



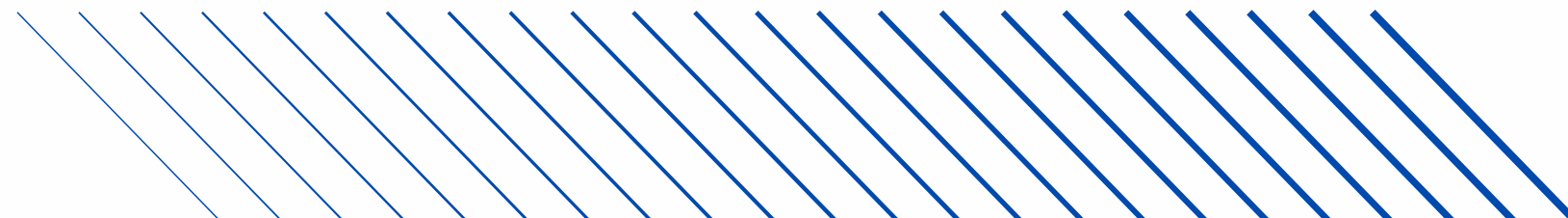
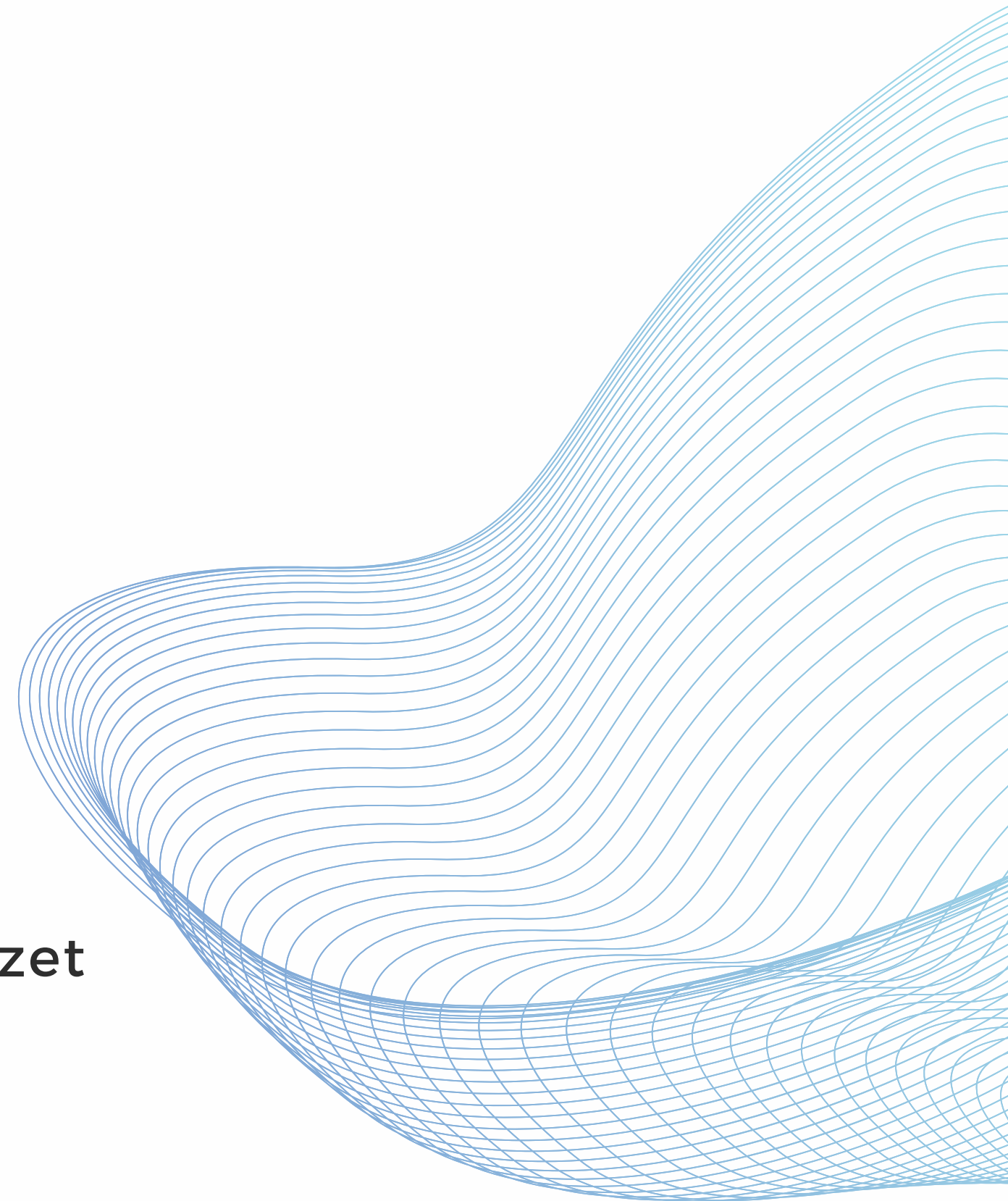
Hinda Institute

