

Five Myths about Mental Illness

1. Myth: Mental illnesses like schizophrenia are chronic and degenerative diseases that leave people debilitated.

Reality: Did you know that people with severe and persistent illness have a far more optimistic prognosis now than they did even 10-15 years ago? Medications and rehabilitation approaches have advanced such that the prognosis for folks with severe mental illnesses, once they find the right medication and the right psychiatric rehabilitation approach, is better than ever and, more often than not, leads to that person resuming adult roles like working, playing and entering into fulfilling relationships.

So what?: In our Introduction to Psychiatric Rehabilitation Course, you'll learn how the right services can help someone to move from a place in which they are not functioning well into a future filled with dreams, goals and hope.

2. Myth: People with severe mental illnesses are too sick to work.

Reality: Like most human beings, people with severe and persistent mental illness can benefit from working. Did you know that work can even be used as a treatment intervention? The reality is that human beings tend to do best when they are engaged in activities and pursuits that are interesting to them and those activities help us to feel engaged and connected to others. People with mental illnesses are no different!

So what? In our Vocational Implications of Psychiatric Disability course, you'll learn how effective engagement in the world of work can be for human beings. You'll also learn how this exploration and focus can help people with mental illness to get better.

3. Myth: You can't treat a mental illness until you finish treating the substance use issue. Oh... and vice versa!

Reality: The empirical research data shows us that the very best way to treat co-occurring substance use and mental health disorders is by treating them together in a collaborative team approach.

So what?: In our Dual Disorders course, you will learn about Integrated Treatment and how it can be used to help people with co-occurring disorders to recover, to dream and to resume life roles of their choosing.

4. Myth: People with severe mental illnesses should avoid all stressors. They'll just get sicker and end up back in the hospital.

Reality: Human beings need engagement and appropriate challenge in order to function. Boredom can look a whole lot like psychopathology if we're not carefully assessing things!

So what?: In the Psychiatric Rehabilitation certificate program, you will learn how to help people with severe mental illnesses by helping them to create, to dream and to begin to think about their own future and how to build the future that they want.

5. **Myth:** I can't do anything to help a person with mental illness. Only a doctor can do that.

Reality: The reality is that one of the most debilitating factors in mental illness is a loss of engagement and a loss of hope. People with mental illnesses often report feeling lonely and isolated. There are a variety of reasons for this, including lowered expectations of family members and societal myths just like these! The reality is that your intervention can help to provide that engagement and that hope. Countless studies have found that Hope all by itself has a dramatically positive impact on recovery outcomes!

So what?: In the Psychiatric Rehabilitation program, you'll learn how to conceptualize and engage in services for people with mental illness that support the development of skills, hope and recovery. There is a number of evidence-based, empirically valid approaches to working with this population that supports recovery. This program will help you to learn more about the exciting world of Psychiatric Rehabilitation.

Come and learn how to be a part of helping people with build the lives they deserve!