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The following slides were presented during the educational portion of IFFGD's 2020 Virtual Advocacy Event. To view this presentation and the all videos available during this program, please visit https://bit.ly/Adv_Edu.



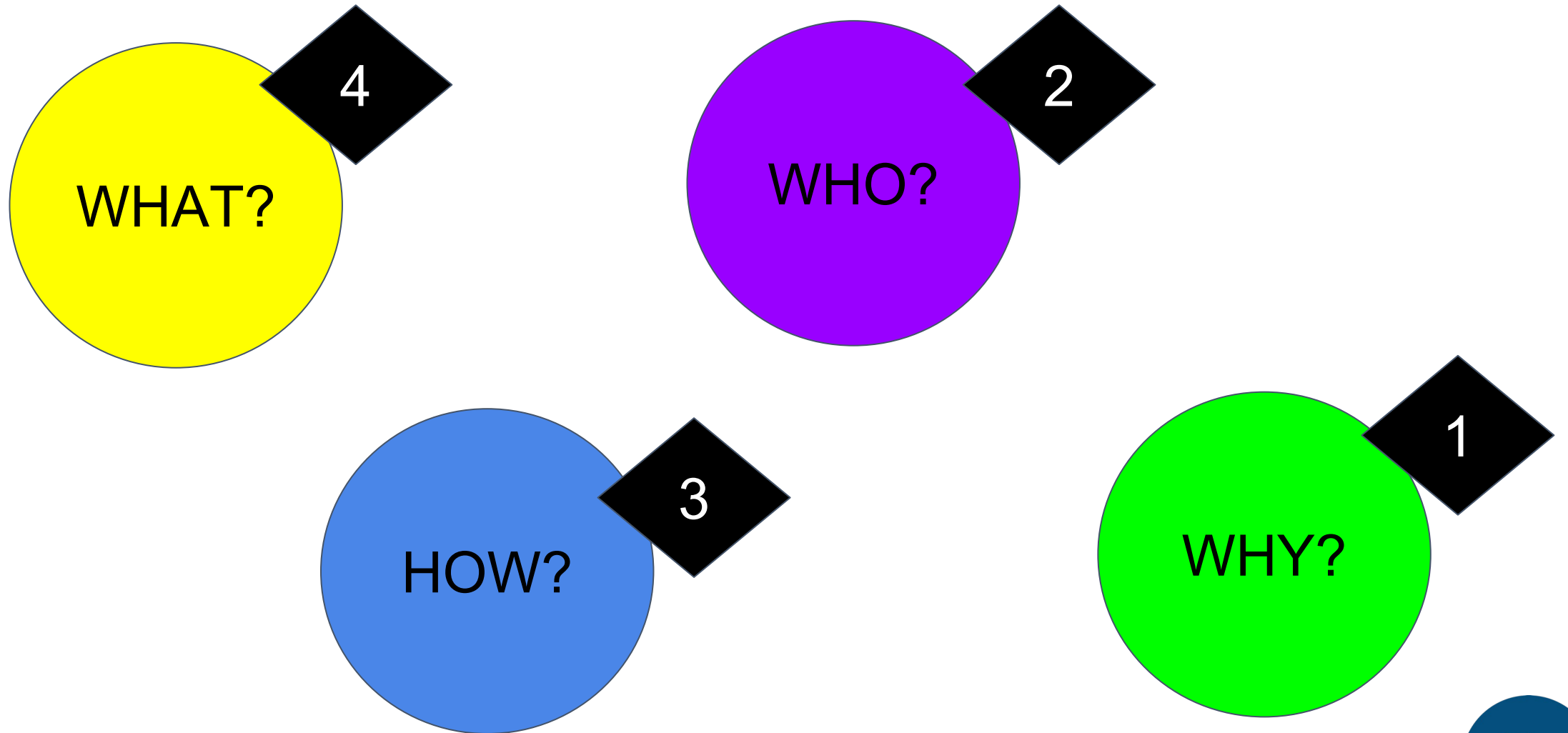
2020 Virtual Advocacy Event

Making Mental Health Part of Your Healthcare Team

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CEO/Founder of Whole Body Psychiatry
and
GI Psychiatry

Be Active. Be Heard. Make a Difference.

Making MH part of your Team: Agenda



Why Think About Mental Health?

Mental health is health and quality of life

The brain -gut axis

Inflammation

Patients struggling with medical conditions have improved outcomes when they work on stress and coping skills.

