



# Tardive Dyskinesia

The Border of Psychiatry and Neurology



NAMI is The National Alliance on Mental Illness and our local affiliate serves Kane-South, DeKalb, and Kendall Counties  
We are often known as NAMI KDK.



Our mission is to provide **FREE** mental health support, education, and advocacy to individuals, family members, and communities.

## Vision

NAMI KDK envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

# Our Values

Hope: We believe in the possibility of recovery, wellness and the potential in all of us.

Inclusion: We embrace diverse backgrounds, cultures and perspectives.

Empowerment: We promote confidence, self-efficacy and service to our mission.

Compassion: We practice respect, kindness and empathy.

Fairness: We fight for equity and justice.

## NAMI KDK's Services

## Program Calendar

### Support Groups:

- Connections
- Family Support Groups
- Spanish
- BIPOC
- LGBTQ+
- Teen

### Education:

- Family-to-Family
- Peer-to-Peer
- NAMI Homefront
- Family & Friends
- NAMI Basics

### Presentations:

- Ending the Silence
- In Our Own Voice
- Sharing Hope
- Compartiendo Esperanza
- Custom Presentations

## What is Mental Wellness?

“A state of well-being in which the individual realizes their own abilities, can cope with the normal stress of life, can work productively and fruitfully, and is able to make a contribution to their community”

~World Health Organization

# Mental Illness

“Health conditions involving changes in emotion, thinking, or behavior (or a combination of these). It is associated with distress and problems functioning in social, work, or family activities. Mental illness is a medical problem and generally has a diagnosis”

~ Psychiatry.org

# The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

## PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder

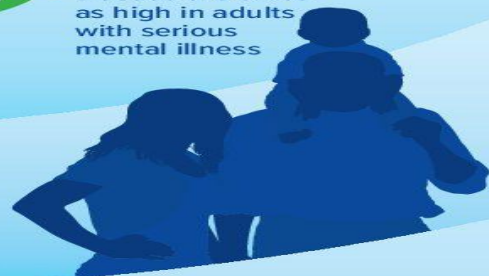


At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

## FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



**20%** of people experiencing homelessness also have a serious mental illness

## COMMUNITY



**37%** of people incarcerated in state and federal prison have a diagnosed mental condition



**70%** of youth in the juvenile justice system have at least one mental health condition



**1 in 8** of all visits to U.S. emergency departments are related to mental and substance use disorders



## WORLD



Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity



# What Is Tardive Dyskinesia (TD)?

- TD is a disorder characterized by involuntary muscle movements
- Thought to be caused by too much dopamine signaling in the brain; dopamine plays a major role in motor functions
  - Long term use of antipsychotics, neuroleptics, and antidepressants can lead to TD
  - Some medications for upset stomach, nausea, vomiting, and seizures can also trigger development of TD

# Symptoms

- Jerking hand or leg movements
- Neck twisting
- Difficulty swallowing
- Eye blinking and grimacing
- Lip smacking and involuntary tongue movements

# Jeff's Story

**TDAW**

**This video was sponsored and developed by Neurocrine Biosciences, Inc.**

To watch this video, click on  
[Jeff's Story](#)

# Who Is Affected?

- Tardive Dyskinesia is estimated to affect more than 600,000 people in the U.S.
- 60-70% of cases are mild, 3% of cases are extremely severe
- Incidence - proportion of NEW cases over a specified time period
  - 4-5% annual incidence after 1 year of treatment
  - Individuals 45+ have a 15-30% annual incidence
- Prevalence - proportion of people, new AND existing cases, with a condition over a specified time period
  - 20-30% annual prevalence
  - Individuals 45+ have a 50-60% annual prevalence after 1 year of treatment

**Tardive dyskinesia (TD) affects**

**~600,000**

**people in the U.S., and**

**~70%**

**have not yet  
been diagnosed.<sup>1,2</sup>**

**#TDAwarenessWeek**

Sources:

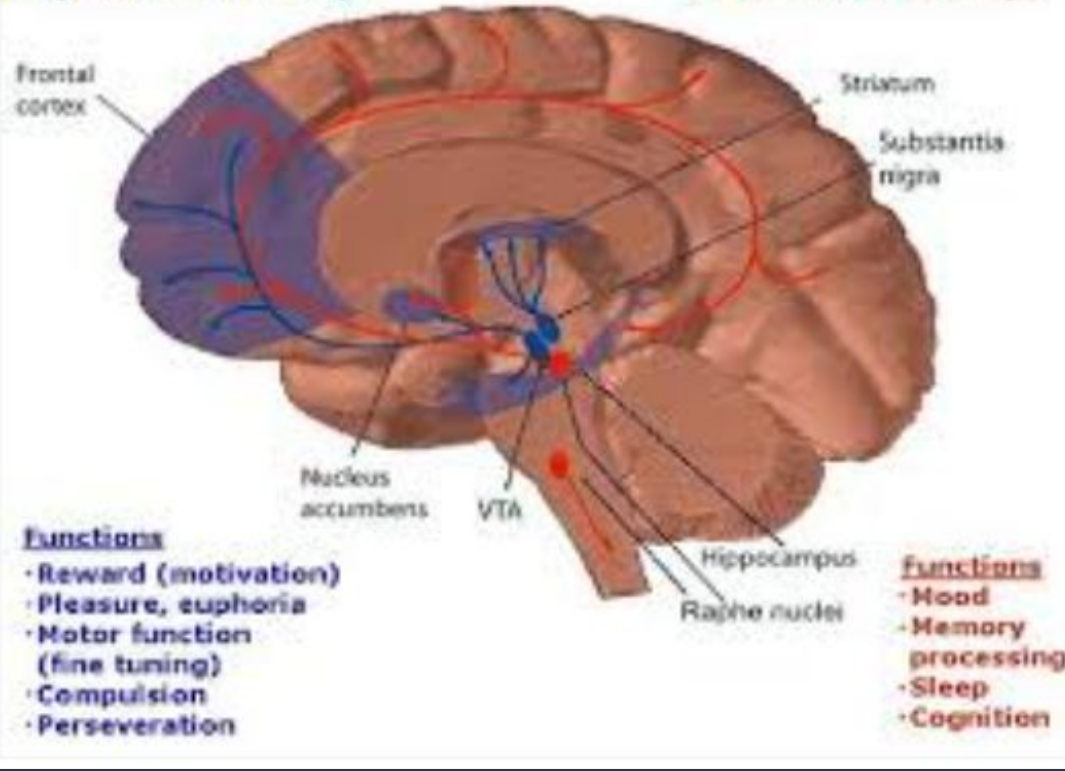
1. Cloud LJ et al. *Neurotherapeutics*. 2014;11(1):166-176.

2. Data on File. Neurocrine Biosciences, Inc.

- In Illinois 2 million people, or 21% of the population are living with a mental health condition.
- 21% of adults in the U.S. are living with a mental health condition of some kind, that's more than 52 million people.
- Risk for developing TD increases with:
  - Age 45 and up
  - Females
  - Individuals with family history of TD
  - Uncontrolled diabetes
  - Substance use

## Dopamine Pathways

## Serotonin Pathways



# Treatment Options

- 1st level options work by adjusting dopamine reception in motor control areas of the brain
- 2nd level options are short-term and work by decreasing abnormal electrical activity in the brain; benzodiazepines (benzos) are a class of medications that work by this action.
- With treatment resistant TD a physician may prescribe amantadine, a medication commonly used in patients with Parkinson's Disease.
- Deep Brain Stimulation (DBS) - 1 or more electrodes are implanted into the brain, functions similarly to a spinal cord stimulator.

# TD Resources

## [The National Organization for Tardive Dyskinesia](#)

- [Self-Help Techniques](#)
- [Pharmaceutical and Alternative Treatments](#)
- [Zoom TD Support Groups](#)

## [TD Doctor Discussion Guide](#)

## [Supporting Your Loved One with TD](#)

## [Neurocrine Biosciences TD Awareness](#)

Tardive dyskinesia [TD] can impact patients in many ways, including...<sup>1</sup>



**Socially**



**Emotionally**



**Physically**

**Learn more at [TalkAboutTD.com](https://www.talkabouttd.com)**

**Source:**

1. Ascher-Svanum H et al. *J Clin Psych*. 2008;69(10):1580-1588.

**#TDAwarenessWeek**



# Mental Health Resources

## [What to do in a Crisis](#)

### [NAMI KDK's Mental Health Resource Guide](#)

If you, or someone else, is in imminent danger, please call 911.

For crisis support, dial 9-8-8 for the Suicide and Crisis Lifeline (24/7/365). You can also find a trained Mobile Crisis Response Team near you- visit [tinyurl.com/3btna8vd](https://tinyurl.com/3btna8vd) for a list of Illinois providers. Calls to 988 or to a Mobile Crisis Response Team are handled by trained mental health personnel - law enforcement is not involved unless there is an imminent risk of physical harm.

The NAMI National Helpline operates Monday through Friday from 9 A.M. - 9 P.M. CT. Phone: 1-800-950-NAMI (6264). Text Option: 62640. Email: [helpline@nami.org](mailto:helpline@nami.org). Chat: [www.nami.org/help](http://www.nami.org/help).

## [IDHS Resources](#)

# For More Information and to Contact Us

## PLEASE REACH OUT TO US

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NAMI KDK main email: [info@namikdk.org](mailto:info@namikdk.org)

NAMI KDK Website: <https://www.namikdk.org/>

# References

1. Office of the Commissioner & Office of the Commissioner. (2017, April 11). *FDA approves first drug to treat tardive dyskinesia*. U.S. Food And Drug Administration. <https://www.fda.gov/news-events/press-announcements/fda-approves-first-drug-treat-tardive-dyskinesia>
2. ECT, TMS and Other Brain Stimulation Therapies | NAMI: National Alliance on Mental Illness. (n.d.). <https://www.nami.org/About-Mental-Illness/Treatments/ECT-TMS-and-Other-Brain-Stimulation-Therapies>
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8. *Tardive dyskinesia | NAMI: National Alliance on Mental Illness*. (n.d.). <https://www.nami.org/About-Mental-Illness/Treatments/Mental-Health-Medications/Tardive-Dyskinesia>