# **PROBLEM SOLVING: STRATEGIES TO THRIVE**

Session 2

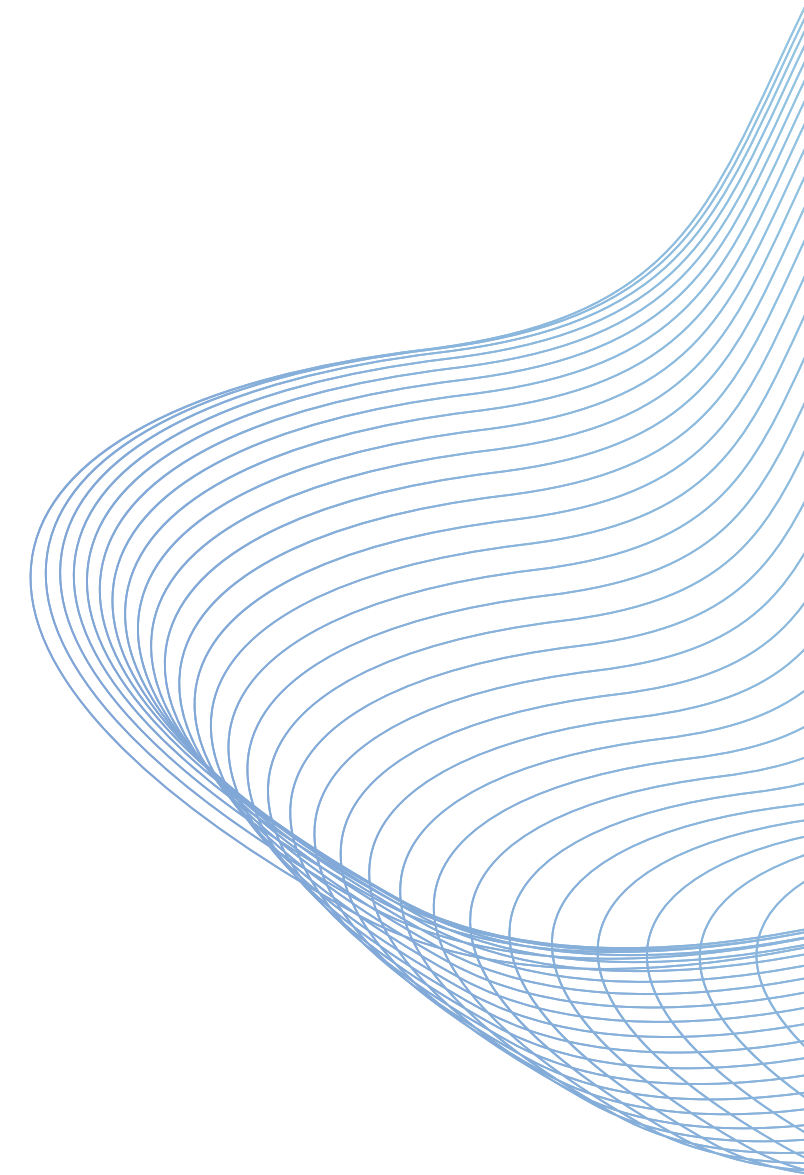
Co-Facilitators: Dr. Stephanie Kutzen and Mrs. Beth Palzet

12/27/23



# COURSE OBJECTIVES

- Identify the consequences of addictions on problem solving/thinking.
- Analyze the effects of addiction on social problem solving.
- Examine the impact of mental health disorders on problem solving.
- Investigate Post-Incarceration Syndrome (PICS) again and the relationship with PICS.



