



HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

for local Roma educators and mediators

- **Module 4: Mental health**
 - **Chapter 3: Mental Disabilities**

SUMMARY:

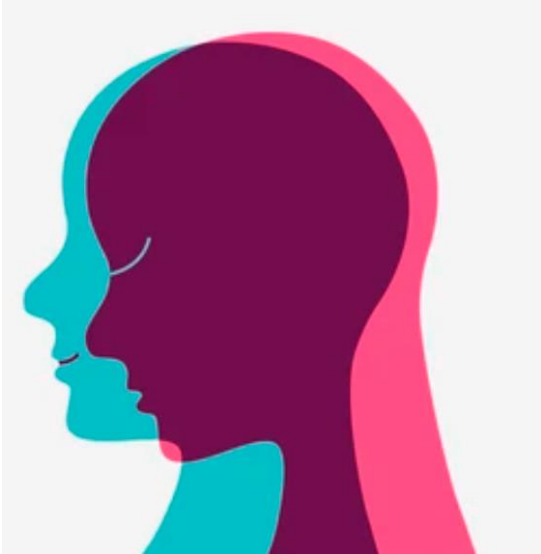
Exploring the concept and definitions of Mental Disabilities.

Various aspects of Mental Disabilities.



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OVERVIEW of Module I: Health Literacy



- **Chapter 1: Mental health concepts**

Exploring the concept and definitions of mental health. What is mental health and why it is important for overall health? Determinants of mental health. Does mental health change over time?

- **Chapter 2: Mental Illnesses and Disorders**

Addictions How common are mental illnesses and disorders? Causes of mental illness and disorders. Main types of mental disorders. Mental health promotion and prevention. Addictions and addictive practices. What causes addiction? Types of addictions. Addressing addictions: prevention and treatment.

- **Chapter 3: Mental Disabilities.**

General types of mental disabilities. Links to physical disabilities and chronic conditions. Rights and protection of people with mental disabilities. Challenges to inclusion.

- **Chapter 4: The Relationship Between Culture and Mental Health**

Destigmatisation of mental health problems. Key considerations that lie at the intersection of cultural diversity and mental health. Cultural diversity's impacts on the aspects of mental health: ways in which health and illness are perceived, health seeking behavior, patient attitudes and practitioners and mental health systems. Overcoming the stigma of mental illness.



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MODULE 4 Chapter 2: Mental Disabilities



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Definition of Mental Disabilities:

- Mental disabilities encompass a range of conditions affecting cognitive, emotional, and behavioral functions, leading to challenges in daily life.

The Prevalence of Mental Disabilities:

