

I am Not Sick, I Don't Need Help!

Help people with mental illness accept treatment and services.

Judicial Summit on Mental Health

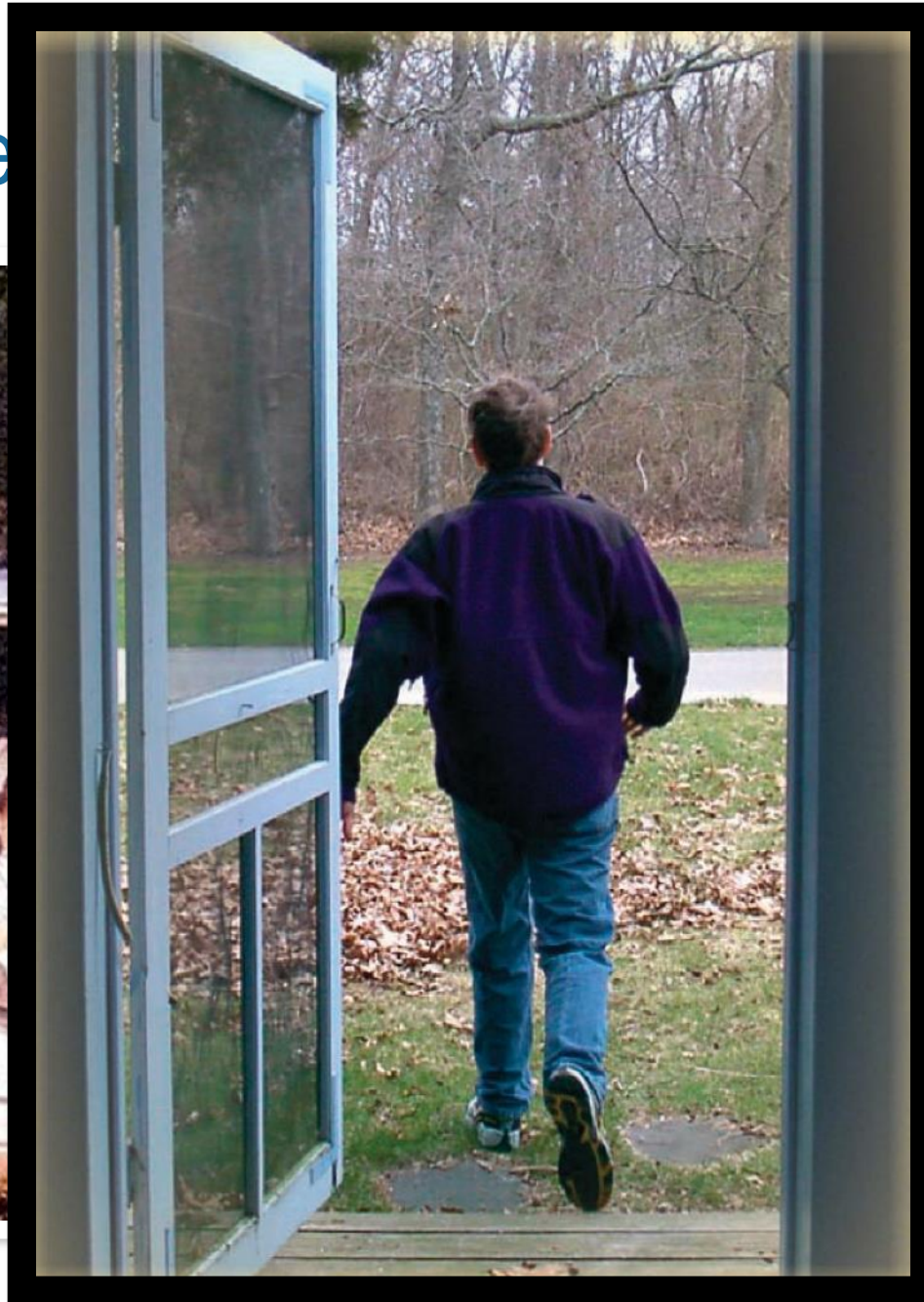
October 18th, 2023

Presenter

Xavier Amador, Ph.D.



