

# Introduction to Behavioral Health Diagnoses

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## To get started...

- 1 in 5 U.S. adults experience mental illness each year
  - 1 in 20 U.S. adults experience a serious mental illness each year
  - 1 in 6 U.S. youth aged 6-17 experienced a mental health disorder
  - 50% of all lifetime mental illness begins by age 14, 75% by age 24
  - People are not their diagnosis
  - Language matters!
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- A BH diagnosis is a set of symptoms that persist for a minimum specified time. These symptoms are listed in the DSM 5 – TR.

# Most common diagnoses in Adult Service Coordination

- Major Depressive Disorder
- Bipolar Disorder
- Schizophrenia Disorder
- Schizoaffective Disorder
- Generalized Anxiety Disorder
- Post-Traumatic Stress Disorder
- Alcohol Use Disorder
- Opioid Use Disorder
- Cocaine (Stimulant) Use Disorder
- Benzodiazepine (Sedative) Use Disorder

# Most common diagnoses in Child/Adolescent Service Coordination

- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
- Conduct Disorder
- Oppositional Defiant Disorder
- Generalized Anxiety Disorder
- Major Depressive Disorder

# Co-Occurring or Dual Diagnosis

- Individual has more than one diagnosis occurring at the same time, for examples:
- Bipolar and Alcohol use disorder
- Intellectual Developmental Disorder and Schizophrenia
- Major Depressive Disorder and Diabetes

# Major Depressive Disorder (MDD)

- About 21 million U.S adults – 8.4% of the population – had at least one major depressive episode in 2020
- 17-fold increased risk of suicide over the general population
- In the U.S. MDD appears to be higher among African Americans and Caribbean Blacks possibly due to the impact of racism, discrimination, greater sociostructural adversity and lack of access to quality mental health care.

# Major Depressive Disorder (MDD)

- Two weeks or longer of depressed mood for most of the day.
- Diminished interest or pleasure in activities.
- Insomnia/Hypersomnia
- Psychomotor agitation/retardation
- Fatigue/Loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate
- Recurrent thoughts of death

# Schizophrenia

- Referred to as thought disorder
- Estimates range from 0.3% and 0.7% of U.S adults have Schizophrenia
- Peak onset occurs in the early to mid 20's for men
- Peak onset occurs in the late 20's for women.
- Cultural considerations



# Schizophrenia

- Delusions
- Hallucinations
- Disorganized speech
- Grossly disorganized or catatonic behavior
- Negative symptoms
- Disturbance persists for at least 6 months
- Symptoms are present for a significant portion of time during a 1-month period

# Schizoaffective

- About one-third as common as schizophrenia
- Some individuals will be diagnosed with another psychotic illness initially until the pattern of mood episodes has become more apparent.
- Some individuals will be diagnosed with a mood disorder initially before independent psychotic symptoms are detected
- Some evidence indicating that African American's and Latino populations are more likely to be diagnosed with Schizophrenia even when symptoms meet criteria for Schizoaffective.

# Schizoaffective

- Schizophrenia symptoms/criteria
- Major Depressive episode are present for the majority of the total duration of the active and residual portions of the illness.
- An individual could have MDD and Schizophrenia

# Bipolar Disorder

- Average age of onset is roughly 25
- Effects about 2.8% of the U.S population
- Different Types:
  - Bipolar I Disorder
  - Bipolar II Disorder
  - Cyclothymic Disorder
  - Other Specified Bipolar Disorder
  - Substance/Medication induced Bipolar

# Bipolar I and II Disorder

- **Manic Episode – 1+ week**
- Inflated self-esteem/grandiosity
- Decreased need for sleep
- More talkative/pressure to keep talking
- Flight of ideas/feels like thoughts are racing
- Distractibility
- Increase in goal-directed activity
- Excessive involvement in high-risk behaviors

- **Hypomanic Episode – 4 + days**
- Inflated self-esteem/grandiosity
- Decreased need for sleep
- More talkative/pressure to keep talking
- Flight of ideas/feels like thoughts are racing
- Distractibility
- Increase in goal-directed activity
- Excessive involvement in high-risk behaviors

