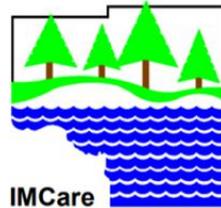


Understanding and Overcoming the Unique Barriers to Care for People with Diabetes and Depression

- The Minnesota MCO Collaborative is working together on a 3-year Diabetes and Depression Performance Improvement Project that aims to focus on addressing the co-occurring conditions of diabetes and depression for the Seniors in Minnesota Senior Health Options (MSHO) & Minnesota Senior Care Plus (MSC+) and the Special Needs Basic Care (SNBC) populations.
- This webinar is the third in a series of webinars sponsored by The Collaborative that will focus on improving the health of people with both diabetes and depression.

MN Health Plans Collaborative



Today's Presenter

Presenter: Molly Peterson, MPH, MCHES (she/her)

- Molly Peterson is the Director of Adult Mental Health Programs for NAMI Minnesota, a nonprofit that provides education, support, and advocacy for those affected by mental illnesses. She leads a team of educators that provide programs on mental illnesses, suicide prevention, community, and workplace well-being, as well as peer support groups. She previously worked as an epidemiologist with the Minnesota Department of Health, and as a health researcher on healthy eating, active living, and environmental health within local-level health departments in Ohio. She is passionate about improving health outcomes through public health programs rooted in data, storytelling, and health equity.



Understanding and Overcoming the Unique Barriers to Care for People with Diabetes and Depression

NAMI Minnesota champions justice, dignity, and respect for all people affected by mental illnesses. Through education, support, and advocacy we strive to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

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www.namimn.org

Objectives

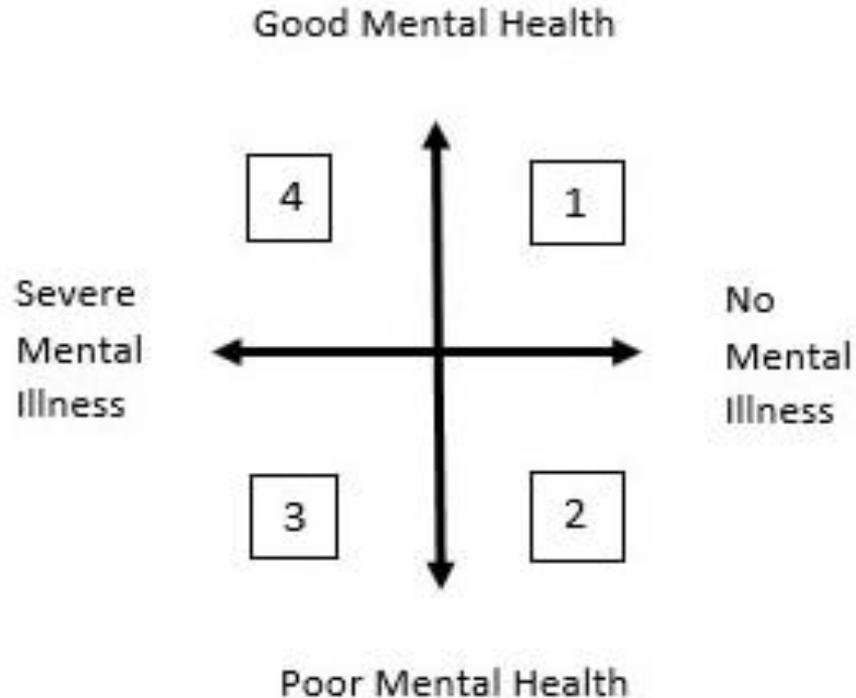
- Define the challenges of co-occurring mental illness and diabetes
- Identify confounding symptoms of co-occurring mental illness and diabetes
- Articulate strategies to engage patients and families in care
- Identify resources to support patients

Understanding Mental Illnesses

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Mental illnesses are conditions that affect a person's thinking, moods, feelings, and the ability to relate to others. They are medical illnesses whose symptoms are feelings and behaviors. Mental illnesses are treatable.

