



April 2023

Lunch & Learn
Narcissistic Personality Disorder
and other Personality Disorders

Hosted By

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Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

Meeting Agenda

- Introductions to Today's Topic
- Next Lunch & Learn: May 4th 2023
- How to get a loved one to seek help for their mental health
- Questions
- Survey

The Four Rs

RECOGNIZE

REFER

RELATE

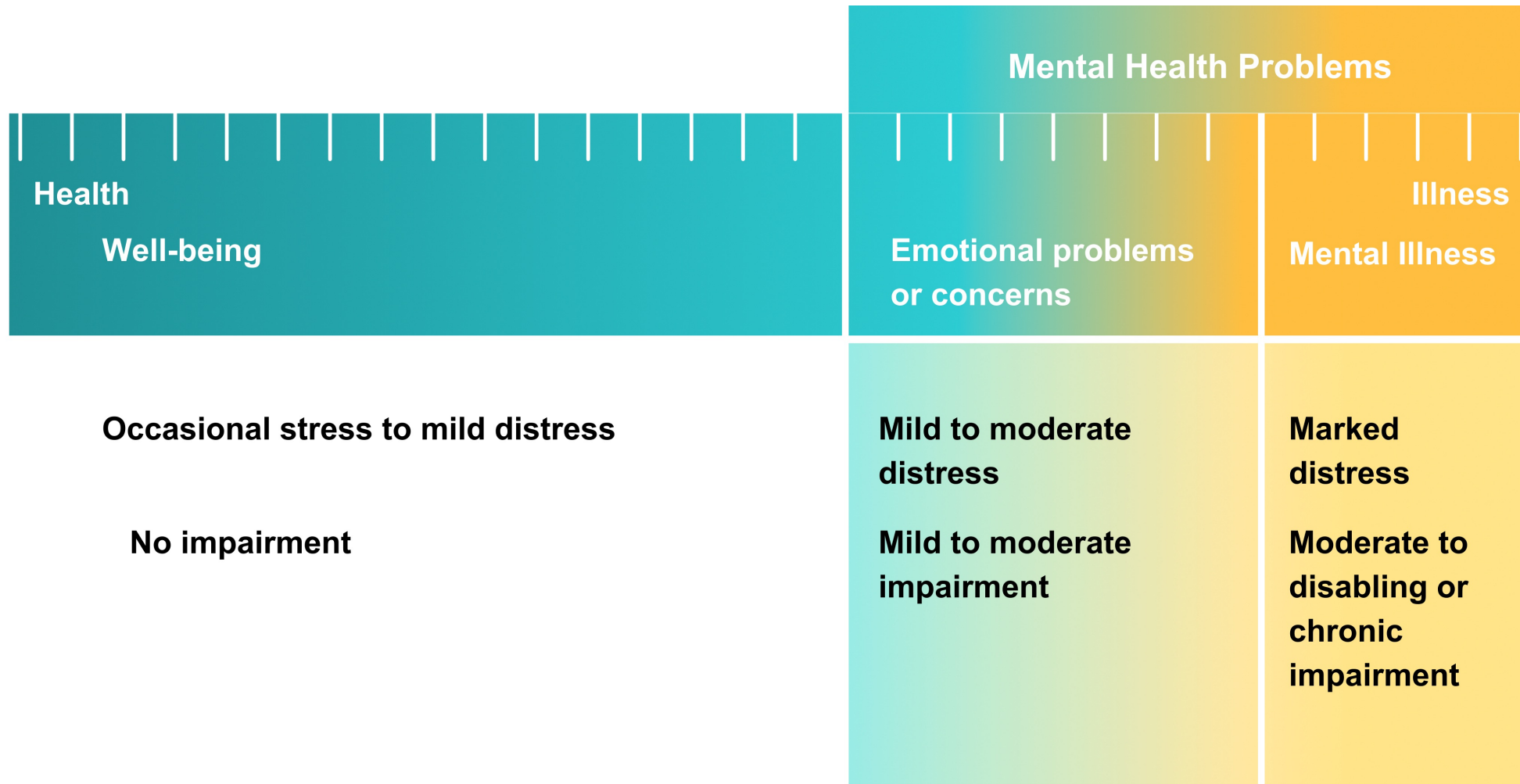
RESTORE



RECOGNIZE

a mental health problem

Mental Health Exists on a Continuum



What are Personality Disorders



What are Personality Disorders?