Poor insight and re





Stories of “Crimes” Rather than Stories of Recovery



“Denial” of illness

Denial impairs common-sense judgment about the need for treatment and services. **Yes?**

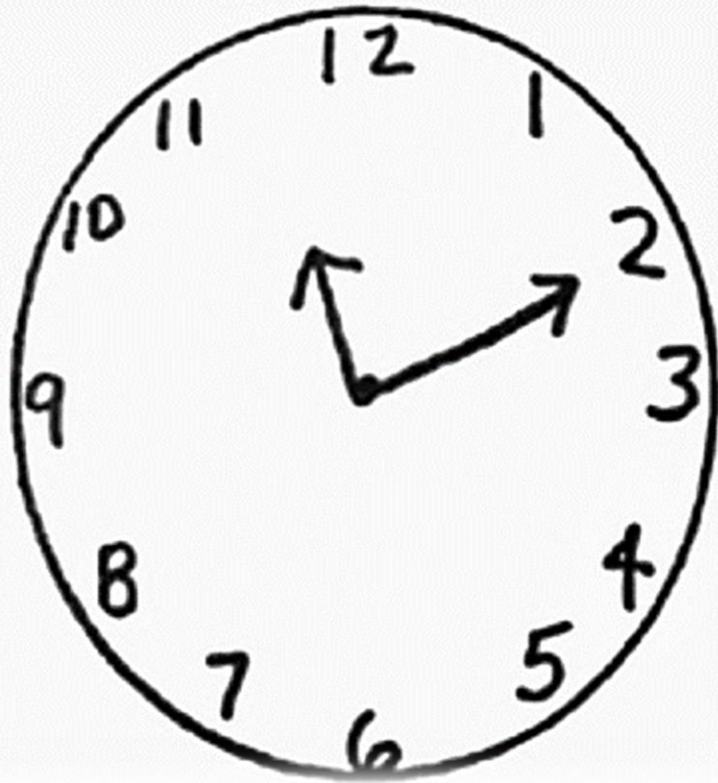


– But are we dealing with denial?

“Anosognosia”

Ann knows egg...
NOSIA

Frontal Lobes & Anosognosia in Neurological Disorders



Amador XF, Barr WB, Economou A, Mallin E, Marcinko L, Yale S. "Awareness deficits in neurological disorders and schizophrenia." *Schizophrenia Research*, 24(1-2): 96-97, 1997.





WHY?

To “fill in” gaps in memory
or perceptions.