Mental Health and Mental Illness



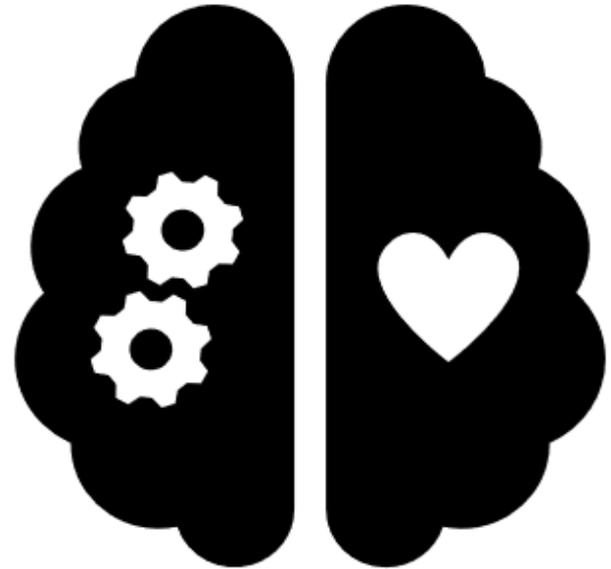
Source: Minnesota Public Health Mental Well-being Advisory Group, (2016). Mental Health and Wellbeing Narrative

What is Depression?

- Common but serious mood disorder
- About 8% of US adults experience major depression each year (~25 million people)
- Types:
 - Major Depression
 - Perinatal Depression
 - Seasonal Affective Disorder
 - Dysthymia (persistent depressive disorder)
 - Depression with Symptoms of Psychosis

What Causes Depression?

- Biology & genetics
- Cognitions
- Trauma
- Co-occurring illnesses
- Medications
- Life situations



Symptoms of Depression

- Body
 - Headaches, feeling tired often, changes in appetite that impact weight, body aches and pains, sleeping too much or too little
- Thoughts and Feelings
 - Inadequate, extremely sad, guilty, irritable, lonely, thoughts of death or suicide, unable to focus, unmotivated, hopeless, forgetful
- Behaviors
 - Withdrawal, decreased interest/pleasure, difficulty starting or finishing tasks, not keeping up with responsibilities, trouble concentrating, restless

PEOPLE WITH DEPRESSION SAY IT FEELS LIKE:



Depression Is Never “Normal”

- It's not something everyone experiences or something you “get over”
- Can affect anyone, at any age, of any racial, ethnic, or socioeconomic group
- Can complicate other medical conditions
- Only a third of those experiencing serious depression seek treatment
- People believe that depression goes away on its own, can be self-treated, or is simply weakness

Risk Factors for Physical Illness

- Those with depression often experience symptoms that put them at risk for chronic health conditions, such as
 - Weight gain
 - Lack of energy
 - Poor self-care
 - Increased appetite
- Medical treatment may exacerbate these symptoms:
 - Tiredness
 - Food cravings

Co-Occurring Illness

- 70% of people with a mental illness have a chronic physical health condition
- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases
- People with serious mental illness have higher rates of obesity: 41% for men and 50% for women
- People with depression are 60% more likely to develop diabetes than the general population

Burden of Depression

- Those with depression are more likely to experience a higher burden of
 - Disease-specific symptoms
 - Social and vocational impairments
 - Direct and indirect health care costs
- Depression is associated with lower rates of adherence to treatment and self-care plans
 - Medication and labs
 - Physical activity
 - Nutrition

Impacts of Medication

- Many medications can change how the body and brain send signals that manage appetite, energy, and cravings for certain foods
- These pathways are also influenced by changes in body functions, including how the body:
 - Regulates energy
 - Responds to inflammation
 - Manages hormones
- All of which are key factors in preventing or managing type 2 diabetes

