

COMI Speaker Series and Support
Group

Tom Okamoto, MD

November 15, 2021

Medications and Mental Illness

Enlighten Mental Health
Ministry

Psychiatry Issues on Tonight's

Agenda:

- ▶ **Mental Disorders**
- ▶ **Psychiatric Medications**
- ▶ **Spiritual Impact**

Life Impact of Mental Disorders

- ▶ 6 out of the top 10 major causes of world-wide disability (WHO-2005)
- ▶ Depression as the MOST DISABLING ILLNESS of all (2018)
- ▶ Recent study in the medical journal PEDIATRICS, from 2008-2015, ER visits and children's hospital admissions for suicidal ideation or attempts more than doubled! (2018)

Spiritual Issues

- ▶ Repair, Restoration, Healing
 - ▶ Work of Medicine against Illness
- ▶ Community and Communion
 - ▶ With the Fall, Communion was lost
- ▶ Self and Created Identity
 - ▶ Mood and Perception as Defining Self and Other
- ▶ Relationality
 - ▶ Love of God and Others

Major Mental Disorders

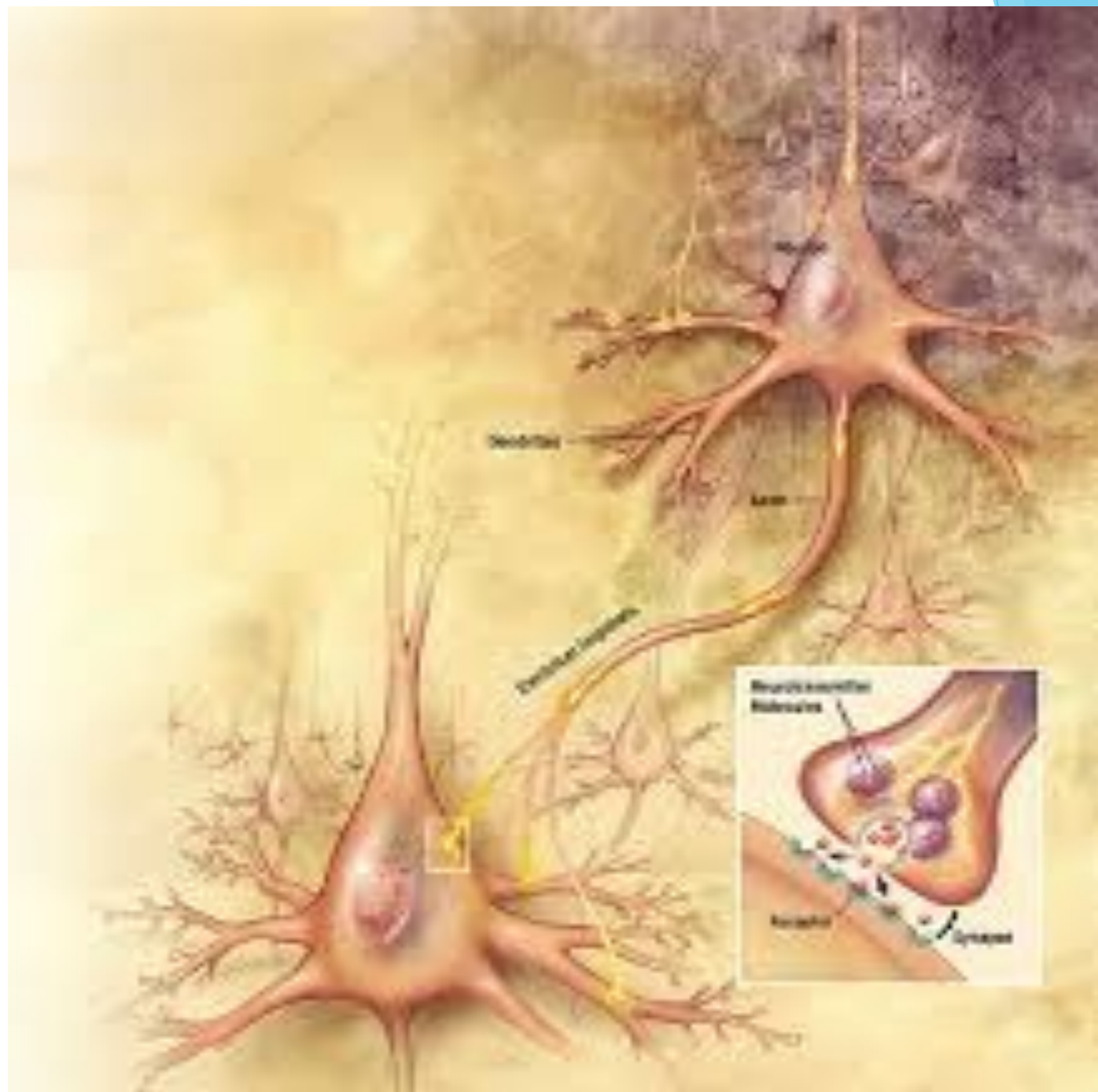
- ▶ Autism Spectrum
 - ▶ (Neurodevelopmental)
- ▶ ADHD
- ▶ Eating Disorders
- ▶ Anxiety Disorders
 - ▶ Panic, Social, Phobic, Generalized
- ▶ Obsessive Compulsive Disorders
- ▶ Trauma related disorders
- ▶ Mood Disorders
 - ▶ Bipolar
 - ▶ I,II, NOS, DMDD, Cyclothymia,
 - ▶ Depressions
 - ▶ Major, Dysthymia, Recurrent, Postpartum, Anxious, Mixed,
 - ▶ Schizophrenia Spectrum
 - ▶ Schizophrenia, Schizophreniform, Schizoaffective, Brief Psychotic, Delusional
- ▶ Substance Use Disorders