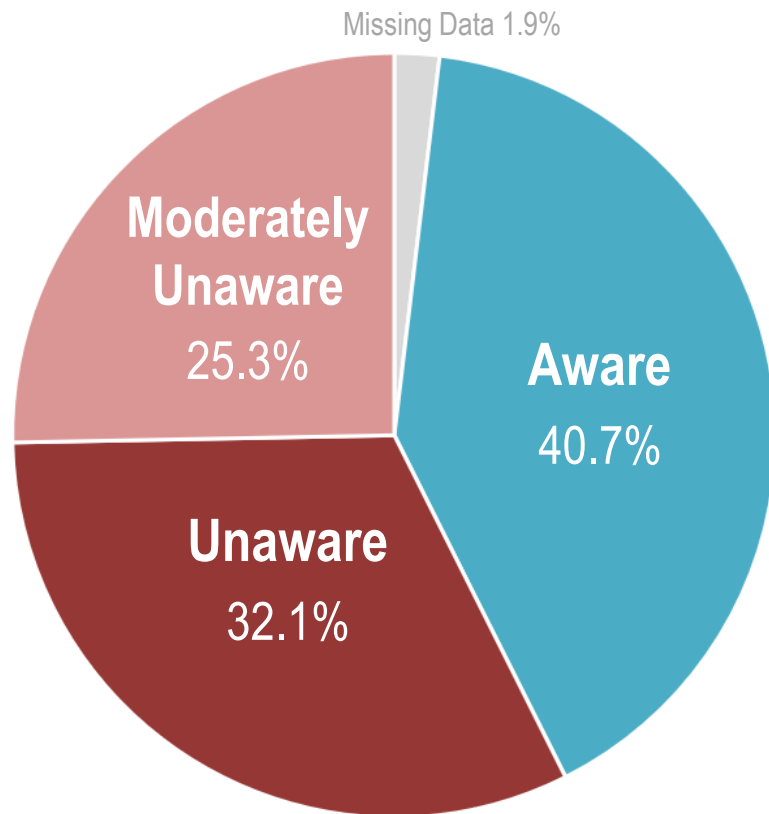




Research on Anosognosia in Schizophrenia and Bipolar Disorder

ANOSOGNOSIA

Unawareness of Mental Illness



DSM-IV field-trial–study patients with schizophrenia (n=221)
Amador XF, et al. Arch Gen Psychiatry. 1994;51(10):826–836.

Unawareness of Symptoms



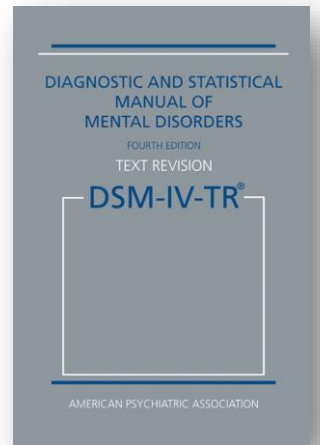
- **Delusions**
- **Thought Disorder**
- **Hallucinations**
- **Flat Affect**
- **Anhedonia** (lack of pleasure)
- **Asociality** (social isolation)



DSM-IV-TR™

Schizophrenia and Other Psychotic Disorders

Drs. Xavier Amador and Michael Flaum, Co-Chairs



- **A majority of individuals with schizophrenia have poor insight** regarding the fact that they have a psychotic illness. **Evidence suggests that poor insight is a manifestation of the illness rather than a coping strategy.**
- It may be **comparable to the lack of awareness of neurological deficits seen in stroke, termed ANOSOGNOSIA.**
- This **symptom predisposes the individual to noncompliance with treatment** and has been found to be predictive of higher relapse rates, increased number of involuntary hospital admissions, poorer psychosocial functioning, and a poorer course of illness. **(page 304)**



DSM-5-TR™

Schizophrenia and Other Psychotic Disorders

Published 2022 (pages 116 & 123)



- **Unawareness of illness is typically a symptom of schizophrenia itself rather than a coping strategy.** It is comparable to the lack of awareness of neurological deficits following brain damage, termed **anosognosia**.
- **[It] includes unawareness of symptoms and may be present through the entire course of schizophrenia.**
- **Anosognosia is also common in Schizoaffective Disorder.**
- **This symptom is the most common predictor of nonadherence to treatment.** It has been found to predict higher relapse rates, increased number of involuntary treatments, poorer psychosocial functioning, aggression, and a poorer course of illness.



Awareness of Illness and Treatment Adherence

- Awareness of being ill (insight) is among the top 2 predictors of long-term engagement in treatment & cooperation.

 What is the other top predictor?

– **Relationship/Alliance with someone who:**

- Listens to you without judgment
- Respects your point of view
- Would like to see you try...



What do we know about Anosognosia of Illness and Acceptance of Treatment?

We never “win” on the strength of our argument,
we win on the strength of our relationship.

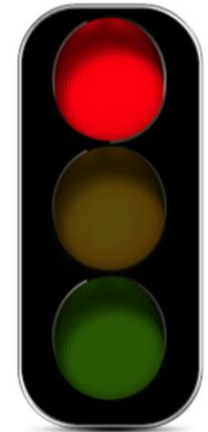


Anosognosia

Language Matters

Do NOT say:

- *Does not accept s/he has an illness*
- *Refuses to acknowledge...*
- *Denies s/he has...*
- *Doesn't admit s/he has...*
- *Won't admit...*
- *Refuses to admit...*



Anosognosia

Language Matters



DO say:

- *Cannot comprehend s/he has an illness*
- *Is unaware s/he has...*
- *Unable to see or understand...*
- ***Has anosognosia for mental illness***



Anosognosia for mental illness:

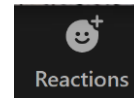
What does it **FEEL** like?



webcam



partner/ married & working



Reactions



Raise Hand

volunteer



When helping someone with *anosognosia* for mental illness...

