

# MHET in a Minute



Mental Health  
Evaluation Team (MHET)

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## Seasonal Affective Disorder (SAD)

- Type of depression characterized by its recurrent seasonal pattern; significant mood changes and behavior whenever the seasons change
- Behaviors include those associated with major depression:
  - ◊ Losing interest in activities that were once enjoyed
  - ◊ Experiencing changes in appetite or weight
  - ◊ Having problems with sleep
- Specific symptoms that differ for **winter-pattern SAD** may include:
  - ◊ Oversleeping (hypersomnia), overeating
  - ◊ Social withdrawal (feeling like “hibernating”)
- Specific symptoms for **summer-pattern SAD** may include:
  - ◊ Trouble sleeping (insomnia), poor appetite
  - ◊ Restlessness and agitation
- SAD is more common for women than in men, and for those living far north where there are shorter daylight hours in winter (Alaska, New England, etc.)
- There is no clear cause, but factors such as circadian rhythm (sleep-wake cycle), and serotonin and melatonin levels may be contributors
  - ◊ For people with SAD, serotonin and melatonin can no longer adjust to seasonal changes in a day length, leading to sleep, mood, and behavior changes
- Risk Factors: Diagnosed with major depressive disorder, bipolar disorder or other mental disorders; family has a mental health history; living far from the equator

**Source:** [National Institute of Mental Health](#), [Mayo Clinic](#)

[Family Service Agency of Burbank \(FSA\) 818-845-7671, 2721](#)

**W. Burbank Blvd., Burbank:** Provides crisis intervention, clinical counseling, and violence prevention services and education for youth, teens, adults, and families.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) National Helpline 1-800-662-4357:](#) Free, confidential, 24/7, 365-day-a-year treatment referral and information services for individuals and families facing mental and/or substance use disorders.



## Fast Facts About Caregivers

- ◊ 1 in 5 U.S. adults (53 million or **21.3%**) identify as caregivers
- ◊ **27%** or nearly a third of adult caregivers are helping someone with a mental illness
- ◊ **45%** of caregivers for adults with mental illness are parents, **14%** are adult children and **11%** are spouses

For more info, go to the [Mental Health America](#)

For more resources, visit [NAMI Website](#)



## Psychiatric Mobile Response Team (PMRT)

- ◊ PMRT is a mobile crisis evaluation team that consists of Department of Mental Health (DMH) Licensed Clinical staff.
- ◊ PMRT have legal authority per Welfare and Institutions Code 5150/5585 to initiate applications for evaluation of involuntary detention of individuals determined to be at risk of harming themselves or others or who are unable to provide food, clothing, or shelter as a result of a mental disorder.
- ◊ While PMRT is an option in lieu of police services, PMRT dispatches teams only 8 A.M. to 2 a.m.
- ◊ For PMRT, call 24/7 **ACCESS** Hotline: 1-800-854-7771
- ◊ For more information, visit [DMH Website](#)