



O'Connor Professional Group  
BEHAVIORAL HEALTH NAVIGATION

# The Advisors Guide to Mental Illness and Substance Abuse

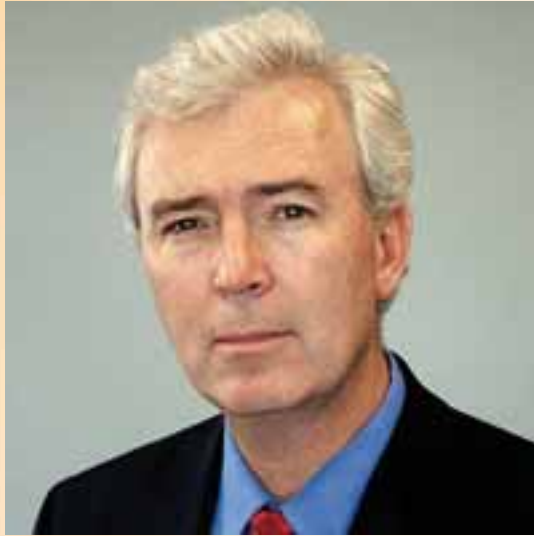
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# An Overview of the Problem

- Overdose is now the leading cause of death among Americans under 50 (New York Times)
- Marijuana contributes to psychosis, schizophrenia, reduces IQ in those who start smoking before 18 (SMART)
- One in four adults experiences mental illness in a given year (NAMI.org)
- Suicide is the 10<sup>th</sup> leading cause of death in the US (CDC, 2018)
- Eating disorders have the highest mortality rate of any mental illness

# Affluent Families at Higher Risk?

- Higher rates of depression and anxiety
- Higher rates of substance abuse and addiction
- 66% of family businesses do not survive to pass down to the next generation, due in part, to addiction

## **Complicating Factors for Wealthy Families**

- Money
- Isolation
- Social Pressure/Norms
- Parental Pressure/Achievement Pressure
- Status
- Lack of Purpose

*“Specifically, affluent youth reported significantly higher levels of anxiety across several domains, greater depression, and significantly higher substance use than inner-city students, consistently indicating more frequent use of cigarettes, alcohol, marijuana, and other illicit drugs.”*

*-Suniya Luthar*



# Mental Illness Among Affluent Families

- Wide array of mental illnesses affluent individuals and families
- No specific conditions unique to affluent individuals and families
- Wealth alone does not prevent mental illness

## Implications on Treatment

- Access to treatment does not mean knowing the right treatment
- Wealth can allow mental health to go unaddressed and for treatment to be avoided
  - Insulates the natural consequences that sparks change in others
- Complex unregulated private-pay treatment industry



# Mental Illness and Personality Disorders

- Mental Illness
  - Broad term encompassing many disorders and diagnoses related to mental and behavioral health
  - Personality disorders fall under the umbrella and are a form of mental illness
- Personality Disorders
  - Specific diagnoses highlighted by rigidity, unhealthy thinking, functioning, and behavior. Deep rooted disorders that effect a person's fundamental outlook on life
  - Examples include: Narcissistic Personality Disorder, Borderline Personality Disorder, Anti-Social Personality Disorder, etc.



# Mental Illness and Substance Abuse Resources

- Leveraging existing treatment team network
- Utilizing Facilitated Family Meeting
- Understanding appropriate clinical interventions
- Referrals to Outside Coaches or Therapists for whole family system
- Utilization of multi-disciplinary teams

## What is required of the family?

- Inclusion of family members
- Recognition of the problem
- Asking for outside help from qualified professionals
- Exposing feelings and addressing past issues
- Developing new coping skills
- Honesty and truthfulness
- Letting go of behavior that helps keep the person from feeling consequences





# Advisors Initial Advice

- Behavioral health issues are chronic diseases. Require a long-term investment directed by a professional.
- Questionable practices in the behavioral health industry
  - Referral fees
  - False advertising on the internet.
- Professionals engaged in a situation should have expertise with the diagnosis (or diagnoses) of the client.
- Family and school involvement increases the long-term clients success.
- Achievement must be second to clinical stability.



# OPG At A Glance

- Founded in 2011
- International presence
- 15 full time employees, 100 part time employees
- Staff includes:
  - Psychologists
  - Licensed social workers
  - Mental health counselors
  - Health coaches
  - Alcohol and drug counselors
  - Consulting psychiatrist



# OPG At A Glance

- Issues covered:
  - Substance abuse
  - Other addictions
  - Eating disorders
  - Mental health
  - Autism spectrum disorder
  - Failure to launch issues
- Focus on long-term stabilization and recovery
- Vet resources and establish clinical teams
- Setting up plans that blend support and accountability
- Provide coaching services in the home
- 24 Hour Support



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