The “judge, attorney, *social worker, etc.*” *knows best* does not work, because **collaboration is a goal**—not a given.

Do not expect:

- Gratitude
- Receptiveness
- Adherence

Do expect:

- Frustration, Anger, Hostility, Fear, Suspicion
- Loneliness, Depression & Isolation
- Overt and Secretive “Non-Compliance”



The LEAP[®] Approach

Listen

Empathize

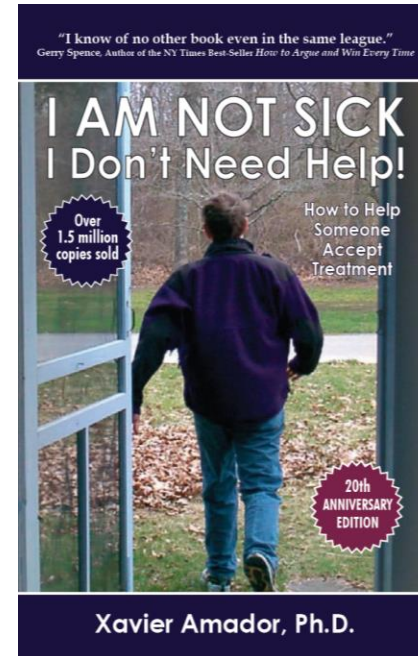
Agree

Partner

Delay

Opinion (3 A's)

Apologize



LEAP[®] is focused on developing relationships that result in acceptance of treatment & services

Based on MAIT, Xavier Amador & Aaron T. Beck (1998)
Over the past 20 years LEAP has taught to tens of thousands globally (EU, USA, Asia Pacific)



Listen

EXAMPLES

LEAP: Listen, Empathize, Agree, Partner

- **“I don’t need a hospital, there’s nothing wrong with me!”**
Your saying — *you don’t need hospitalization and there’s nothing wrong with you. Right?*
- **“I know that you’re with them and they’re trying to kill me!”**
If I heard you — *I’m with the people who are trying to kill you. Did I get that right?*
- **“I don't want anything from you. I didn't ask to come here. I just want to go!”**
So... — *You don’t want anything from me, and you want to go. Correct?*
- **“I have the right to kill myself. I don't have anything worth living for. Who are you to tell me I can't?!”**
If I heard you — *You have the right to commit suicide. You don’t have anything to live for, and who am I to tell you you can’t . Did I hear that right?*



Am I agreeing with what the person said?



Overview – 7 LEAP® Tools

- Listen** Reflect back without judgement, reactions, or contradictions
- Empathize** Express empathy for feelings coming from delusions, anosognosia & desires
- Agree** Find areas of agreement—abandon your goal of agreeing the person is sick
- Partner** Move forward to achieve common goals that you can partner on

- Delay** Delay giving hurtful and contrary opinions—redirect and ask permission
- Opinion** With humility, give your opinion in a way that respects the person's perspective
- Apologize** For acts & interactions that feel disrespectful, frustrating or disappointing

These are NOT steps. Use each communication tool as you need it.



General Guidelines

Step I Absorb what you've heard (Reflectively Listen)

Step II Emotionally connect (Empathize, Apologize, etc.)