Mental Health Impact on QOL

Re-defining life with a chronic condition

Interpretation of being ill or disabled

Catastrophizing



Brain -Gut Axis

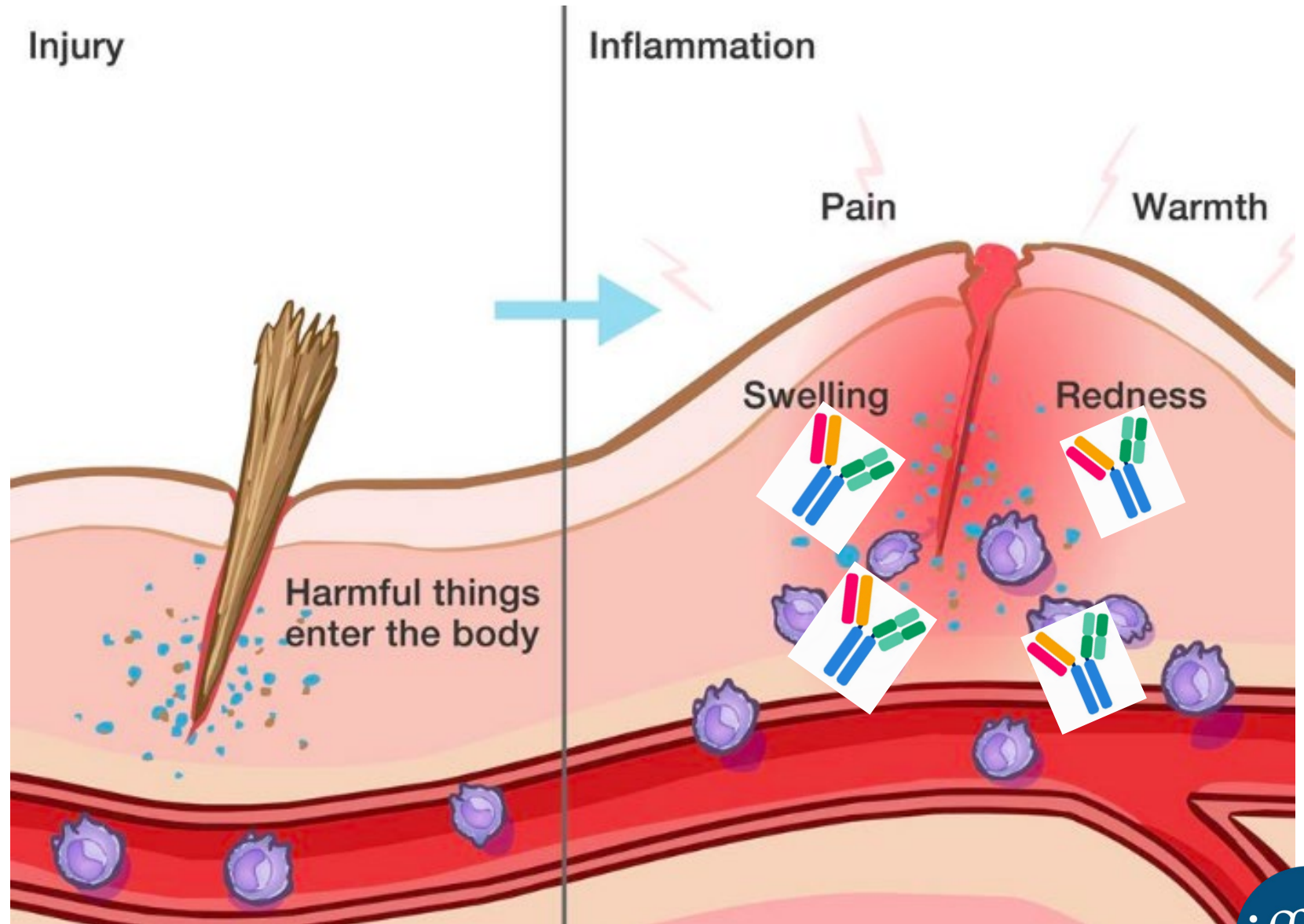
Embryological Origins of the Enteric Nervous System

A Bidirectional communication pathway linking emotional and cognitive centers of the brain with peripheral intestinal functions (Calabotti, et.al. 2015)

Dysbiosis of the axis by untreated mental health conditions results in worsening of GI symptoms (I.e. IBS)

