

The History of Mental Health Care

Chapter 1

Learning Objectives

Lesson 1.1: The History of Mental Health Care

(Slide 1 of 3)

1. Develop working definitions of mental health and mental illness.
2. List three major factors believed to influence the development of mental illness.
3. Describe the role of the Church in the care of the mentally ill during the Middle Ages.

Learning Objectives

Lesson 1.1: The History of Mental Health Care

(Slide 2 of 3)

- 4. Compare the major contributions made by Philippe Pinel, Dorothea Dix, and Clifford Beers to the care of persons with mental disorders.
- 5. Discuss the effect of World Wars I and II on American attitudes toward people with mental illnesses.
- 6. State the major change in the care of people with mental illnesses that resulted from the discovery of psychotherapeutic drugs.

Learning Objectives

Lesson 1.1: The History of Mental Health Care

(Slide 3 of 3)

- 7. Describe the development of community mental health care centers.
- 8. Discuss the shift of mentally ill clients from institutional care to community-based care.
- 9. Evaluate how congressional actions have affected mental health care in the United States.

The Health and Illness Continuum

- Mental and emotional health is interwoven with our physical health
- Our health status falls within a health-illness continuum
 - Wellness is on one end and sickness on the other
 - Most of us fall in the middle of this continuum
- Our bodies respond to physical as well as mental stresses in a variety of different ways

Mental Health

- Mental health

- Ability to “cope with and adjust to the recurrent stresses of living in an acceptable way”
- Mentally healthy people successfully carry out activities of daily living, adapt to change, solve problems, set goals, and enjoy life
- Mentally healthy people cope well
- Mental health is influenced by three factors
 - Inherited characteristics
 - Childhood nurturing
 - Life circumstances

Mental Illness (Disorder)

- Individual is mentally ill when behaviors:
 - Interfere with daily activities
 - Impair judgment
 - Alter reality
- Mental illness is a disturbance in one's ability to cope effectively

Primitive Societies

- Early civilizations believed that mental illness was caused by wrath of evil spirits and by demonic possession
- Treatments were geared to removal of the evil spirit
- Mentally ill people were allowed to remain in societies as long as their behaviors were not violent
 - Violent members were banished

Greece and Rome

(Slide 1 of 2)

- The Greeks took many of their medical beliefs from other societies
- Hippocrates
 - Believed that nature was a strong healing force
 - Viewed mental illness as an imbalance of humors (air, fire, water, and earth)

Greece and Rome

(Slide 2 of 2)

- Plato

- Recognized life as a dynamic balance maintained by the soul

- Rational soul (head)

- Irrational soul (heart and abdomen)

- Believed that mental illness resulted when the rational soul was not able to control the irrational soul

- By about 300 CE, epidemics had killed thousands, and the sick turned to churches for sanctuary

- Hospitals then were built to accommodate sufferers

Middle Ages

(Slide 1 of 3)

● Dark Ages

- Priests were the caregivers for the sick
- Early Christians believed that disease was punishment for witchcraft
- To cure mental illness, many priests performed exorcisms and religious ceremonies to drive out evil from affected individuals

Middle Ages

(Slide 2 of 3)

- Dark Ages

- Repeated attacks from barbaric tribes led to chaos and moral decay
- Around 1130, laws were passed forbidding monks to practice medicine because it was considered too disruptive to their way of life
 - The care of the sick passed back to the community
- Strong Arabic influence was felt in Europe
 - Arabs had an extensive knowledge of drugs and awareness of the relationship between emotions and disease
 - Universities were established

Middle Ages

(Slide 3 of 3)

- Dark Ages

- Church doctrine stated that if people were insane, an outside force was causing the disorder
- Church scholars even suggested that witches might be the source of human distress
- Large institutions were established, and mentally ill individuals were herded into “lunatic asylums”

Superstitions, Witches, and Hunters

- Women were thought to be carriers of the devil because they stirred men's passions
- Witch hunting was officially launched in 1487 with publication of the book, *The Witches' Hammer*
- Few safe havens were available for individuals with mental illness during these troubled times

The First Mental Institutions

- The first English institution for mentally ill people was founded in 1247 by the Sheriff of London
- By 1330, Bethlehem Royal Hospital (or Bedlam) was a lunatic asylum
- Violently ill patients were chained to walls in small cells and often provided “entertainment” for the public

The Renaissance

(Slide 1 of 2)

- The Renaissance began in Italy around 1400
- Mental illness was at last being recognized without bias
- By the mid-1500s, behaviors were accurately recorded for personalities associated with melancholia (depression), mania, and psychopathology