Step III Now you can problem solve (Agree & Partner)

Use each of the 7 LEAP Tools as you need them



THANK YOU



Free Resources & Updates

LEAPinstitute.org

Hacenter.org

T S F | T H E
S E N T E N C I N G
F O U N D A T I O N

WHAT IS TSF ? (“FOUNDATION”)

- The logistical support for a trauma-informed crime reduction program called Resource Based Sentencing & Supervision (“Program”)
- To understand TSF fully, it is essential to understand the Program and its evolution

TSF | T H E
S E N T E N C I N G
F O U N D A T I O N

<https://thesentencingfoundation.org/>



WHAT IS RESOURCE-BASEED SENTENCING & SUPERVISION? ("PROGRAM")

- At its core, the program is a trauma-informed system of accountability that holds every courtroom entity accountable:

The Judge
Defendant
Resources
Attorneys
Probation/Parole



SPECIFIC ISSUES THE PROGRAM IS DESIGNED TO ADDRESS

- Moving the needle on mass incarceration
- Shrinking the huge trust gap between ordinary citizens and CJS by changing the paradigm on how judges' sentence and supervise in a manner that prohibits cookie cutter justice



<https://thesentencingfoundation.org/>

EVOLUTION OF THE PROGRAM AND THE FOUNDATION

- ❑ 2014 to 2018
- ❑ 2018 to 2020
- ❑ September 13th, 2022
- ❑ February 2023
- ❑ Currently



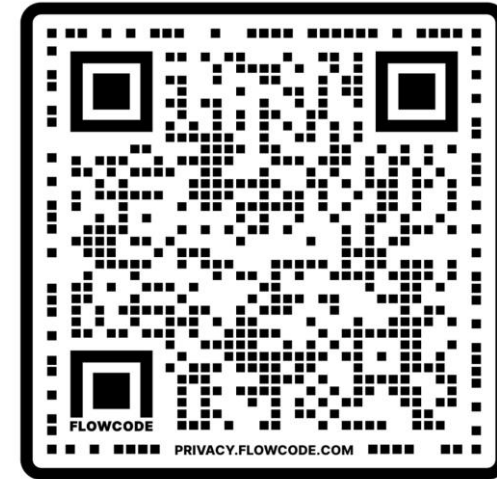
WHY THE PROGRAM IS INDEED A TRAUMA INFORMED-PROGRAM

- Rehabilitation on cookie cutter justice dictates the necessity of meeting folks where they are
- Key components to EACH reentry resource master list in hands of every participating judge (Dr. Fontes and Dr. Moore)
 - Hierarchy of stabilization before the work if reimagination of one's life



<https://thesentencingfoundation.org/>

HOW INTERESTED JUDGES CAN UTILIZE THE PROGRAM AND FOUNDATION



TSF's Units

ESTABLISHMENT UNIT:

- Assist resources into partnership with participating judges utilizing Resource Based Sentencing & Supervision
- Provide interested judges with Resource Based Sentencing & Supervision binders
- Provide comprehensive tutorials on utilizing the binders in developing interns, partnering resources and begin using the quick start instructions

MAINTENANCE UNIT:

- Certification and re-certification of all participating resources and judges
- Processing and disbursals of grants to certified participating resources
- Processing and disbursal of vouchers issued by certified participating judges
- Troubleshooting smooth utilization of the Resource Based Sentencing & Supervision binders

INTEGRITY UNIT

- Oversight of partner resources' use of funds
- Oversight of implementation of Resource Based Sentencing & Supervision by participating judges
- Quality control issues that arise with participating resources (keep 3 commands)
- Quality control issues that may arise w/ participating judges

TSF'S EXCITING NEW PARTNERSHIP!