Inflammation

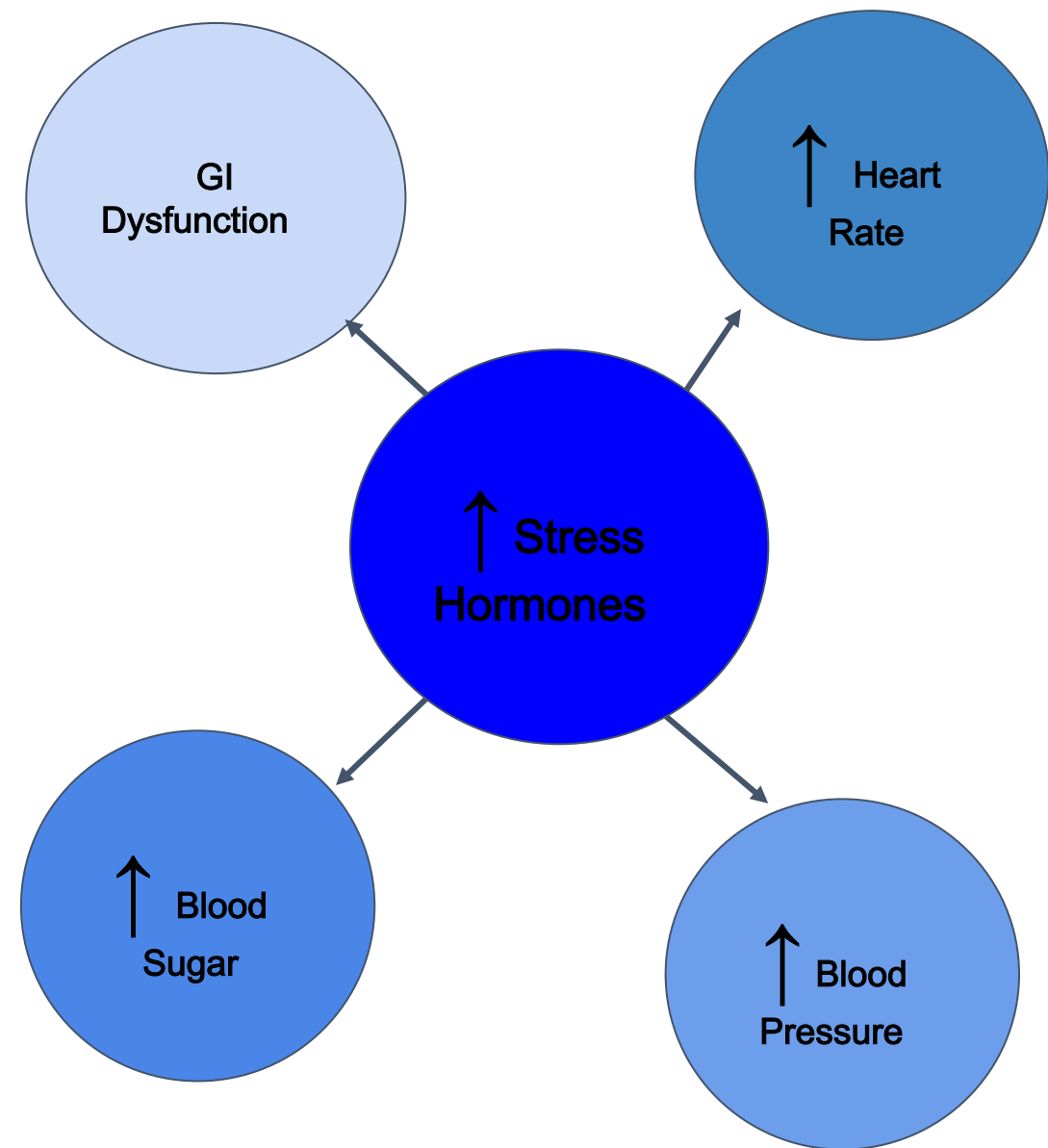
Inflammation in the body from physical illness can be mimicked and worsened by stress and emotional issues.



Improved outcomes with Mental Health

Treating mental health symptoms can combat:

- Increased inflammation that worsens medical issues
- Improves control of heart rate and blood circulation
- Reduces abnormalities in stress hormones (cortisol)
- Reduces metabolic changes



Who is in Mental Health?

