, impulse control, creativity and perseverance (Duboc, 2002).
- **The Hippocampus**
 - Learning and memory (Davey, 2015).
- **The Amygdala**
 - Processing fearful and threatening stimuli (Centers, 2018).
- **Anterior Cingulate Region**
 - Emotional expression, attention allocation and mood regulation (Writer, 2019).



N o r m a l



D e p r e s s e d

ACTIVITY IN A DEPRESSED BRAIN

- The Prefrontal cortex (PFC) displays low activity when depressed which leads to it shrinking.
- The Amygdala releases too much cortisol (stress hormone) which causes the amygdala to become hyperactive and grow.
- The Hippocampus shrinks due to stress.
- The Anterior Cingulate Cortex/Regions' volume decreases which does not allow for the brain to process emotion the same.

TREATMENTS THEN

In the 1800's and 1900's treatments for depression or "melancholia" were very intense. Some of the forms of treatment included cutting off a person's brain. Affecting the way people used to think, as well as inducing them to comas or even death (Nemade, 2020).

People with mental health issues were seen as a threat to the society back in the 1900's. Society would see them as a threat and would think that mental health issues were some type of devil spirit, and to "help" or "cure" this people they would starve them, beat them up physically, or having them physically restrained (Schimelpfening, 2020).



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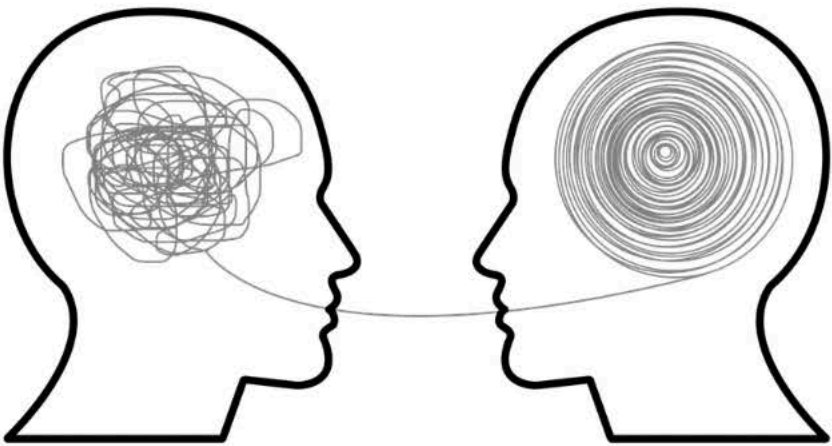
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TREATMENTS NOW

Throughout the years doctors found out depression was a mental issue and not a spiritual issue.

There's not a cure for depression, but it can be helped with SSRI, which are Selective Serotonin Reuptake Inhibitors, they can be used along with psychotherapy to help fight depression (Shao, 2022).





PSYCHOTHERAPY



MEDICATION



SELF-CARE

“Confusion” By Jacob Ramirez

This artwork represents the endless confusion we all feel and how sometimes we can get trapped in our minds but we have to trust the process and find out way even if it is confusing.





“YARROW” BY MATILDA CARRIO

**YARROW IS A BEAUTIFUL FLOWER
THAT SHARES TWIN MEANINGS OF
HEALING AND LOVE.**



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How is it that at my lowest point I get my most creative?

By: Sonia Ericson

A filter covers my eyes, everything is covered in lines, and a vivid image appears before me. A sense of doom begins to loom over me, death's shadow is directly above me, I know I will die if I don't draw this.

I can feel the air leave my lungs, my body goes numb. The purpose of my existence summed up to draw this single image. My mind knows every line, every curve, every mark that I will put onto the paper.

The brightest thought in my mind, serving as my single anchor from completely drowning in every dark thought that has flooded my mind. The single image distracting the never healed scars from bleeding out.

But the scars no longer leak red, they bleed tar.

Just when I thought I had reached the threshold of my pain, the tar begins to fill my lungs. Suffocating my last will to keep thinking but this single image gave me air.

The wonderful feeling of knowing that I can show exactly what I feel. The relief that I knew exactly how to portray this feeling, it is the medicine I needed.