# MEMORABLE QUOTES FROM TWO WISE MEN

“A problem is an opportunity to do your best.” - Duke Ellington

“We cannot solve our problems with the same level of thinking that created them.”



# KEY CONCEPTS OF ADDICTION AND PROBLEM SOLVING

## A. Cognitive Functions Altered by Toxic Substances and Behaviors:

- judgement, memory, impulsivity, reduced focus, loss of control, complex thinking reduced, altered perception of reality

## B. Emotional Stability Risks Associated with Addictions & Problem Solving:

- irritability, isolation, neglected responsibilities, apathy, loss of pleasure, increase in work/family/friends consequences

## C. Biological Structures Changed by Addictions Affect Problem Solving:

- reduction in brain grey matter responsible for memory learning and problem solving
- brain cavities enlarge & loss of brain tissue
- severity of effects depend on various substaces/behaviors

# KEY CONCEPTS OF MENTAL HEALTH DISORDERS AND PROBLEM SOLVING

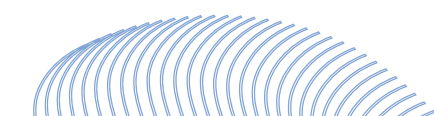
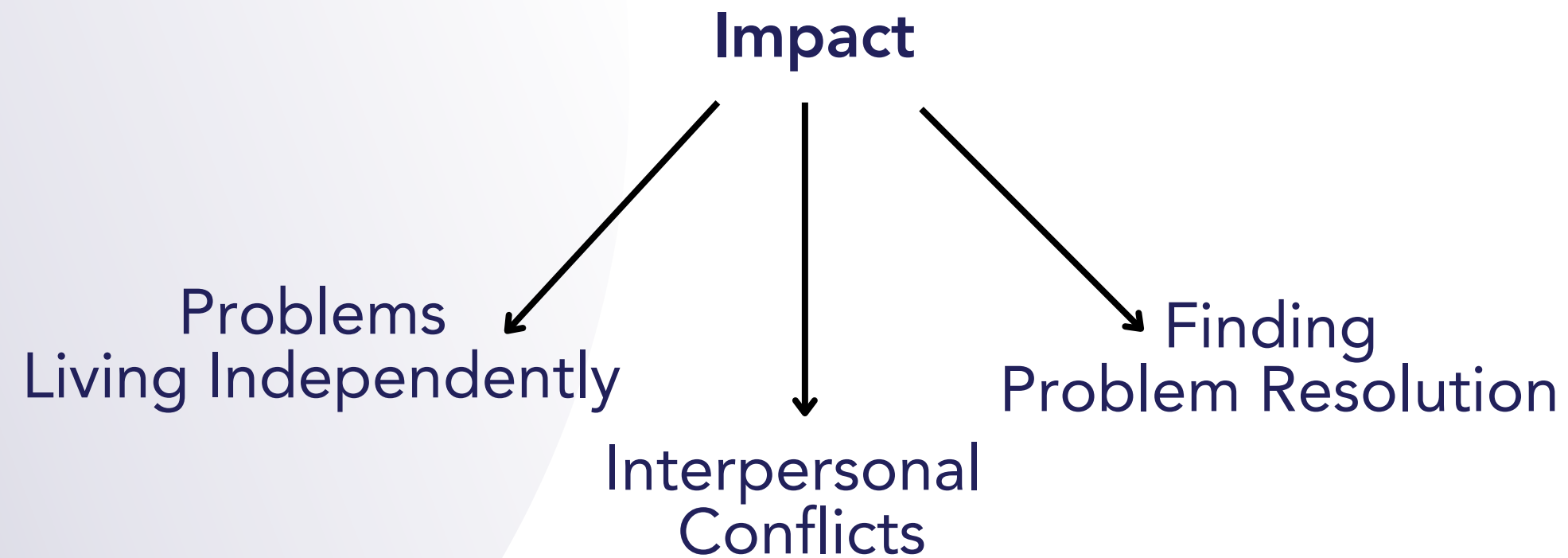
“An Intricate Dance”

