



GTH: GATEWAY TO HOPE

# Lunch & Learn: Anxiety Disorders

**PRESENTED BY**

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Community Education Coordinator

# Meeting Agenda

- Who we are – GTH and HHCI
- Next Lunch & Learn: Suicide, September 1st
- Today's topic: **Anxiety Disorders**
- GTH trainings
- Questions
- How to reach us

# Hope and Healing Center & Institute

## 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.

# The Four Rs

**RECOGNIZE** a mental health problem

**REFER** to a mental health professional

**RELATE** to those in distress

**RESTORE** through supportive community



**RECOGNIZE**  
a mental health problem



# What is Anxiety?

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A mental health disorder characterized by feeling of worry, anxiety, or a fear that is strong enough to interfere with one's daily activities.



*\*The content discussed in this presentation does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.*



# Age of Onset

- Different Anxiety types will manifest at different ages
- For General Anxiety, which is the most common mental health disorder is around age 30



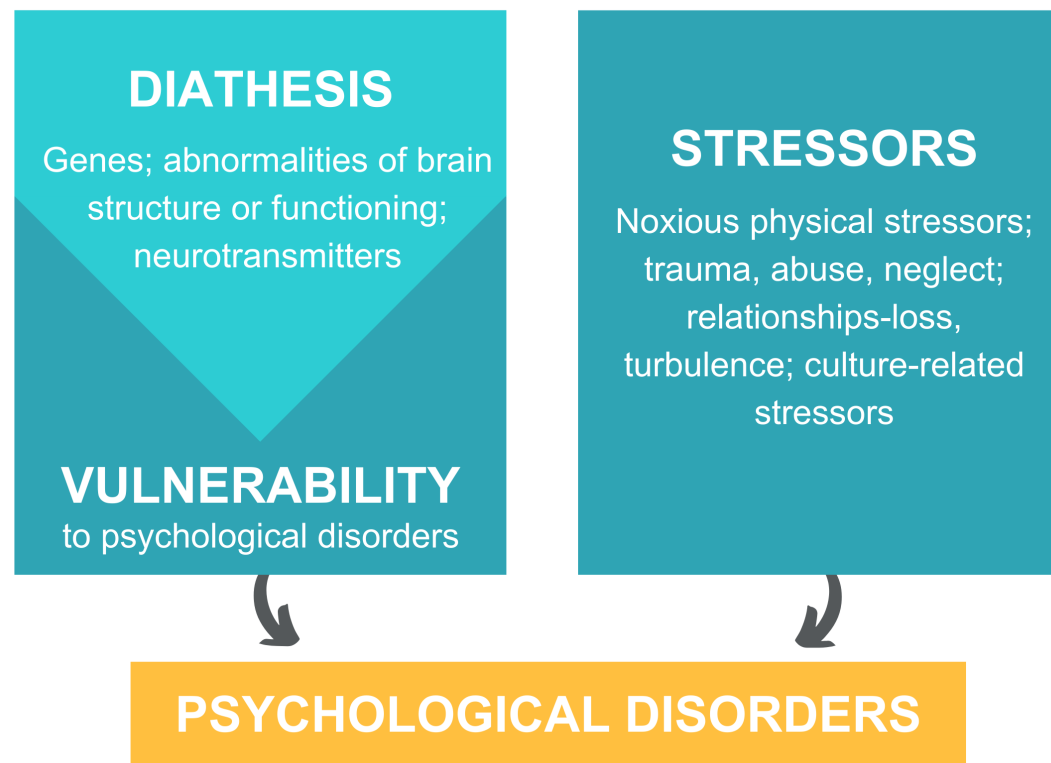
# Prevalence of Anxiety

- Anxiety disorders are the most common mental illness in the United States, affecting approximately 40 million adults (18% of the population).
- Women are twice as likely to be diagnosed with an anxiety disorder as men.