TSF | T H E
S E N T E N C I N G
F O U N D A T I O N

Dionna Davis- Executive Director

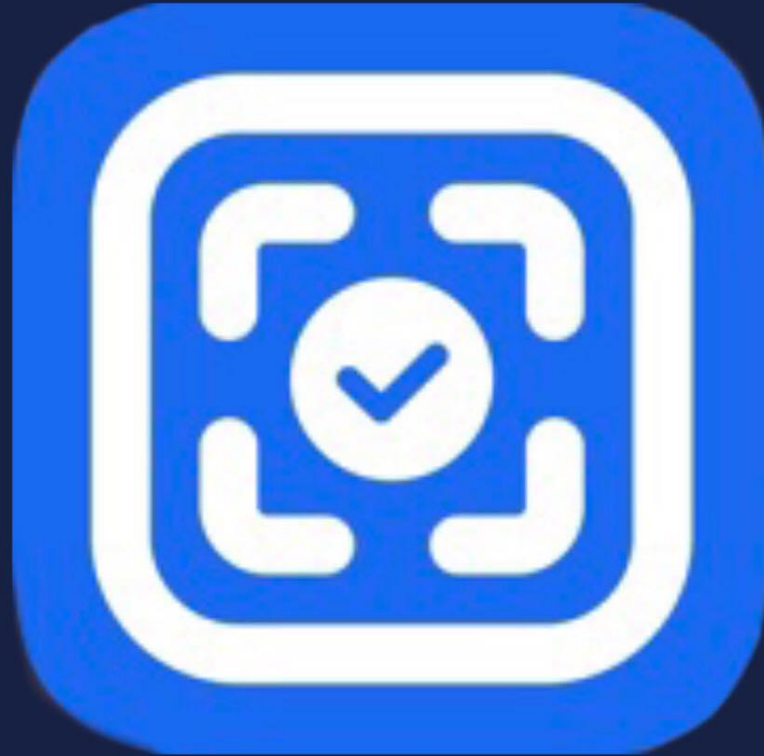
The
Accountability
Project 

Remy DeMarco- Executive Director
(Pronouns- They/Them)

T S F | T H E
S E N T E N C I N G
F O U N D A T I O N

Q&A

The  Accountability
Project



ACET Checkin

Attendance Recording as Simple as a Scan

ACET is a versatile platform that uses unique rotating QR codes paired with a mobile app to verify a user's event attendance.



Search for participants and appointments

Sentencing Foundation

Hello, Remy DeMarco
Master Admin

Happy Wednesday Remy!

Dashboard



Tasks

Congrats, all of your tasks are complete! Check back later.

Participants Missing

[View All](#)

APA	First Name	Last Name	Email
No Participants			



Search for participants and appointments

Philadelphia Demo Court

Hello, Remy DeMarco
Master Admin

Recurring Appointments

Active All Add Appointment



Recurring



Title	Start Time	End Time	Location	Meet Days
GED Morning	09:00am	12:00pm	-	M Th
Job Class	09:00am	12:45pm	-	M W F

< 1 > 2 Total



Search for participants and appointments

Philadelphia Demo Court

Hello, Remy DeMarco
Master Admin

Edit Appointment

Training Class

Location [Demo Treatment Center](#)