**Emotional Disorders Generate Distressing Problems in Everyday Life**

- conflict, communication, relationships, career, organizational skills, time management, school, parenting

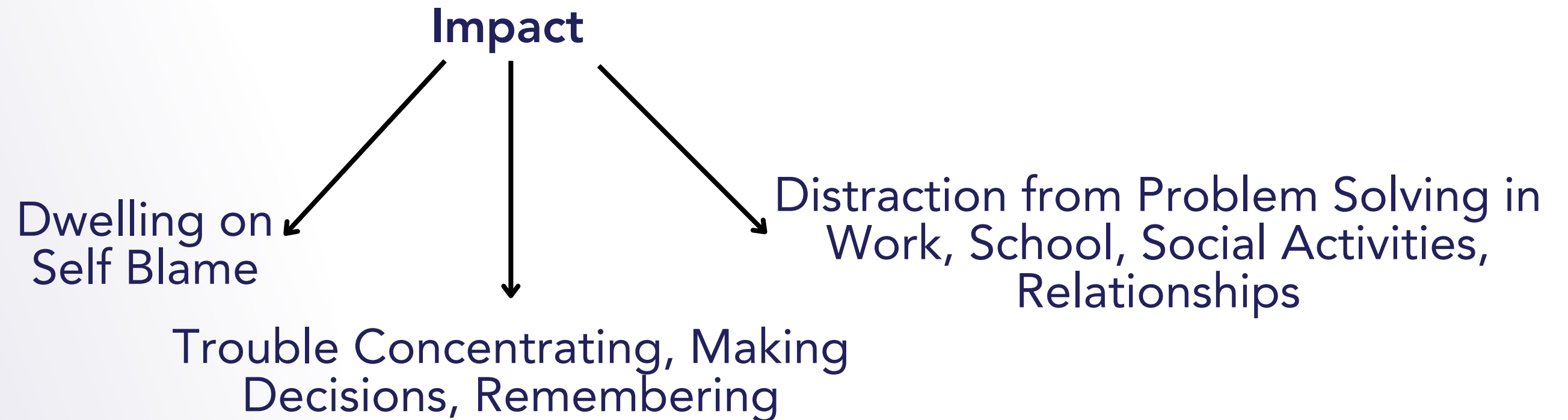
# HOW VARIOUS MENTAL HEALTH DIAGNOSIS IMPACT PROBLEM SOLVING

*Schizophrenia*- Thought Disorder: marked by delusions, hallucinations, distortions in reality