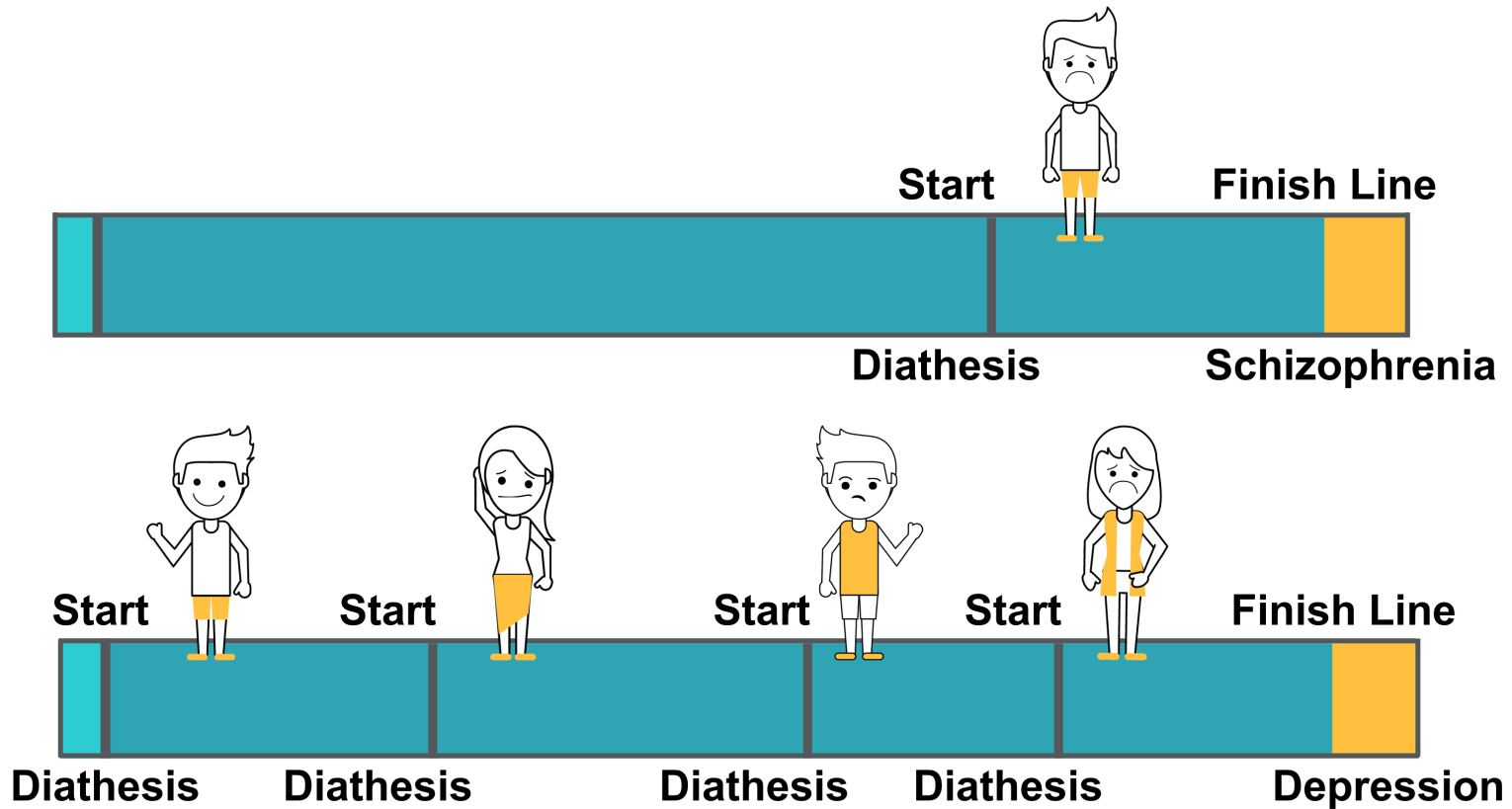


# What Causes Anxiety?

# What Causes a Mental Disorder?



# What Causes a Mental Disorder?



# What Causes Anxiety?

- Family History of Mental Health Conditions
- Personality Factors
- Stress
- Substance Abuse
- Environmental Factors