- Personality Disorders are mental health conditions that affect the way individuals perceive situations. These disorders can affect how one relates to others.
- Personality Disorders are categorized into three clusters.
 - Cluster A
 - Cluster B
 - Cluster C

Personality Disorders Explained

- Cluster A Personality Disorders
 - Characterized by odd thinking and behaviors
 - Paranoid personality disorder
 - Schizoid personality disorder
 - Schizotypal Personality Disorder

Personality Disorders Explained

- Cluster B Personality Disorders
 - Characterized by overly emotional or unpredictable behavior
 - Antisocial Personality Disorder
 - Borderline Personality
 - Histrionic Personality Disorder
 - Narcissistic Personality disorder

Personality Disorders Explained

- Cluster C Personality Disorders
 - Characterized by anxious or fearful thoughts and behaviors
 - Avoidant Personality Disorder
 - Dependent Personality Disorder
 - Obsessive-compulsive personality Disorder

Narcissistic personality Disorder (NPD)

- The word Narcissism is popular to describe someone who is self-absorbed
- Narcissism is a diagnosable mental health condition that includes thinking highly of oneself, needing admiration, believing others are inferior, and lacking empathy for others.
- Having this disorder makes it difficult for those with NPD to establish and maintain interpersonal relationships
- About 5 % of the population has NPD

Recognize that someone has Narcissistic personality disorder

- Unreasonably high sense of self
- Feel as though they deserve more
- Difficulty understanding the needs of others
- Insist on having the best in everything
- Taking advantage of others to get what they want

What Causes NPD?

- Experts have found that NPD and other personality disorders can develop due to a combination of factors.

Examples of these factors:

- Childhood Experiences
- Parenting Styles
- Trauma
- Genetics

REFER

to a mental health professional



Treatment- Medication

- Most serious mental health disorders are treated by a combination of medication and therapy, but personality disorders do not respond to medication.
- Many people who have been diagnosed will also be prescribed medication, but it is typically to address a co-occurring disorder.

Treatment- Therapy

- Group therapy, Family, and Individual Therapy can all be effective avenues to approach treatment for someone with NPD
- These therapies allow the individual to learn how to relate to others in a healthy way
- Family therapy can also be a useful avenue for a family to work through family dynamics

The Right Mental Health Provider

- Primary Care Doctor (*General Practitioners*)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities



RELATE

Relate to a Narcissist

- Narcissistic Abuse
 - If you find yourself worried about your safety, please call 911
- Be firm
- Expect that they will get defensive
- Do not be accusatory
- Normalize receiving mental health treatment