My mind releases the chains on my muscles and my body relaxes.

The cement melts away from my legs and I can take a step. I begin to draw blindly, allowing my hand to capture my vivid emotions.

The relief that I feel will last me a while,
Until I begin drowning in my tar filled mind again.



ARTWORK BY EDWIN GALVAN

How to be Depressed in Three Easy Steps*:

Step #1 Overthink every decision.

Make sure you analyze every single decision you have made in the pastConstantly ask yourself, "Am I ok? Am I doing enough? Why am I like this?" But make sure you never find an answer to those questions.

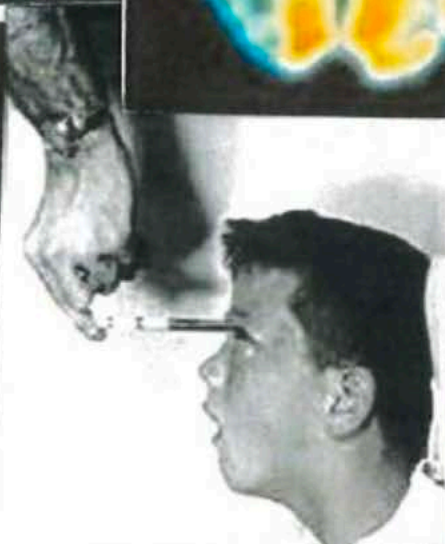
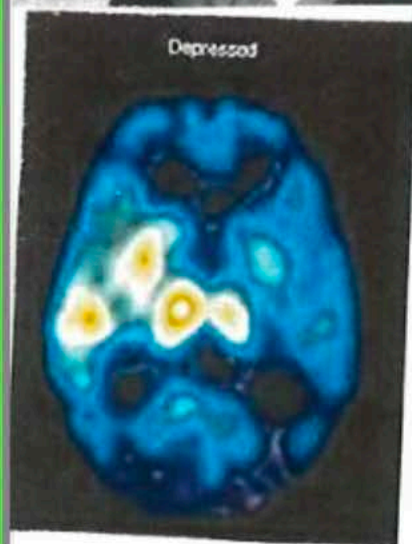
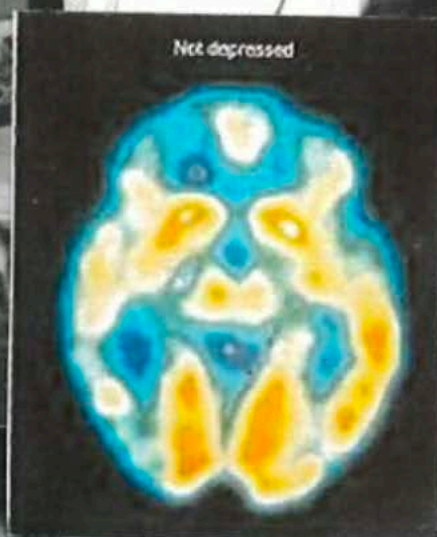
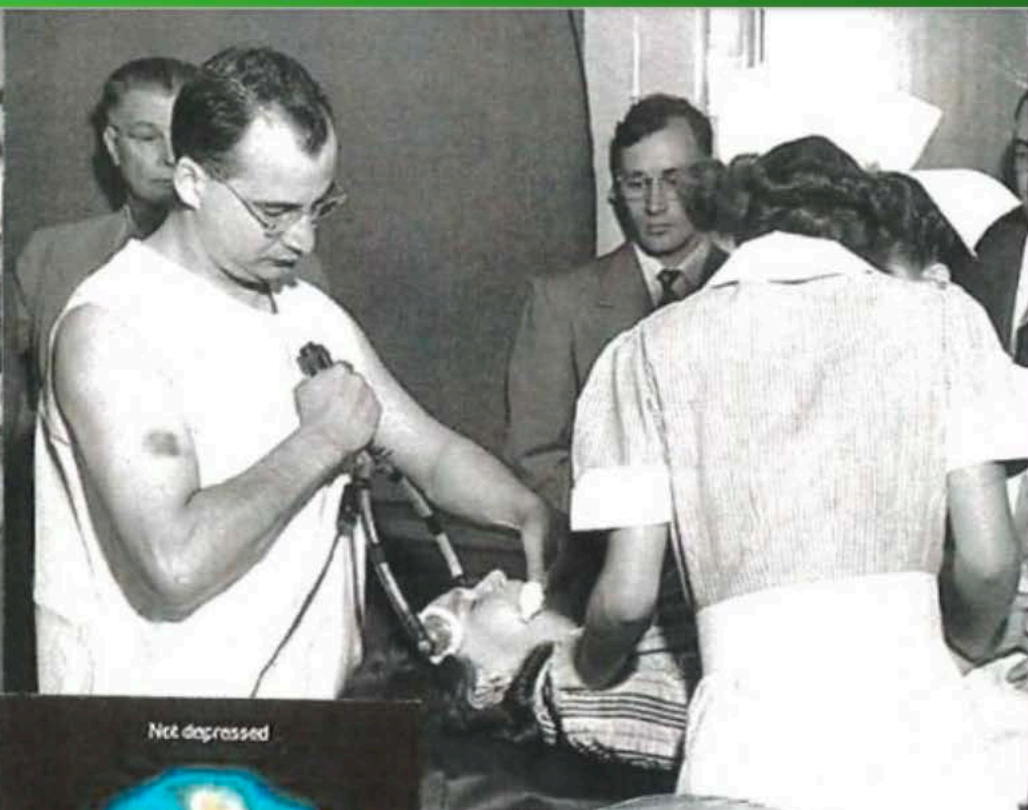
Step 2: Run away from your problems.