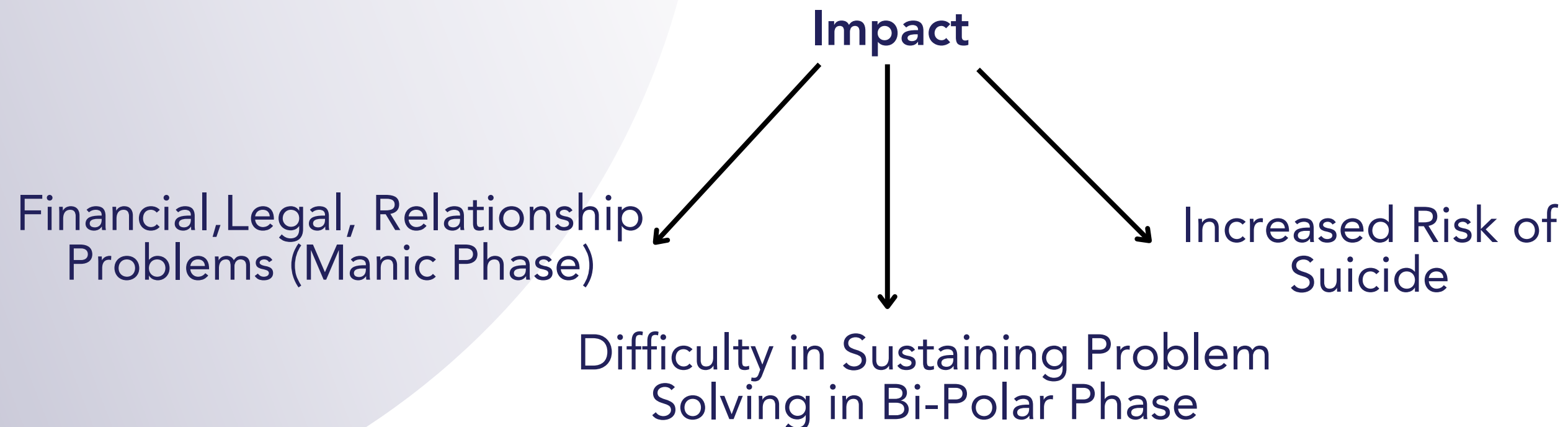
**Depression- Mood, Feeling Disorder:**

a. **Major Chronic Depression:** Marked by low mood emptiness, loss of pleasure, hopelessness, slowed thinking



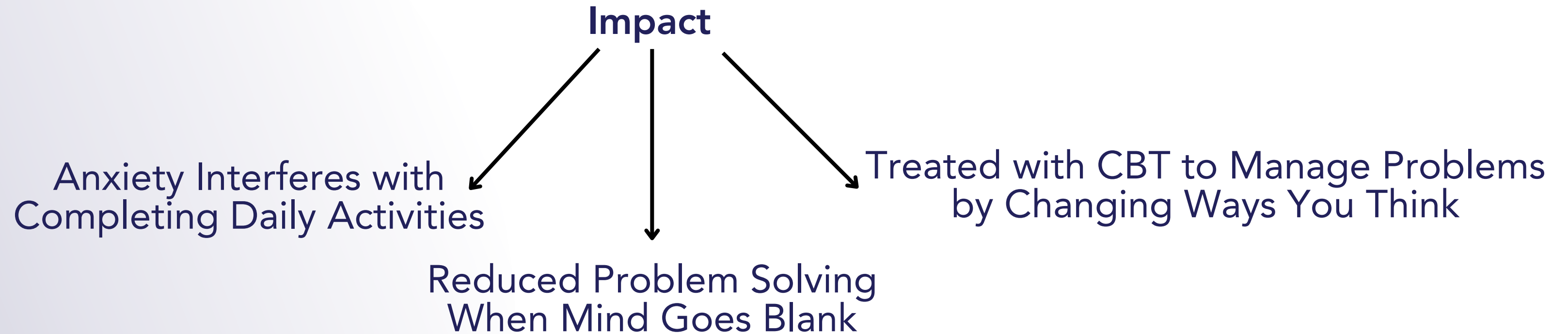
---

b. **Bi-Polar Disorder (formerly known as Manic Depressive Disorder):** marked by alternating episode of euphoria & depression, racing thoughts, irritability, extreme energy, deep depression lasting from days to weeks



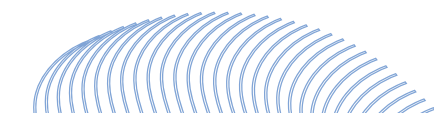
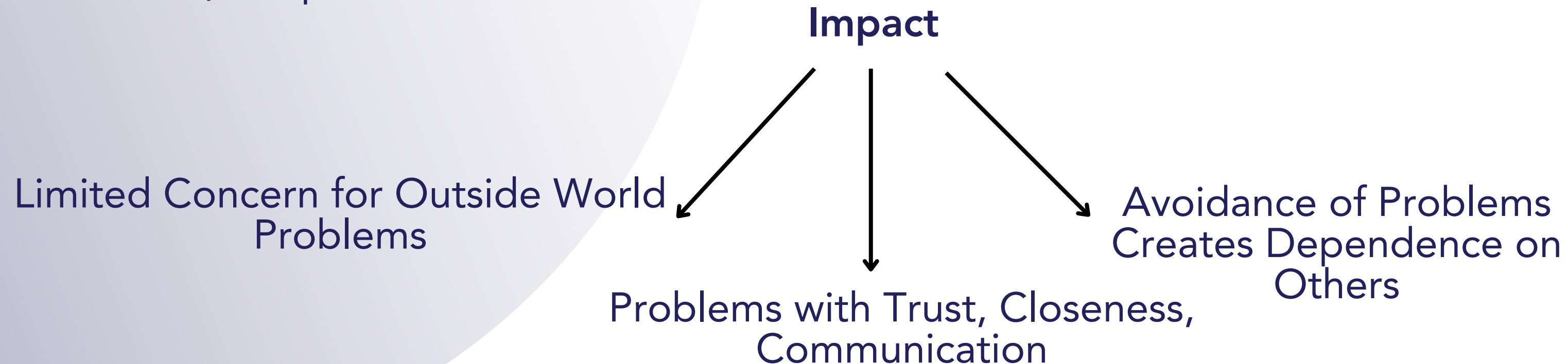
## Anxiety Disorders