RESTORE

through supportive
community

Gateway to Hope Trainings

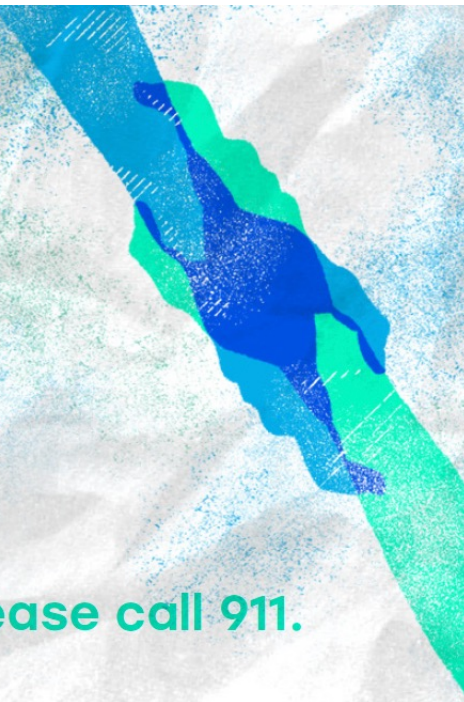


Hope Line



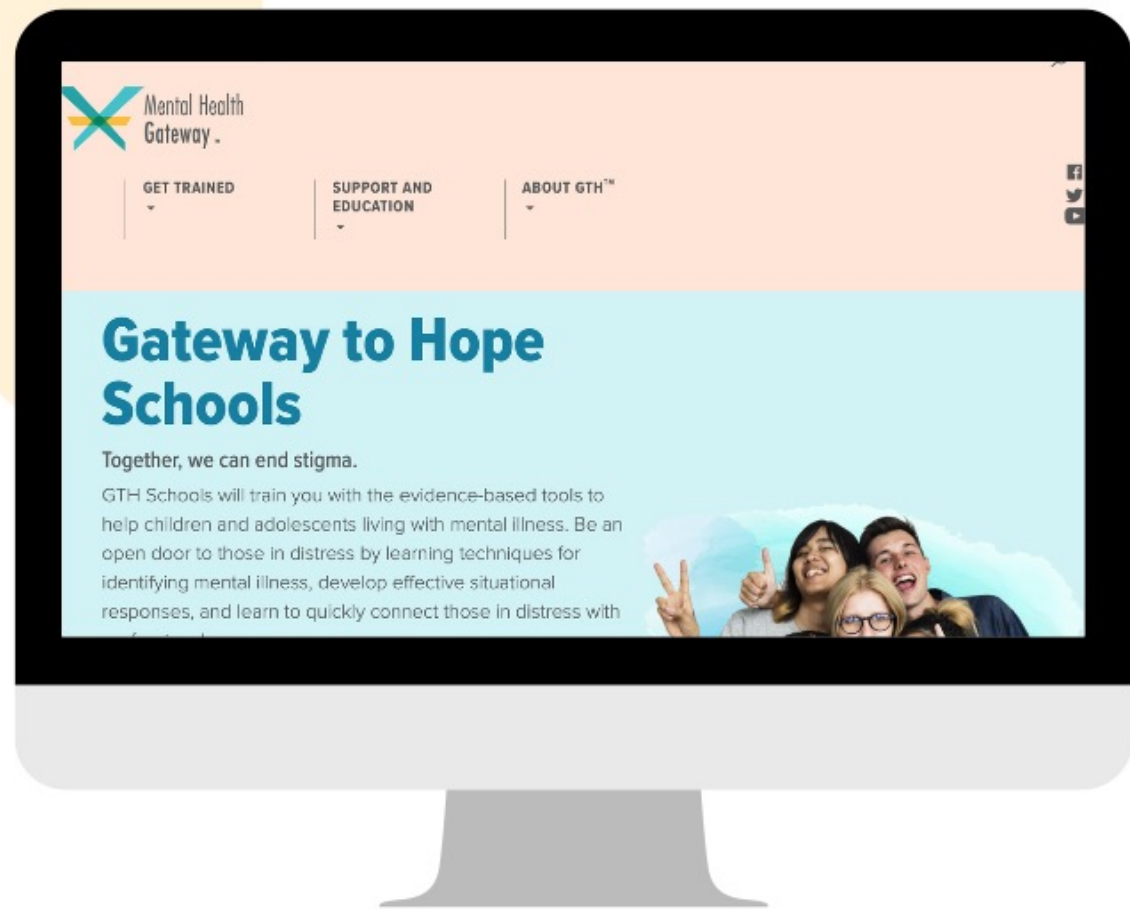
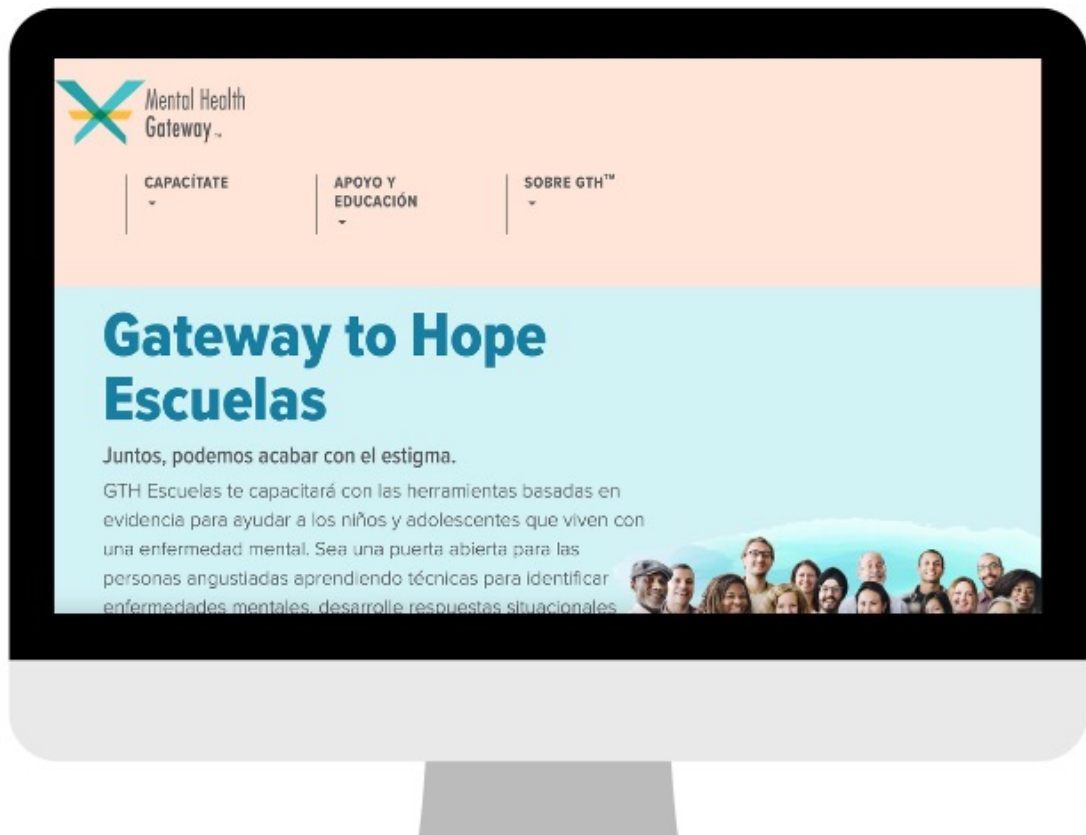
**Houston
Hope Line**
(832) 831-7337
Relief. Just a call away.