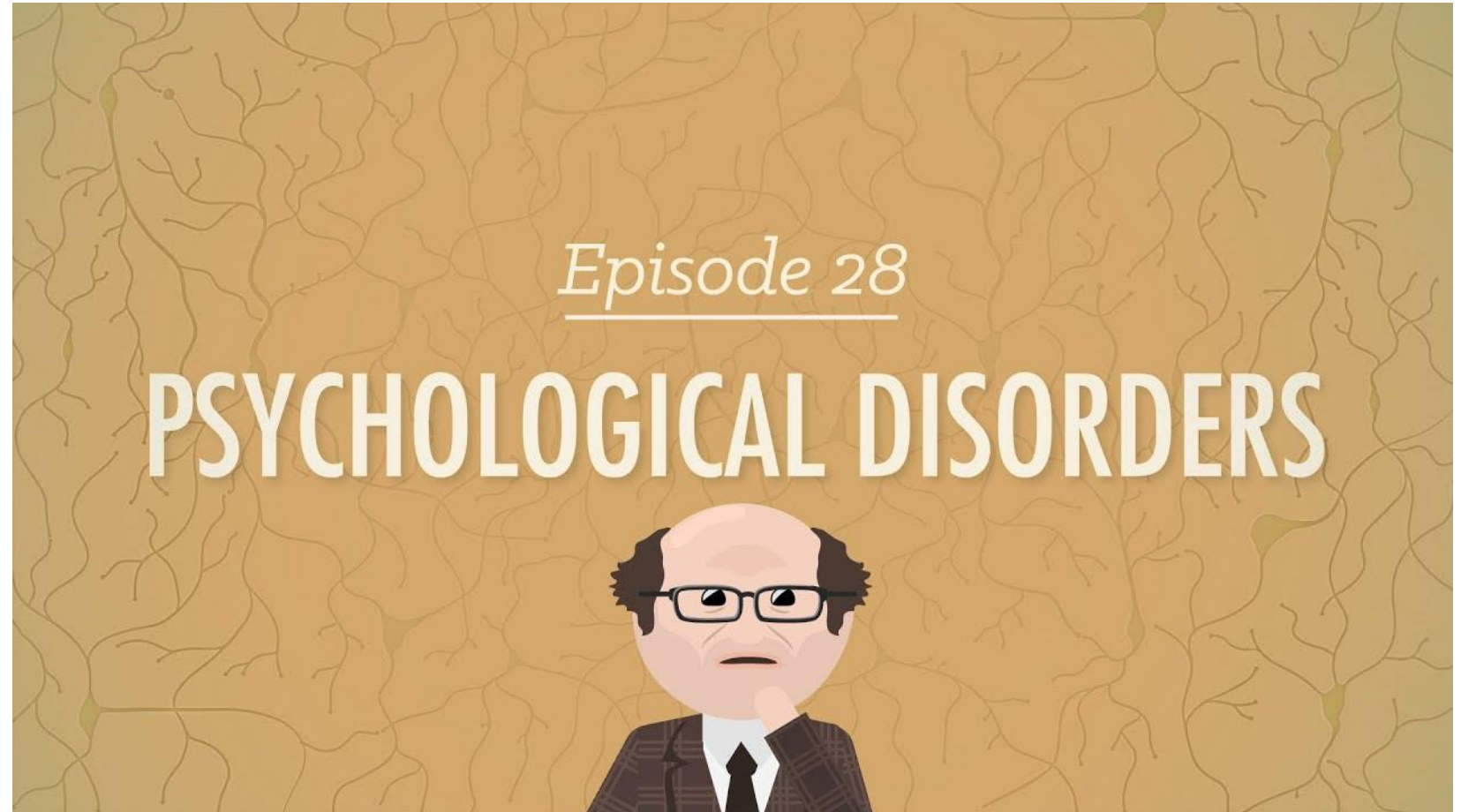
- Discuss the global prevalence and the significance of this issue.

Importance of Awareness:

- Highlight the importance of understanding and supporting individuals with mental disabilities.

**Psychological
Disorders**

Educational video



- <https://www.youtube.com/watch?v=wuhJ-GkRRQc>

What are Mental Disabilities?

Definition: Mental disabilities, also known as intellectual or developmental disabilities, cover a wide range of conditions affecting cognitive, emotional, and behavioral functions.

Distinguishing ID and DD: Intellectual disabilities involve limitations in intellectual and practical life skills, while developmental disabilities encompass a broader range of conditions.

Diversity: Mental disabilities include various conditions like intellectual disability, autism, ADHD, and more, each with its unique traits, challenges, and strengths. Understanding this diversity is vital for appropriate support and inclusivity.





**OCD and Anxiety
Disorders:
Educational video**



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- <https://www.youtube.com/watch?v=aX7jnVXXG5o>



Intellectual Disability (ID): Limits intellectual and adaptive abilities.

Autism Spectrum Disorder (ASD):
Affects social communication and behavior.



ADHD: Challenges with attention and impulse control.

Specific Learning Disabilities

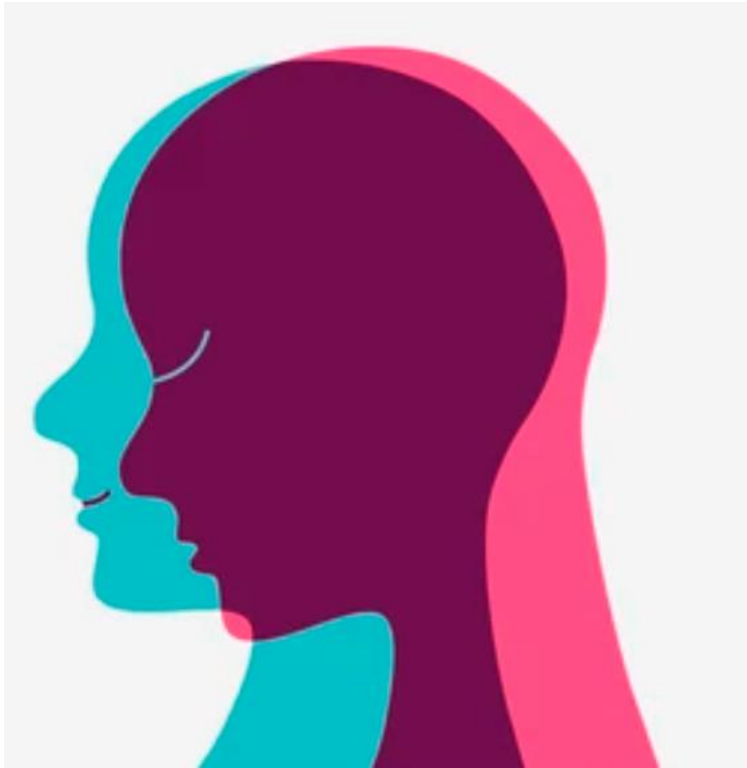
(SLDs): Dyslexia, dyscalculia, and dysgraphia impact reading, math, and writing skills. Mental Illness: May co-occur with these conditions, requiring comprehensive support.