# Anxiety Disorders

- Most common mental health concern in the United States.
- Over 40 million adults in the U.S (19.1%) have an anxiety disorder.
- Approximately 7% of children aged 3-17 experience issues with anxiety.
- Several types of anxiety disorders:
  - Social Anxiety Disorder
  - Panic Disorder
  - Agoraphobia
  - Generalized Anxiety Disorder

# Generalized Anxiety Disorder (GAD)

- Excessive Anxiety/Worry for more days than not for at least 6 months
- The individual finds it difficult to control the worry.
- This causes clinically significant distress or impairment in functioning.
- Is associated with 3 or more of the following (1 for children)
  - Restlessness or feeling keyed up or on edge
  - Being easily fatigued
  - Difficulty concentrating or mind going blank
  - Irritability
  - Muscle tension
  - Sleep disturbance

# Posttraumatic Stress Disorder

- U.S rate with DSM-5-TR are roughly 6% to 8%
- U.S. women prevalence rate between 8% to 11%
- U.S. men prevalence rate between 4% to 5%
- Rates are higher among veterans, firefighters, EMS, police
- Rates are higher in the U.S. among Latinx, African American, and American indigenous
- Pretraumatic Risk factors; lower socioeconomic status; lower education; exposure to prior trauma; childhood adversity, etc.



# Posttraumatic Stress Disorder

- Exposure to actual or threatened death, serious injury, or sexual violence in one or more of the following ways:
  - Directly experiencing the traumatic event(s)
  - Witnessing, in person, the event(s) as it occurred to others.
  - Learning that the traumatic event(s) occurred to a close family member or close friend.
  - Experiencing repeated or extreme exposure to aversive details of the traumatic event

# Posttraumatic Stress Disorder continued

- Presence of one or more intrusion symptoms:
  - Recurrent, involuntary, and intrusive distressing memory of the traumatic event.
  - Recurrent distressing dreams
  - Dissociative reactions (flashbacks)
  - Intense/prolonged psychological distress
  - Marked physiological reactions
- Persistent avoidance of stimuli associated with the traumatic events

# Posttraumatic Stress Disorder continued

- Negative alterations in cognitions and mood (2 or more)
  - Inability to remember an important aspect of the traumatic event
  - Persistent and exaggerated negative beliefs or expectations about oneself.
  - Persistent, distorted cognitions about the cause/consequences
  - Persistent negative emotional state (fear, anger, guilt, shame)
  - Diminished interest/participation in significant activities
  - Feelings of detachment or estrangement from others
  - Persistent inability to experience positive emotions

# Posttraumatic Stress Disorder continued

- Marked alterations in arousal and reactivity associated with the traumatic events (two or more)
  - Irritable behavior and angry outbursts
  - Reckless or self-destructive behavior
  - Hypervigilance
  - Exaggerated startle response
  - Problems with concentration
  - Sleep disturbance

# Substance Use Disorders

- Alcohol use disorder in the US is estimated to be 29%
- Rates for men (36%) are higher than women (23%)
- Rates are higher for individuals ages 18-29 years (16%)
- Nonmedical Opioid use prevalence in the U.S. is roughly 4%
- Per the CDC 75% of drug overdose deaths in 2020 involved an opioid
- Per the CDC in 2021 approximately 80,000 people died from an overdose involving an opioid
- Sedative, Hypnotic or Anxiolytic use prevalence is less than 2.5%
- Cocaine/Stimulant use prevalence is less than 1%

# Alcohol/Substance Use Disorders

- A problematic pattern of alcohol/substance use leading to clinically significant impairment or distress as manifested by at least two of the following within a 12-month period
  - Alcohol/Substance is often taken in large amounts or over a longer period than was intended
  - There is a persistent desire or unsuccessful efforts to cut down or control use
  - A great deal of time is spent in activities necessary to obtain alcohol/substance, use alcohol/substance, or recover from its effects
  - Craving, or a strong desire or urge to use alcohol/substance
  - Recurrent alcohol/substance use resulting in a failure to fulfill major role obligations at work, school, or home
  - Continued alcohol/substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol/substance

# Alcohol/Substance Use disorders continued

- Continued
  - Important social, occupational, or recreational activities are given up or reduced because of use.
  - Recurrent use in situations in which it is physically hazardous.
  - Use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol/substance
  - Tolerance either a: need for markedly increased amounts to achieve intoxication or desired effect or a markedly diminished effect with continued use of the same amount
  - Withdrawal

# Attention Deficit Hyperactivity Disorder (ADHD)

- ADHD prevalence worldwide is about 7% in children
- In the U.S. roughly 2.5% of adults
- In the U.S. ADHD, prevalence is lower in African American and Latinx this is thought to be a mislabeling of ADHD symptoms of ODD.
- Per the CDC about 3 in 10 children with ADHD had anxiety and half of the children with ADHD had a behavior or conduct problem.
- Globally males are diagnosed 3:1 to females.



