

LIS SOLUTIONS SECURITY MONTHLY NEWSLETTER

MAY 2023



MENTAL HEALTH AWARENESS AND SECURITY

May is Mental Health Awareness Month, which is designed to help fight mental health stigma, provide support, educate the public, and advocate for policies. Millions of Americans face the reality of mental health challenges. According to an article from the University of Michigan Health, "The Center for Disease Control and Prevention (CDC) noted that 11.3 percent of adults aged 18 and older reported regular feelings of worry, nervousness, or anxiety during the year. Another 4.5 percent regularly experienced feelings of depression in 2020."

Studies have found people with security clearance are fearful that seeking behavioral health treatment will result in a loss or denial of national security eligibility. LIS would like everyone to know that it is important that all employees, including those with clearances, understand that their wellness is our top priority and that seeking mental health care, when needed, will not put their national security eligibility in jeopardy.

Reporting Requirements: One of the biggest questions surrounding mental health and security is what actions are reportable in association with Section 21, Psychological and Emotional Health, of the Standard Form 86, Questionnaire for National Security Positions. The DOD Manual 5200.02, Enclosure 11 and Security Executive Agent Directive 3 outlines possible thresholds for what would merit reporting:

- ▶ Declarations of mental incompetence by a court or administrative agency.
- ▶ Court ordered mental health care or evaluation (inpatient or outpatient).

- ▶ Hospitalizations for mental health conditions (voluntary or involuntary).
- ▶ Diagnoses of the following conditions by a health care professional:
 - Psychotic disorders such as schizophrenia, schizoaffective disorder, or delusional disorder.
 - Bipolar mood disorders.
 - Personality disorders such as borderline personality disorder or antisocial personality disorder.

(NOTE: that there is NO diagnosis that is considered automatically disqualifying)

- ▶ Developing a mental health or other health condition that substantially affects judgment, reliability, or trustworthiness.

All of this information was published in the May 2022 issue of the Center for Development of Security Excellence's CDSE pulse newsletter. It is important to have factual data to counter the myth that an individual is likely to lose or fail to gain national security eligibility after seeking mental health care or experiencing mental health symptoms. The CDSE letter went on to state that, "Based on statistics from 2012-2020, the rate of losing a clearance eligibility solely due to mental health-related reasons is only .00115%."

WAYS SOCIAL MEDIA CAN BENEFIT MENTAL HEALTH

by Kevin Naruse | Mar 4, 2023

"Facebook can affect your mood. So can Instagram. It can provoke elation or depression. Exposure to online spaces like TikTok, Instagram, and Facebook feeds is called "emotionally contagious" and can affect your mental health. Now there's research data to back it up. Much research has been devoted to studying the downside of social media. Many of these studies are, in fact, legitimate. For example, addiction to social media is an epidemic among our nation's teens."

"Yet nearly half of the sources reviewed also suggested possible benefits. What the negative findings seem to overlook are the many positive effects social media has on its users."

"Concerns about the negative impacts of social media have dominated public debate. However, recent studies show there are clear health benefits to being online and connected." - Joanna Egan, *Women's Health*

TIKTOK IS FAST BECOMING AN ONLINE RESOURCE FOR MENTAL HEALTH

"According to Forbes in a Dec 2021 article, TikTok has surpassed Google as the most visited site in the world."

"A search with the hashtag #MentalHealth on the TikTok app showed more than 16.4 billion views. TikTok Surpasses Google, Facebook as World's Most Popular Web Domain TikTok has new mental health resources for its users. This is barely scratching the surface where the intersection of digital technology and mental health are concerned."

Continue reading article at: <https://paintedbrain.org/editorial/7-ways-social-media-can-benefit-mental-health-2>