Biological Factors: Many mental disabilities have genetic underpinnings. Genetic factors play a significant role, and some conditions have a hereditary component.

Environmental Factors: Environmental factors during prenatal and early postnatal life can contribute to mental disabilities. Exposure to toxins, maternal substance use, malnutrition, and infections during pregnancy can disrupt fetal brain development.



Causes of Mental Disabilities (II)



Brain Development: Normal brain development is a complex and delicate process. Disruptions or abnormalities in brain structure and function during fetal or early childhood development can lead to mental disabilities.

Neurological Disorders: Some mental disabilities are associated with specific neurological disorders or brain abnormalities.



Diagnosing Mental Disabilities



Assessment and Evaluation: Diagnosing mental disabilities involves a thorough assessment by trained professionals using clinical interviews, observation, and standardized tests.

Diagnostic Criteria: Mental disabilities are diagnosed based on specific criteria, such as limitations in intellectual functioning and adaptive behavior for intellectual disabilities, or criteria related to social communication and behaviors for autism.



Intellectual Disabilities

Definition and Characteristics:

- Provide a comprehensive understanding of intellectual disabilities, their characteristics, and the concept of adaptive behavior.

Levels of Severity:

- Detail the levels of severity, ranging from mild to profound.

Promoting Independence and Inclusion:

- Discuss strategies for supporting individuals with intellectual disabilities in achieving independence and inclusion in society.



Autism Spectrum Disorder (ASD)

Definition and Core Features:

Define ASD and discuss core features like social communication challenges and restricted interests.

Early Signs and Diagnosis:

Highlight the importance of early detection and the diagnostic process.

Therapeutic and Support Approaches:

Explain various interventions, therapies, and support strategies for individuals with ASD.





Symptoms and Subtypes:

- Describe the symptoms of ADHD and its subtypes, including inattentive and hyperactive-impulsive.

Diagnosis and Evaluation:

- Explain the process of diagnosis and evaluation, including the use of standardized assessments.

Treatment Strategies:

- Discuss various treatment strategies, including behavioral therapy and medications.

Specific Learning Disabilities

Definition and Types:

Specific Learning Disabilities (SLDs) are neurodevelopmental disorders that affect academic skills.

Types include:

Dyslexia: Reading difficulties.

Dyscalculia: Challenges with numbers.

Dysgraphia: Writing and fine motor skill issues.

Supportive Strategies:

Personalized instruction and multi-sensory teaching help individuals with SLDs succeed academically.




Mental Illness within Mental Disabilities

Comorbidity: Many individuals with mental disabilities also experience mental health conditions simultaneously, known as comorbidity.

Importance: It's crucial to address both mental disabilities and mental health conditions for comprehensive care and better outcomes.



Challenges Faced by Individuals with Mental Disabilities (I)



Social Stigma and Discrimination: Individuals with mental disabilities often experience social stigma, bias, and exclusion, which can impact their self-esteem and opportunities.

Access Barriers: Access to quality healthcare and education can be limited, leading to disparities in mental health services and educational support.

Challenges Faced by Individuals with Mental Disabilities (II)

Employment and Inclusion: Finding and keeping employment can be difficult due to misconceptions, hindering financial independence. Inclusion in the community may also be limited, affecting social engagement and belonging.



Schizophrenia and Dissociative Disorders

Educational video



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- <https://www.youtube.com/watch?v=uxktavpRdzU>



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Module 4: MENTAL HEALTH
Chapter 3: Mental Disabilities.

CONCLUSIONS

In summary, understanding mental disabilities is crucial for fostering inclusivity and support.

By embracing diversity and dispelling stigma, we can create a more compassionate and equitable society where individuals with mental disabilities can flourish.

Thank you for your attention, and let's continue to work towards a more inclusive world



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