a. **Generalized Anxiety Disorder:** Marked exaggerated distress and fear of various situations, restlessness, irritability, tense muscles, fatigue, uncontrollable worry



---

b. **Post-Traumatic Stress Disorder (PTSD):** a persistent mental and emotional distress due to psychological shock or injury. Marked by hyper arousal, nightmares/flashbacks, numbness, avoidance, sleep disorder and dread.

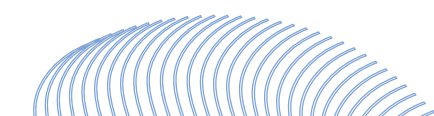




**Post-Incarceration Syndrome (PICS)**- Complex trauma specifically resulting from incarceration. Marked by a unique set of social problems, avoidance, isolation, sensory deprivation, panic, re-traumatization



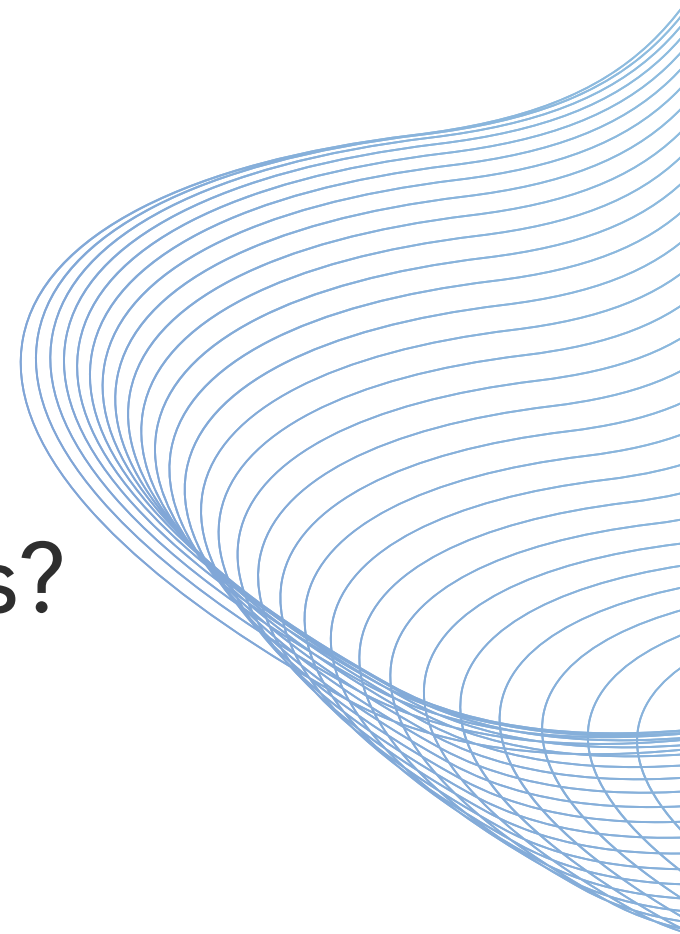
**\*Reference:** Diagnostic and Statistical Manual of Mental Disorders. 5th Edition. (DSM- 5)



# GROUP DISCUSSION

A. Have either addiction or mental health challenges affected your problem solving ability?

B. What strategies have you used to increase problem solving skills?



# A SNEAK PEEK AT SESSION 3

Answer these questions before next week...

1. Describe a problem you are facing.
2. What is your goal?
3. What have you tried so far to problem solve?
4. What was the outcome?

Co-Facilitators: Dr. Stephanie Kutzen and Mrs. Beth Palzet  
11/3/23