# Understanding the Symptoms of Anxiety





# Symptoms of Anxiety


- Feeling restless or on edge
- Feeling irritable
- Aches
  - Headaches
  - Muscle aches
  - Stomachaches



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# Panic Attacks

- An abrupt surge of intense fear or intense discomfort
- Four (or more) of the following symptoms may occur:
  - Palpitations, pounding heart, or accelerated heart rate
  - Trembling, shaking, or sweating
  - Sensations of shortness of breath or smothering
  - Chest pain or discomfort
  - Nausea or abdominal distress
  - Feeling dizzy, unsteady, light-headed, or faint
  - Paresthesia (numbness or tingling sensations)

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# Types of Anxiety

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# Types of Anxiety

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- Social Anxiety Disorder
- Separation Anxiety Disorder
- Specific Phobia
- Selective Mutism
- Agoraphobia
- Panic Disorder
- Generalized Anxiety Disorder



# Social Anxiety Disorder

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- A marked fear or anxiety about social situations in which the individual is exposed to possible scrutiny or judgment by others.
- The fear or anxiety causes clinically significant distress, lasting for six months or more.




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# Separation Anxiety Disorder

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- is an inappropriate and excessive fear or anxiety concerning separation from home or those to whom the individual is attached.
- The fear or anxiety is persistent, lasting at least four weeks in children and adolescents and six months or more in adults.

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# Specific Phobias

- An extreme and irrational fear or anxiety about a specific object or situation.
- Common specific phobias include:
  - Animals
  - Insects
  - Germs
  - Heights
  - Thunder
  - Driving
  - Public transportation
  - Flying
  - Dental or Medical procedures
  - Elevators



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# Selective Mutism Disorder

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- Failure to speak in some social settings and to some people for at least one month.
- A child with selective mutism may talk normally at home, or when alone with their parents, but cannot speak at all, or speak above a whisper, in other social settings.

# Agoraphobia

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Characterized by the avoidance of situations or places in which it is thought that escape might be difficult, or help unavailable in the event of a panic attack or other incapacitating or embarrassing symptoms.




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# Panic Disorder

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- Recurrent panic attacks striking suddenly and without warning.
- Persons with panic disorder often develop intense anxiety between episodes, worrying about when and where the next panic attack will occur.
- Some people's lives become restricted to the point that they avoid even everyday activities such as driving or going to the store.


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# Generalized Anxiety Disorder

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- Excessive anxiety and worry, even though there is little or nothing to provoke it.
- The anxiety is severe enough to affect the individual's ability to function in their daily lives.
- The person will often recognize that their anxiety is more intense than the situation warrants, however, they may have difficulty in controlling these thoughts and feelings.
- With GAD, the anxiety is usually accompanied by physical symptoms such as fatigue, sleeplessness, headache, muscle tension, sweating, shortness of breath, irritability, and hot flashes.