Time 2:35pm - 4:30pm

Date 04/06/2023

Sign Up URL <https://bit.ly/4384V6P>

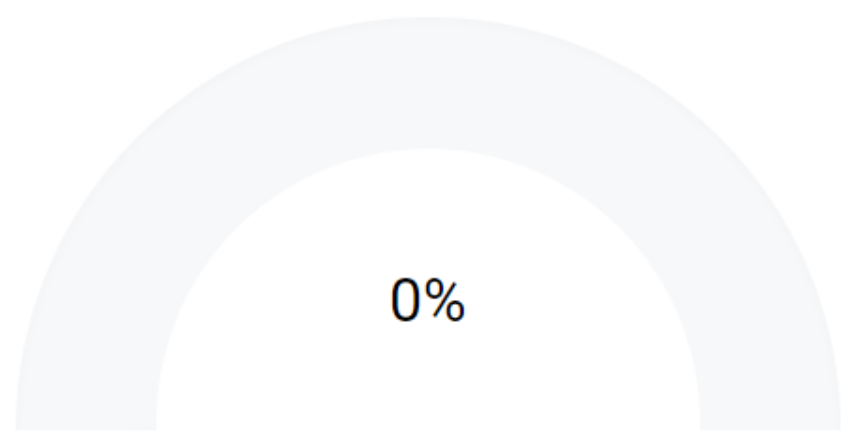
Dashboard

Attending

Waitlist

Users

Attendance

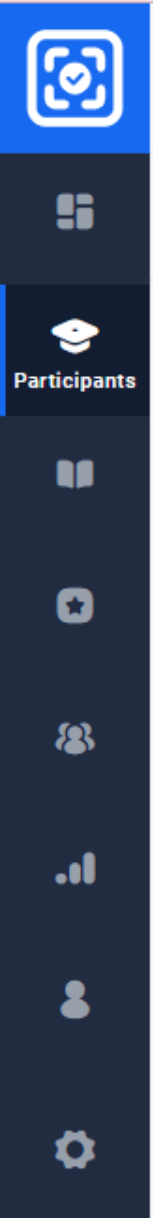


Present: 0

Absent: 0

Missed Appointment

APA	First Name	Last Name
No Participants		



Search for participants and appointments

Philadelphia Demo Court

Hello, Remy DeMarco
Master Admin

Participants

Active All Add Participant

<input type="checkbox"/>	APA	First Name	Last Name	Email	Last Seen
<input type="checkbox"/>	0.0	Andrew	Android	rick+45@easecheckin.app	2 years ago
<input type="checkbox"/>	0.0	Rick	Carter	rick+2@easecheckinapp.com	2 years ago
<input type="checkbox"/>	0.0	Emily	DeMarco	emilyrose.demarco+1@outlook.com	3 years ago
<input type="checkbox"/>	0.0	Monica	Djerassi	djerassim@gmail.com	2 years ago
<input type="checkbox"/>	0.0	Ramy	Djerassi	djer@dca.net	2 years ago
<input type="checkbox"/>	0.0	Joe	Hanel	Joe+23@easecheckin.app	2 years ago
<input type="checkbox"/>	0.0	Scott	Sigman	scott@scottsigman.com	3 years ago
<input type="checkbox"/>	0.0	Peter	Wight	peter.wight17@gmail.com	2 years ago

-
-
- Participants**
-
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Search for participants and appointments

Montgomery County - Penn

Hello, **Remy DeMarco**
Master Admin

	John Doe	01:00pm - 02:00pm	08/31/2022	-	No	
	John Doe	01:00pm - 02:00pm	09/06/2022	Penn Foundation	No	
	John Doe	01:00pm - 02:00pm	09/14/2022	-	No	
	John Doe	11:00am - 12:00pm	10/11/2022	-	No	
	John Doe	11:00am - 12:00pm	10/11/2022	Penn Foundation	No	
	John Doe	11:00am - 12:00pm	10/25/2022	Penn Foundation	No	
	John Doe	11:00am - 12:00pm	11/15/2022	Penn Foundation	No	
	John Doe	11:00am - 12:00pm	12/06/2022	Penn Foundation	No	
	John Doe	07:00pm - 08:00pm	01/17/2023	Penn Foundation	No	
	John Doe	07:00pm - 08:00pm	02/07/2023	-	No	

-
-
- Participants**
-
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Search for participants and appointments

Montgomery County - Penn

Hello, **Remy DeMarco**
Master Admin

Singular

Information

Status	Title	Time	Date	Location	In Waitlist	Actions
Green	Jane Smith	04:00pm - 05:00pm	10/05/2022	Penn Foundation	No	
Red	Jane S. Individual	07:00pm - 08:00pm	10/12/2022	Penn Foundation	No	
Dark Blue	Jane Smith	07:00pm - 08:00pm	11/23/2022	Penn Foundation	No	
Green	Jane Smith	05:00pm - 06:00pm	12/08/2022	Penn Foundation	No	
Red	Jane Smith	07:00pm - 08:00pm	12/21/2022	Penn Foundation	No	
Green	Jane S. Individual	07:00pm - 08:00pm	01/18/2023	Penn Foundation	No	
Green	Jane S. Individual	07:00pm - 08:00pm	02/15/2023	Penn Foundation	No	
Green	Jane S. Individual	07:00pm - 08:00pm	03/29/2023	Penn Foundation	No	