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*

Psychiatric Medications

- ▶ Antidepressants
- ▶ Antianxiety medication
- ▶ Antipsychotic medication
- ▶ Mood stabilizers
- ▶ Stimulants
- ▶ Hypnotics



Antidepressants

- ▶ SSRI
 - ▶ Prozac, Paxil, Zoloft, Celexa, Lexapro, Viibryd, Trintellix
- ▶ SNRI
 - ▶ Effexor, Cymbalta, Pristiq, Fetzima
- ▶ NDRI
 - ▶ Wellbutrin
- ▶ MAOI
 - ▶ Emsam, Nardil, Parnate, Marplan
- ▶ Tricyclics
 - ▶ Elavil, Imipramine, Desipramine

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*

Antianxiety medication

- ▶ Benzodiazepines
 - ▶ Valium, Xanax, Ativan, Klonopin, Restoril, Serax, Librium
- ▶ NonBenzodiazepines
 - ▶ Vistaril
 - ▶ Buspar
 - ▶ Inderal
 - ▶ SSRI
 - ▶ SNRI

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*

Neuroleptic (Antipsychotic) medication

- ▶ Second Generation (Atypical)
 - ▶ Risperdal, Abilify, Seroquel, Zyprexa, Geodon, Saphris, Latuda, Rexulti, Maitena, Invega, Clozaril
- ▶ First Generation
 - ▶ Haldol, Thorazine, Mellaril, Navane, Stelazine, Prolixin
- ▶ Similar Medication
 - ▶ Compazine, Reglan

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*

Mood Stabilizers

- ▶ Lithium
- ▶ Epilepsy Medications
 - ▶ Depakote, Lamictal, Tegretol, Trileptal, Keppra, Zonegran, Topamax, Gabatril, Neurontin
- ▶ Neuroleptics
 - ▶ Zyprexa, Risperdal, Abilify, Seroquel, Geodon, Saphris, Latuda, Vraylar, Clozaril, Invega, Maitena
- ▶ Benzodiazepines
 - ▶ Klonopin, Ativan

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*

ADHD medications

▶ Stimulants

▶ Short acting

- ▶ Ritalin, focalin, Adderall

▶ Long Acting

- ▶ Concerta, Daytrana, Quillivant XR, Focalin XR, Adhansia XR, Jornay
- ▶ Adderall XR, Vyvanse, Mydayis

▶ Non Stimulants

- ▶ Strattera, Intuniv (guanfacine, Tenex),
- ▶ Qelbree (viloxazine)
- ▶ Wellbutrin, Effexor, Nuvigil, Provigil

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*

Hypnotics (sleep medication)

- ▶ High tech
 - ▶ Ambien, Ambien CR, Intermezzo, Lunesta, Sonata, Rozerem, Silenor, Belsomra, Dayvigo
- ▶ Less tech
 - ▶ Trazadone, Elavil, Restoril, Halcion
- ▶ Low tech
 - ▶ Benadryl, Zquil, Unisom
 - ▶ Melatonin

Psychiatric Medications

- ▶ *How do we use them?*
- ▶ *How are they helpful?*
- ▶ *How do they work?*
- ▶ *What is their effect on the Brain?*
- ▶ *Are They Addictive?*
- ▶ *Do They Do Harm?*
- ▶ *Spiritual Issues*



Thank you !

Tom Okamoto, MD,
November 15, 2021

Medications and
Mental Illness

COMI Speaker Series
and Support Group