# Attention Deficit Hyperactivity Disorder (ADHD)

- A neurodevelopmental disorder characterized by excessive amounts of inattention, hyperactivity, and impulsivity that are pervasive, impairing in multiple contexts, and otherwise age inappropriate.
- ADHD can present as:
  - Lack of focus
  - Poor time management skills
  - Disorganization
  - Impulsivity
  - Fits of rage
  - Forgetfulness
  - Lack of motivation
  - Restlessness and anxiety
  - Fatigue
  - Poor self-image
  - Relationship issues

# Autism Spectrum Disorder (ASD)

- ASD prevalence in the U.S. is 1% - 2%
- In the U.S. prevalence is lower in African American and Latinx children. This may be due to misdiagnosis, delayed diagnosis, or underdiagnosis.
- Per the CDC 1 in 36 children have been diagnosed with ASD
- Per the CDC ASD is nearly 4 times more common among boys than girls

# Autism Spectrum Disorder (ASD)

- A neurodevelopmental disorder characterized by deficits in social communication and social interaction, and repetitive or restricted patterns of behaviors, interests, or activities which can include hyper and hypo-reactivity to sensory input.
- In kids/adolescents this may present as:
  - Avoidance of eye-contact
  - Little or no babbling as an infant
  - Not showing interest in indicated objects
  - Delayed language skills
  - Reduced interest in other children or caretakers
  - Difficulty playing reciprocal games (e.g. Peek-a-boo)
  - Hyper/Hypo-sensitivity to the smell, texture, sound, taste or appearance of things
  - Resistance to change in routine
  - Repetitive, limited, or otherwise unusual usage of toys (e.g. lining up toys)
  - Repetition of words or phrases
  - Repetitive motions or movements, “stimming”.

# Oppositional Defiance Disorder (ODD) and Conduct Disorder

- ODD prevalence estimates about 3%
- Conduct disorder prevalence estimates from 2% to 10%
- Prevalence of adolescent-onset conduct disorder is more frequently associated with psychosocial stressors
- Few children with impairing conduct disorder receive treatment

# Oppositional Defiant Disorder (ODD)

- A pattern of angry/irritable mood, argumentative/defiant behavior or vindictiveness lasting at least 6 months. 4 or more of the following
- Angry/Irritable mood
  - Often loses temper
  - Is often touchy or easily annoyed
  - Is often angry and resentful
- Argumentative/Defiant Behavior
  - Often argues with authority figures or adults
  - Often actively defies or refuses to comply with requests from authority figures or with rules
  - Often deliberately annoys others
  - Often blames others for his/her mistakes or misbehavior
- Vindictiveness
  - Has been spiteful or vindictive at least twice within past 6 months

# Conduct Disorder

- A repetitive/persistent pattern of behavior the basic rights of others, major age-appropriate societal norms or rules are violated. At least 3 of the following:
- Aggression to People and Animals
  - Often bullies, threatens or intimidates others
  - Often initiates physical fights
  - Has used a weapon that can cause serious physical harm to others
  - Has been physically cruel to people
  - Has been physically cruel to animals
  - Has stole while confronting a victim
  - Has forced someone into sexual activity
- Destruction of Property
  - Has deliberately engaged in fire setting with the intention of causing serious damage
  - Has deliberately destroyed others' property

# Conduct Disorder Continued

- Deceitfulness or Theft
  - Has broken into someone else's house, building, or car
  - Often lies to obtain goods or favors or to avoid obligations
  - Has stolen items of nontrivial value without confronting a victim
- Serious Violations of Rules
  - Often stays out at night despite parental prohibitions, beginning before age 13
  - Has run away from home overnight at least twice while living in the parental or parental surrogate home, or once without returning for a lengthy period
  - Is often truant from school, beginning before 13

# Questions?

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