Run from your problems as if they were gonna attack you. Like butterflies run to a new home every spring to protect themselves from freezing in the cold. Hide in bedrooms, sleep, or excessively eat.

Step 3: Pretend that you are happy

Most people who pretend to be happy are actually dead inside. Dark colors represent sadness, insecurities, and depression, so wear bright colors! Throw everyone off the scent of your crippling sadness. Whatever you do, do not ask for help! That's a great way to ensure you start to feel better.

***This satirical piece was written by Edwin Galvan, not to be taken prescriptively.**



ANXIOUS WAY TO RECOVER

WRITTEN BY: LARENZIA TAYLOR

I was super anxious today. It felt like I couldn't get anything accomplished. Like a bird with no wings.

In the middle of working, I dropped my phone. My mind boggled with thoughts of embarrassment, feeling like everyone was staring at me as I bent down to pick it up.

As I stood behind the chair I was beginning to sweat more than a human trapped in a plastic bag gasping for air.

I informed my client I needed to step out. We had a moment of awkwardness. I told my anxiety to "shut up!"

It responded with even more worry.

The sweat disturbed me,

But I stepped back in to finish.

Everyone asked if I was cool and I said "yeah fresher than a pair of sneakers of course!"

At this point I started to relax. I was as calm as a bird coasting in the wind.

I was feeling more confident and less anxious.

I realized the calmer I was, the faster I would be done.

I took a sip of water,

took a couple deep breaths

And finished faster than a car going 100mph!

I gave my client a spin in the chair and made her feel like Beyonce.

She ran her hands through her hair like a chicken running on fuel.

My face lights up like fireflies in the night.

I went home and told my mom I was able to reverse an anxiety attack at work today!

I told her as if I had some crazy superpower but I don't.

She cheered for me in joy knowing I conquered that on my own.

Went to get ice cream to celebrate.

RESOURCES

If you ever need someone to talk to you can seek help to a trusted adult **OR** call the ***Substance Abuse and Mental Health Service Administration (SAMHSA)***

SAMHSA..... 1-800-662-HELP (4357)

**National Suicide Prevention Lifeline
(800) 237-8255**

**Línea Nacional Contra el Suicidio
(888) 628- 9454**

Si te sientes triste o solo, habla un un adulto de confianza que te pueda ayudar. **Oh** si no, puedes hablar a la **Linea Nacional Contra el Suicidio**

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ARTWORK BY NICK UGARTE