The Renaissance

(Slide 2 of 2)

- Despite advances in knowledge, the treatment of mentally troubled people remained inhumane
- Mental problems now were thought to be caused by some sort of brain disorder
- Sexual fantasies were still considered to be God's punishment

The Reformation

- Protestant Reformation began around 1517
- As a result of the separation between the Catholic and Protestant churches, many hospitals operated by the Catholic Church began to close
 - Once again, the poor, sick, and insane were turned out onto the streets

Seventeenth Century

- It was during the seventeenth century that conditions for mentally ill individuals were at their worst
- Physicians and theorists were making observations and speculations about insanity
- Patients were bled, starved, beaten, and purged into submission

Eighteenth Century

(Slide 1 of 2)

- Psychiatry developed as a separate branch of medicine
- Inhumane treatment and vicious practices were openly questioned
- In 1792, Philippe Pinel liberated patients from their chains and advocated acceptance of the mentally ill as human beings

Eighteenth Century

(Slide 2 of 2)

- In America, the Philadelphia Almshouse was erected in 1731
- The care and treatment of people with mental illness remained harsh in the United States as it was in Europe
 - Care for the mentally ill did not begin to improve until the arrival in 1884 of Alice Fisher, a Florence Nightingale-trained nurse

Nineteenth Century United States

(Slide 1 of 2)

- Dr. Benjamin Rush became a crusader for the insane
 - His book titled *Diseases of the Mind* was the first psychiatric text written in the United States

Nineteenth Century United States

(Slide 2 of 2)

- “Once insane, always insane” was no longer the rule as people were being helped
- Dorothea Dix surveyed asylums, jails, and almshouses
 - Because of her voice, care of the mentally ill greatly improved
- By the late 1800s, a two-class system of psychiatric care had emerged: “private care” for the wealthy and “publicly provided care” for the remainder of society

Twentieth Century

- Clifford Beers wrote *A Mind That Found Itself*
 - The social consciousness of a nation had finally been awakened
- The Committee for Mental Hygiene was formed in 1909
 - Focused on removing the stigma of mental illness

Psychoanalysis

- Developed in the early 1900s by neurophysiologist Sigmund Freud
 - The first comprehensive theory of mental illness based on observation
 - Based on the theme of repressed sexual energies
- Freud believed that forces within and outside the personality caused mental illness

Influences of War

(Slide 1 of 3)

- During World War I, men were drafted into service as rapidly as they could be processed
 - Many were considered too “mentally deficient” to fight
- Plans were created to devise methods for early identification of problems, removal of mentally troubled personnel from combat duty, and early treatment close to the fighting front

Influences of War

(Slide 2 of 3)

- War sparked a renewed interest in mental hygiene
 - Drugs such as amphetamines were introduced
 - Insulin therapy was used for schizophrenia
 - Electroconvulsive therapy (ECT) helped to improve severe depression
 - Lobotomy helped eliminate violent behaviors
- In 1937, Congress passed the Hill-Burton Act
 - Funded the construction of psychiatric units throughout the United States

Influences of War

(Slide 3 of 3)

- In 1946, Congress passed the National Mental Health Act
- In 1949, the National Institute of Mental Health was organized
- As a result of the Korean War in the 1950s and the Vietnam War in the 1960s and 1970s, posttraumatic stress disorders became recognized among soldiers fighting wars

Psychotherapeutic Drugs

- Psychotherapeutic drugs are chemicals that affect the mind
- John Cade discovered that lithium carbonate could be used to control mood swings in bipolar (manic-depressive) illness
- Chlorpromazine (Thorazine) was introduced in 1956 and proved useful in controlling many behaviors observed in schizophrenia and other psychoses

Functioning Outside the Institution

- The federal government began the movement called *deinstitutionalization*
 - From 560,000 in 1955, the number of institutionalized patients dropped to fewer than 120,000 people by 1994
 - Today, fewer than 38,000 psychiatric beds remain in the U.S.
- It was believed that people with mental disorders could live within their communities and work with their therapists on an outpatient basis

Congressional Actions

- The Community Mental Health Centers Act (1963)
 - Congress passed amendments to the Community Mental Health Centers Act in 1975
- The Medicare/Medicaid Bill of 1965
- The President's Commission on Mental Health (1978)
- The Mental Health Systems Act (1980)
- The Omnibus Budget Reconciliation Act of 1981
- The Omnibus Budget Reconciliation Act of 1987
- The National Alliance for Mental Illness (NAMI) (2006)
- Mental Health Parity and Addiction Equity Act of 2008
- Affordable Care Act of 2010

Questions?