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# REFER

to a mental health professional



# The Right Mental Health Provider

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

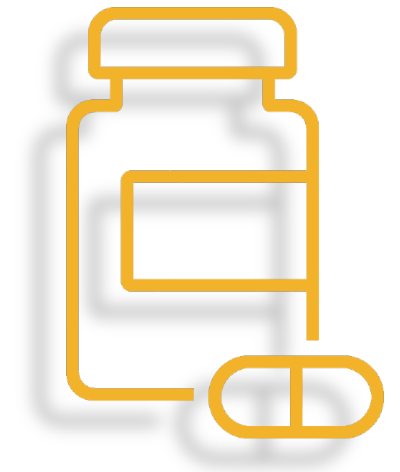
# Treatment Options

- Anxiolytics
- Antidepressants
- Psychotherapy

# Treatment Options

## Anxiolytics (Anxiety-Relieving drugs)

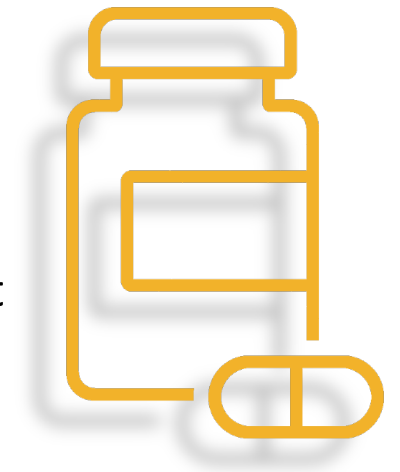
- Benzodiazepines lower anxiety by increasing the activity of the neurotransmitter GABA.
- Drowsiness, or "hung-over" feelings are common
- Due to the risk of dependency, individuals with substance-abuse problems are not good candidates for treatment with benzodiazepines.



# Treatment Options

## Anxiolytics (Anxiety-Relieving drugs)

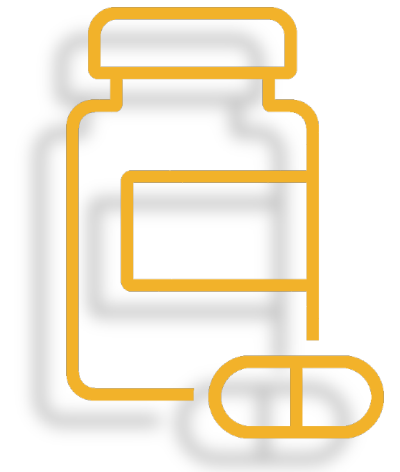
- Buspirone (BuSpar) has anti-anxiety effects are the result of changes produced in the serotonin neurotransmitter system.
- Common side effects include dizziness, drowsiness, and nausea. Unlike the benzodiazepines, buspirone is not addictive and must be taken for at least two weeks to counteract the symptoms of anxiety.



# Treatment Options

## Antidepressants

- SSRI's- a type of antidepressant are utilized due to the addictive risks of benzodiazepines
- These antidepressants work specifically to increase serotonin in the brain



# Treatment Options

## Psychotherapy

- Cognitive Behavioral Therapy (CBT) is the psychotherapeutic approach that has been shown to be the most effective
- CBT helps relieve anxiety by eliminating the beliefs and behaviors behind the disorder



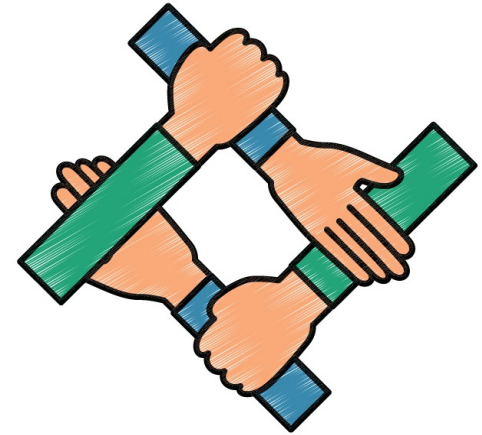


**RELATE**


to those in distress

# Relate

- Be empathetic
- Be patient and alert
- Speak calmly
- Ask how they would like to be supported
- Get an understanding of their symptoms



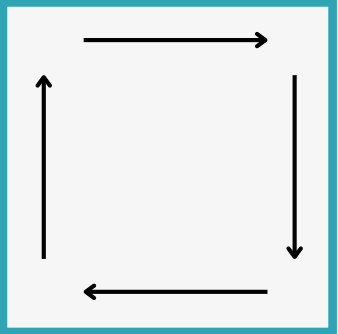
# Box- Breathing Exercise






RELIEVE STRESS NATURALLY

## Box Breathing

Breathe in for 4 seconds


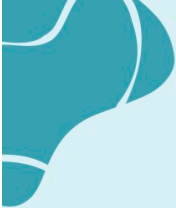


Breathe out for 4 seconds



# Grounding Techniques






## The 5-4-3-2-1 Grounding Technique

Take a deep breath in through your nose and out through your mouth

Name out loud:

