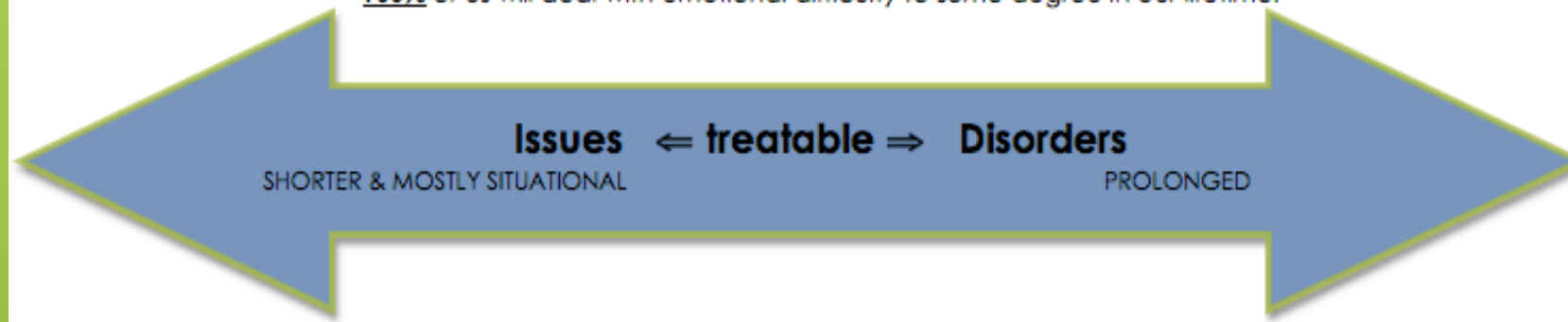


MENTAL HEALTH SPECTRUM

100% of us will deal with emotional difficulty to some degree in our lifetime.



<u>Common Challenges</u>	<u>Life Changing Events</u>	<u>Substance Abuse/ Addiction</u>	<u>Diagnosed Disorders</u>	<u>Pervasive Developmental Disorders</u>	<u>Cognitive & Intellectual Disabilities</u>
<ul style="list-style-type: none"> • Pressure • Lack of Life Balance • Lack of Sleep • Stress • Identifying Sexual Orientation 	<ul style="list-style-type: none"> • Abuse • Break- Ups • Death • Divorce • Bullying 	<ul style="list-style-type: none"> • Alcohol • Drugs • Gambling • Prescription Drugs • Addictive Shopping 	<ul style="list-style-type: none"> • ADD/ADHD • Anxiety Disorders • Bi-polar Disorder • Borderline Personality Disorder • Depression • Eating Disorders • Obsessive Compulsive Disorder • Post Traumatic Stress Disorder • Schizophrenia 	<ul style="list-style-type: none"> • Autism • Asperger syndrome • Childhood Disintegrative Disorder 	<ul style="list-style-type: none"> • Range of severity characterized by significant limitations in intellectual functioning and in adaptive behavior such as social and practical skills • Dementia

STEP 1: PREPARE

- Familiar way
- Face to face
- Emotions in check

STEP 2: DEAR

Describe- what is the problem?

Emotions- how do you feel?

(I feel...when you..because)

Action- what is the recommended action?

Reformation- what is the consequence if they don't change behavior?

STEP 3: ACTIVE LISTENING and INQUIRY

Ask your confrontee for their perspective on the issue. If they do not include it in their perspective, specifically ask them what they feel is the problem and ask them to identify steps to move forward.

- Encourage Trust
- Empower Opinions
- Generate Empathy
- Keep the Conversation on Course
- Ask Open Questions

STEP FOUR: Next steps and reflect

- I WILL
- YOU WILL
- WE WILL