Psychiatrist / Psychiatry

-iatry refers to medical treatment

Went to Medical School (MD)

Provides medical care

Assesses mental and physical aspects of your condition

Can communicate with your medical team, "doctor to doctor"

Prescribe medications if needed

Have undergone thousands of hours of training in residency and fellowships to work with patients

Highest standard of care in outpatient Mental Health

Psychologist / Psychology

-ology refers to the study of

Have a PhD or PsyD

Can often perform helpful psychological testing

Often research focused in background

Can conduct therapy

Who is in Mental Health?

Types of Psychiatrists

General Adult Psychiatry

Child and Adolescent
Psychiatry

Forensic Psychiatry

Geriatric Psychiatry

Public Psychiatry

Consultation Liaison Psychiatry

- Fellowship trained to work with medically complex patients
 - May have sub-specialized in working with GI patients
- More comfortable dealing with medication interactions and side effects in medically ill patients

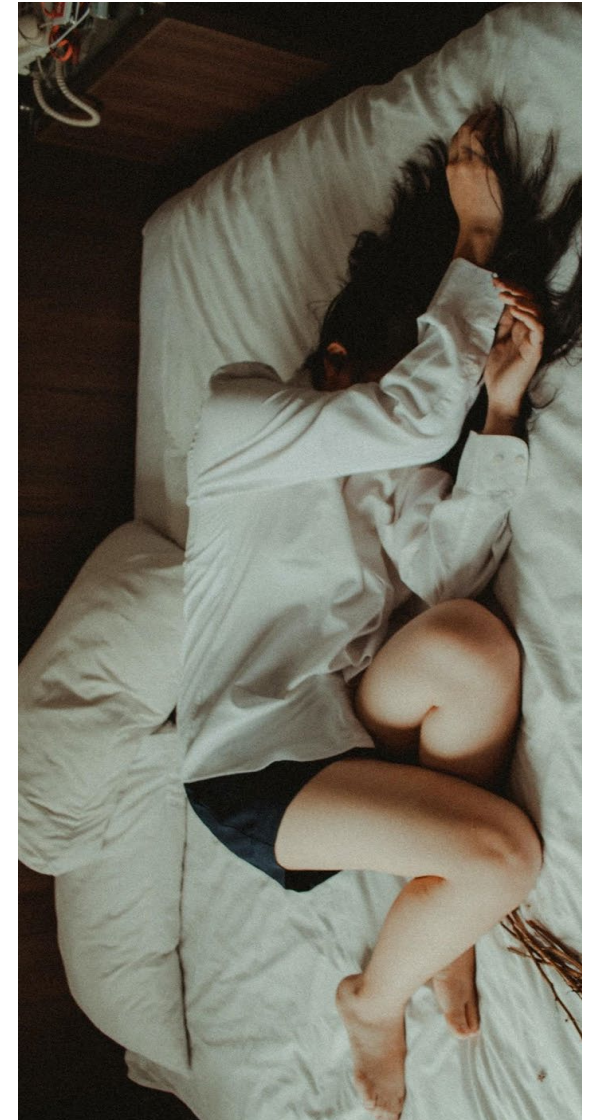
How Mental Health Fits In

The Goal: Decreased inflammatory markers from depression, anxiety, stress overall = decreasing additional issues that confuse your symptoms.

An objective outlet to discuss your frustrations with someone who understands.

More time with a medical doctor to discuss what's going on in your body and mind

Counseling on unnecessary treatments



What : Options in Mental Health

Medication Management

- Many types of medication options
- A psychiatrist can expertly weigh out interactions and side effect possibilities with you

Psychotherapy

- Supportive
- Cognitive Behavioral
- Biofeedback/Mindfulness
- Coping based skills (DBT)

Collaborative Care

How can I get
my doctors to
talk to each
other?

I don't feel
comfortable
asking questions
in my GI
appointments

Patient Advocacy is the
responsibility of all parts of
the team, including you!

In mental health treatment
you can work on advocating
for yourself.

Collaboration of care with
other doctors in your team
through a release of
information.

Collateral Information

Preparing your Toolbox

Having coping skills on hand or a coping plan for tough days, conversations, and hospitalizations

Working on understanding what your chronic illness means to you

Understanding your body better

- Body Scanning
- Progressive Muscle Relaxation
- Meditation



Connect and Stay in Touch

GI Psychiatry: gipsychiatry.com

Instagram : The GI Psychiatrist

Blog/Podcast: The GI Psychiatrist (Coming soon)



Whole Body Psychiatry: clairebrandonmd.com

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