



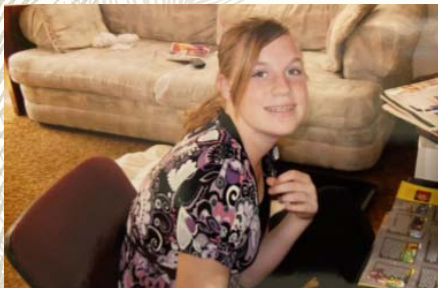
**Erin Lutjens**  
MHRS for the Mobile Crisis  
Support Team

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July 22<sup>nd</sup>, 2020

## I began showing symptoms of mental illness when I was twelve years old

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- Racing thoughts
- Labile mood
- Frequent changes in eating and sleeping habits
- Frequent changes in energy levels
- Passive suicidal ideations
- Alternation between depressive and hypomanic episodes
- Risk taking behavior, including drug and alcohol experimentation
- Increased feelings of depression and hopelessness
- Self-harming behavior

## Treatment options



### Therapy

- Cognitive/Behavioral therapy
- Case management
- Support groups for other teenagers struggling with mental health needs

### Psychiatry

- Seeing a doctor once a month for medication management
- Monthly blood tests
- Frequent changes in medication to find a prescription and dosage that treated my symptoms

## Success based on access to treatment

### Successful relationships



### Graduation from UC Davis with a bachelors in Psychology



### Employment as a social worker

