

# Update Paper for the World Health Organization



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## **Treatments for Mental Illness and Substance Abuse**

### *Borderline Personality Disorder (BPD):*

Borderline Personality Disorder is one such severe mental disorder which is marked by the pattern of ongoing instability in moods, personality, outward behaviours and general functioning. Individuals suffering from BPD often then to struggle from self image issues and unnecessary conflicts between loved ones often related to personal relationships with their significant other. Some experts today are on the verge of concluding that BPD may not be a true disorder. Others, however, think that dismissing it as a disorder is punishing to those who have it. Various therapies are available for this disorder. Talk therapies are often the first choice of treatment, where the patient spends a week or two with mental health counsellors who are ready to help them without any hesitation. From the 'Dialectical Behavioural Therapies' (DBT), which specifically focuses on the concept of mindfulness, to the 'Transference-Focused Therapy' (TFE), which was brought to light to understand the emotions of the patients and what other individuals might be thinking or feeling, all such therapies are available. Though some people think medication alone can help BPD, we cannot expect the patients to show total progress in their state of curing without other treatments in addition to medication. Regular exercising, maintaining a good sleep habit, following a nutritious diet, having a healthy stress management, and, at the same time, taking medications of the right dosage as prescribed are ways that help reduce the symptoms of Borderline Personality Disorder.

### *Schizophrenia:*

Schizophrenia is a very severe and a chronic disorder in the field of mental illness that not only affects the way a person thinks, but also the way they feel and

behave on a whole. People with Schizophrenia often feel as though they have lost touch with reality. In certain cases, Schizophrenia runs in the family genes, but some experts think that exposure to viruses, immense malnutrition before the birth of that person, and various psychological factors may be other reasons for the development of Schizophrenia in their body. As much is still unknown about Schizophrenia, treatments specially focusing on the elimination of the symptoms of this disorder are underway. Antipsychotic medications, taken on a day-to-day basis in solid or liquid form are quite helpful. Psychosocial treatments for patients are developing as time progresses. Learning, understanding and coping skills to make sure the day-to-day lives of these patients go smoothly are key; psychosocial therapies are used as patients with treatment are more likely to avoid relapses and hospitalization. Support for patients is key, as it is important that treatment and medication are consistent. Being extremely supportive and at all times being respectful and even tolerating all their dangerous and inappropriate behaviours is important.

### *Post Traumatic Stress Disorder (PTSD):*

Post-traumatic stress disorder or PTSD is a mental condition that typically results from some type of trauma. This trauma can include life-endangering events, terrorist/violence encounters, or even physical abuse, such as sexual assault. PTSD can be developed by anyone. 7.7 million people in the United States of America of the age 18 and above have developed PTSD, and the number of people suffering from PTSD has grown from 5% to 8.2% of the world population. Effective solutions and treatments are available to help the patients suffering from PTSD. Having proper psychotherapy sessions and taking the right medications are two good treatment options, but sometimes access is difficult for cost or other reasons. Setting up special hospitals and treatment zones for

the soldiers of the armed forces and helping them pay by subsidiary methods could be one such solution, as many of the people with this disorder are the soldiers of the military.

Helping soldiers out by providing them with virtual reality training systems before being deployed into areas of conflict could also help, as this would help reduce the rate of individuals coming out of war with the possibility of developing PTSD.

Family therapies as well as behavioural conjoint therapies could help them maintain their level of emotions as a human being and help functioning in a day to day life with their families easier. Providing complementary meditational activities during their camps would not only help them improve their well being, but also maintain stress and tension below the normal level helping them overcome their issue of Post Traumatic Stress Disorder.

#### *Works Cited*

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