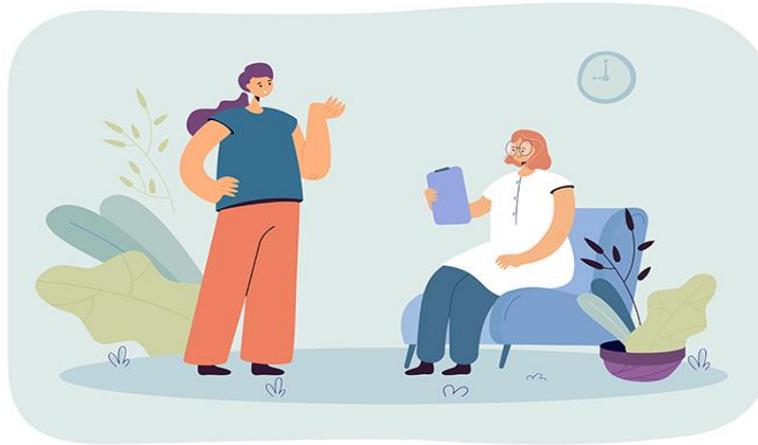
Confounding Symptoms

- It may be difficult to discern symptoms of depression from diabetes, as well as new or ongoing side effects of medication
 - Lack of energy
 - Weight gain
 - Tiredness and lack of energy
 - Limited diet
 - Pain
 - Shame and guilt
 - Loneliness and isolation
 - Poor sleep

Let's Pause

What resonates so far?

Does anything surprise you?



Mental Illness Treatment & Recovery

Important elements:

1. Involvement of the individual in treatment plan
2. Effective treatment plan that works

Recovery means regaining:

1. Participation in something meaningful
2. A safe home environment
3. Meaningful relationships

Recovery may be difficult *but* possible!

- Treatment takes time and work from all involved
- Medication may be only one part of any treatment plan
- Effective treatment plans can include:
 - Good care team
 - Therapy & Support
 - Self-care
 - Connection to Others



NAMI, 2022. Making the Most of a Psych Ward Stay: Strategies from a Psychiatric Nurse

Barriers to Care

- Adherence to treatment plans and self-care routines
- Appointment attendance and follow-up
- Misconceptions and confounding symptoms
- Self-directed medical care outside of appointments
- Potential lack of support system or caregiver

Have you experienced these? What else?

Overcoming those Barriers

- Address self-care challenges
- Empowerment and medical self-advocacy
- Prioritize safety and trust
- Encourage family engagement and peer support
- Engage loved ones
- Build confidence and self-efficacy
- Validate and celebrate

Challenges with Self-Care

- Treatment plans require a lot of self-care
- Self-care is more than nutrition, sleep, and exercise, but also making and attending appointments
- Self-directed activities may be challenging for someone experiencing symptoms of depression
 - Making appointments on their own
 - Being the communicator between providers
 - Keeping health records

Challenges with Self-Care

- Providers can help individuals by:
 - Making follow-up appointments in clinic
 - Taking payments in clinic instead of billing later
 - Providing summaries of appointments and use those summaries for note taking/discussion so everything is in one place
 - Ensuring good communication across care team
 - Giving simple instructions and messaging

Medical Self-Advocacy

- Empower individuals to play an active role in their care and be the leader of their own care team!
- Medical self-advocacy looks like:
 - Being informed about one's health conditions and treatment options
 - Organizing appointments and arriving prepared
 - Communicating with the care team
 - Managing treatment and self-care
 - Being mindful of the importance of prevention
 - Maintaining personal health record
 - Enlisting the support of others

Medical Self-Advocacy

- Individuals can adopt a mutually cooperative approach to working with their care team by:
 - Asking questions
 - Keeping them up to date on symptoms
 - Sharing how well treatment and self-care are going
 - Sharing concerns or challenges with their treatment
 - Updating them on lifestyle factors or changes that may impact health

Prioritizing Safety and Trust

- Individuals may feel reluctant to participate in their care due to self-blame, shame, or guilt
- Stigma and discrimination may keep individuals from being honest about their health concerns
- It's the care team's responsibility to treat individuals with care and respect

“I’m sure I would have depression even without diabetes, but it’s been a complicating factor. The amount of daily decisions, stress, bad doctors, financial drain, and lack of support or understanding from many people all compound the issue.” -Sarah

Prioritizing Safety and Trust

- Promote safety by:
 - Providing a safe physical space
 - Using safe, respectful language
 - Respecting boundaries, both emotional and physical
- Build trust through:
 - Shared decision making
 - Choice and autonomy
 - Transparency
 - Doing what you say you will
 - Being helpful

Effective Communication

- Always communicate with compassion and empathy
- Use clear, direct language
- Keep it simple
- Use “I statements”
- Practice active listening



How would you help?