- 5** things you can see
- 4** things you can feel
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

 [MentalHealthGateway.org](https://www.MentalHealthGateway.org)  [Gateway to Hope - GTH](https://www.facebook.com/GatewaytoHope-GTH)  [GatewaytoHopeGTH](https://www.instagram.com/GatewaytoHopeGTH)



# Grounding Methods

## Play a Game

- Ask the individual a question that has
  - Name as many states or cities as y
  - Recite the alphabet backwards
  - Practice simple times tables





**RESTORE**

through supportive  
community

# Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

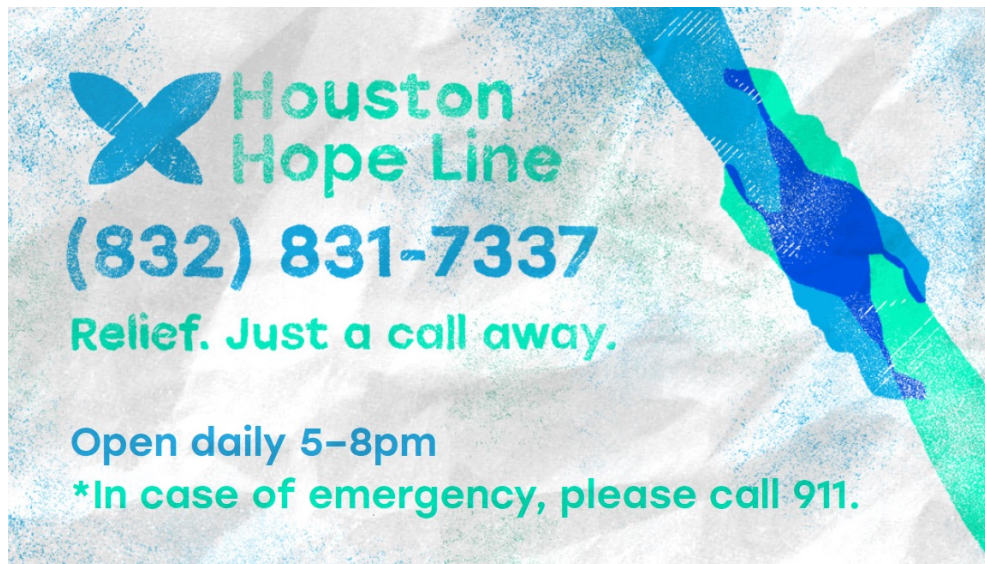
- Learn about the condition
- Interpersonal learning
- Support structure



# Gateway to Hope Trainings



# Hope Line



**Relief. Just a Call Away.**

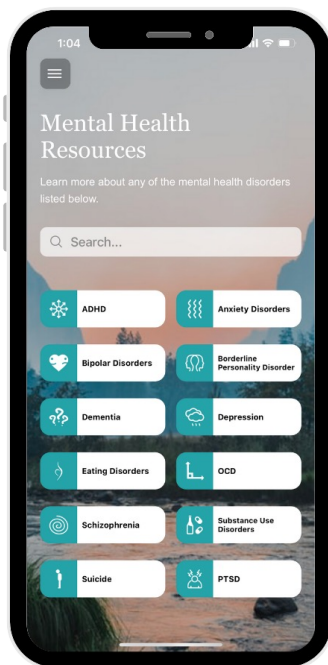
# Mental Health Gateway Websites



[MentalHealthGateway.org](https://MentalHealthGateway.org)

[MentalHealthGateway.org/es](https://MentalHealthGateway.org/es)

# Mental Health Gateway App



- Mental health resources
  - PDFs
  - Videos
  - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
  - Forum
  - Access to GTH Provider database

# We're Here for You!

- Gateway to Hope Team:
  - Mariana Barahona
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