

Drug Addiction/Alcoholism

Alcoholism and drug addictions create mental and physical cravings for alcohol or drugs. Addiction is indicated by a pattern of use leading to distress and/or impairment in 3 or more of the following during a 12-month period.

- Tolerance (need for increased amounts)
- Withdrawal symptoms
- More frequent and longer binges
- Unsuccessful attempts to cut back or control
- Much time spent obtaining, using and recovering
- Giving up job, social or home activities
- Continued use despite knowledge of having physical or psychological problems due to use.

Symptoms include unexplained changes in finances, behavior and sleep patterns as well as deterioration in health and relationships.

Gambling Addiction

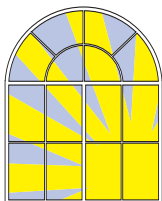
An addiction to gambling is expressed by persistent and recurrent gambling with at least 5 of the following:

- a preoccupation with gambling,
- a need to gamble with increasing amounts of money
- unsuccessful efforts to control or stop
- using gambling as a means of escaping problems
- chasing one's losses,
- lying about gambling,
- sometimes committing illegal acts to finance gambling
- gambling affects relationships or job or educational studies
- relying on others to obtain money for gambling

Sources

Handbook for Working with Mentally Disordered Defendants and Offenders (Federal Judicial Center, Revised March 1999).

DSM-IV & DSM-IV-TR by Jay C. Williams, an article prepared for Mountain Area Health Education Center, Asheville, NC.



Where to find help

If you or someone in your family needs to see a mental health professional—

- call your local mental health center or mental health association
- look up mental health services in the yellow pages
- contact your EAP representative at work
- contact your physician
- contact your religious counselor
- ask your lawyer
- National Hopeline Network
1-800-784-2433

For additional resources

www.nceb.uscourts.gov

(919)856-4752 – Raleigh

(252)237-0248 – Wilson

Your mental health condition may be relevant to ongoing legal matters. You may confidentiality inform your lawyer of your mental condition so that your lawyer can determine how it affects your legal matter.

For more copies of this brochure, contact
Eastern Bankruptcy Institute
PO Box 1654
New Bern, NC 28563

Brochure reviewed by Dr. Jay C. Williams.

I feel like I want to
jump out that
window...



FINANCIAL DIFFICULTY AND MENTAL HEALTH

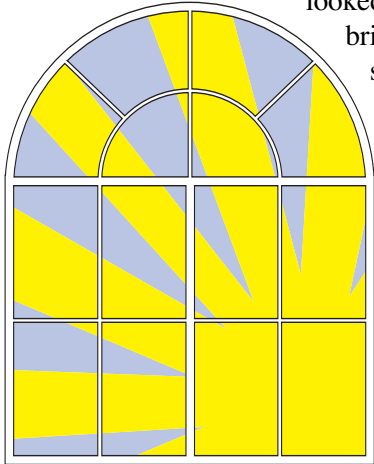
www.nceb.uscourts.gov

(919)856-4752 – Raleigh

(252)237-0248 – Wilson

A Lawyer's Story

A bankruptcy lawyer tells the story of a client who came to see him. The lawyer's office was on the 14th floor. The client, before he sat down, looked out the window, a brilliant day of blue skies and white puffy clouds. The client saw no beauty. "I sure hope you can help me, Lawyer. If you can't, I feel like I want to jump out that window."



The client was depressed because of his financial difficulty. Resolution of his financial

The client saw no beauty. "I sure hope you can help me, Lawyer. If you can't, I feel like I want to jump out that window."

problems helped alleviate his depression. He did not jump out of any windows.

Financial difficulty can sometimes worsen mental health conditions, or mental health conditions sometimes create or worsen financial difficulty. Mental health problems are not always resolved by settling financial difficulties. Underlying mental health conditions need to be understood and treated.

This brochure summarizes certain mental health conditions. If you or a family member suffer from one of these, help is available.

Major Depression

Major depression is a sustained period (at least two weeks) during which an individual experiences a depressed mood or a loss of interest or pleasure in most or all activities. Major depression is a common problem that affects twice as many women as men. *To qualify as major depression, 5 or more of the below symptoms must be present daily for two weeks.*

Symptoms

- Depressed mood
- Disinterest in usual activities
- Feelings of worthlessness or excessive guilt
- Significant weight loss or weight gain
- Inability to sleep or sleeping all the time
- Agitation, both mental and physical
- Slowdown in moving and thinking
- Fatigue or loss of energy
- Inability to think clearly or to concentrate

Bipolar Disorder (Manic Depression)

Bipolar Disorder or Manic Depression is indicated by one or more manic episodes, usually accompanied by one or more major depressive episodes. Mood swings are sometimes separated by periods of normal mood.

Symptoms

- Abnormal elevated, expansive, or irritable mood lasting a week or more.
- During this time, at least 3 of the following symptoms occur persistently.*
- Exaggerated, "bigshot" thinking or acting
 - Decreased need for sleep
 - Increased talkativeness
 - Flight of ideas or racing thoughts
 - Distractibility (distracted by unimportant matters)
 - Increase in activity at work or school
 - Excessively involved in pleasurable activities with lack of regard for consequences (such as buying sprees, foolish business ventures, reckless driving, or sexual adventures)
 - Mood disturbance severe enough to cause job or social impairment or to require hospitalization to prevent harm to self or others

Schizophrenia

Schizophrenia is a mental disorder expressed by disturbances in communication, language, thought, perception, demeanor, emotions, and behavior which last longer than six months.

The active phase consists of 2 of the following:

- Delusions
- Hallucinations
- Incoherent or disorganized speech
- Flat or inappropriate emotions
- Muscular rigidity and emotional absence

Following the active phase is a residual phase with persistence of at least 2 of the below symptoms not attributable to a mood disorder or substance abuse:

- Social isolation or withdrawal
- Impaired functioning as wage-earner, student, or homemaker
- Peculiar behavior, such as collecting garbage or hoarding food
- Impaired personal hygiene and grooming
- Blunted or inappropriate emotions or demeanor
- Digressive, vague, or poverty of speech
- Odd beliefs or magical thinking that influence behavior
- Lack of initiative, interests or energy