Open daily 5–8pm
*In case of emergency, please call 911.



Relief. Just a Call Away.

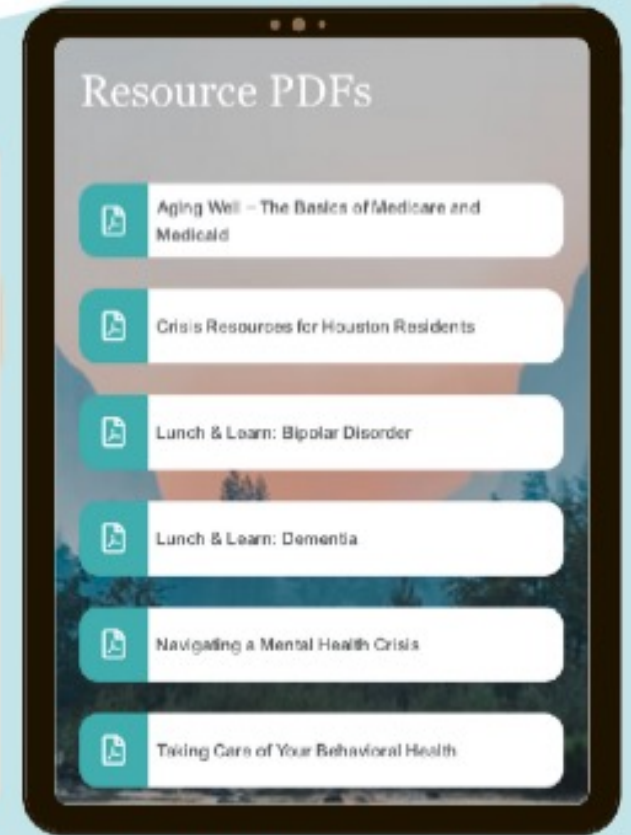
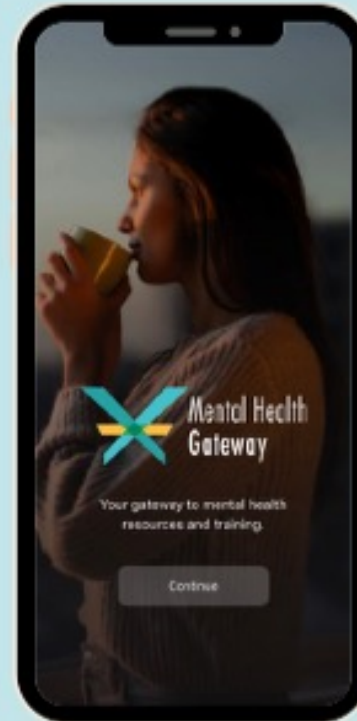
mentalhealthgateway.org/es



mentalhealthgateway.org

Mental Health Gateway App

- **Mental health resources- videos, workbooks, and PDFs**
- **Easy Access to Trainings**
- **Features specifically for Mental Health Coaches**



**DOWNLOAD OUR
MENTAL HEALTH
GATEWAY APP**

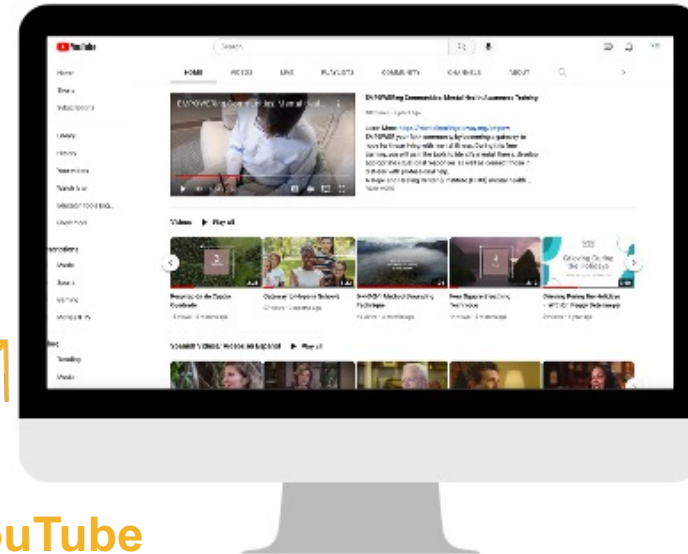
GTH Communications

Additional Platforms: Facebook, Twitter, LinkedIn

Newsletters



Instagram



YouTube



Questions?

- Use the Chat function or unmute yourself to ask any questions.
- If you think of any questions later, reach out to me!
 - Phone number: 713-830-4143
 - Email: cvargas@hhci.org



We're Here for You!

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