Carla has major depression and has struggled to manage her medication and diet. She was diagnosed with type 2 diabetes several years ago, and recently developed pain and swelling in her legs and feet. She also experiences muscle stiffness and trouble with her gait. Carla feels frustrated by her pain, overwhelmed by the day-to-day stress, and worries about how she can keep her health from getting worse.

Suggestions for Individuals

- *“I feel like this medication isn’t helping my depression, and it’s also making it very hard to function because I’m so sleepy after taking it. Can we talk about my options?”*
- *“You want me to call you if I experience any new side effects. Otherwise, I should continue taking this dose, keep up my activity level, and see you again in four weeks.”*

Emotional and Social Support

- Loneliness and isolation are common
- Emotional support from members of a care team can make a difference

“One of the things that really made me feel better was just hearing my psychologist say that my feelings were justified, and I wasn't doing everything wrong. It felt like someone who understood what it was like. The emotional support has been important because it's made me feel less isolated.”- Zena

Emotional and Social Support

- However, time spent with a care team is minimal in comparison to time spent with loved ones and peers
- Treatment and self-care are often done on one's own
- Loved ones and peers can play an important role in adherence to treatment plans and goals

“How did you get started with exercise? I’m not sure where to begin.”

Emotional and Social Support

- Refer patients to peer support groups!
- One study of a peer support group for Mexican-American elders to improve their management of type 2 diabetes showed improvement in blood sugar levels
- Participants increased confidence in their resources and ability to manage the condition, and decreased feelings of being overwhelmed

Engaging Loved Ones in Care

Why involve the family?

- Mental illnesses affect the entire family
- No one gets through a serious illness by themselves
- Over 60% of people with mental illnesses depend on their families for support and advocacy
- Families often fill in gaps of service



Building Confidence

- Distress influences self-efficacy in performing diabetes and depression self-care practices
- Knowledge is power: educate individuals and families
- Prioritize building self-esteem (CBT can help!)
 - Celebrate wins
 - Assess and acknowledge strengths
 - Confront difficult situations
 - See difficulties as temporary setbacks
 - Practice gratitude

Validate and Celebrate

- What has been the biggest success so far?
 - Close your eyes and relive this feeling
 - Write down how your achievement felt and how it motivated you to continue
 - What made it easier to reach this successful step?
- What are some additional sources of motivation?
 - Write down the unexpected ways you've benefited from...
 - List strengths you would like to gain that you didn't think were possible before

Setbacks Happen

People experiencing a mental illness may decide not to participate in treatment

Those who do participate may experience temporary setbacks



When There's a Setback

“You know, no one wants to eat healthy or go to the gym when deep down they don't like themselves.” -Jason

What Does Work

- Empathy
- Listening
- Cooperating
- Setting shared goals
- Setting boundaries
- Support groups

What Does Not Work

- Group interventions
- Bullying
- Complaining
- Confronting
- Forcing
- Guilting

Which of these are you doing? Which of these have you stopped?

Have Resources on Hand

- Past successes can remind individuals of their ability to manage their symptoms and achieve recovery!
- Remember that individuals with mental illnesses are resilient!
- NAMI Minnesota
 - Classes: Self-Care, Hearts + Minds
 - Peer Support Groups
- American Diabetes Association
- Diabetes Self-Management Education and Support (DSMES) programs
- Crisis Resources

Questions and Discussion

- What interventions have you had success with to address any of the challenges discussed?
- What has been the hardest to overcome?
- How have you handled setbacks with clients?
- What resources do you love to share?



About NAMI Minnesota

- Education classes, booklets, and fact sheets
- Suicide prevention trainings and resources
- Support groups for individuals and families
- NAMI Helpline and Parent Warmline
- Legislative advocacy
- Annual NAMIWalks event
- Community outreach and resource fairs

Join us at NAMIWalks!



NAMIWalks Minnesota 2024

Save the Date

September 28th, 2024

Minnehaha Park

11am – 3pm

Contact Information

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Thank You!

Evaluation – link at sign-off



Certificate of Participation –upon completion of Evaluation



Recording - Performance Improvement Project (PIP):
Improving Care for People with Co-Occurring Diabetes
and Depression