




TeamSolutions

Recovery in Process: Putting it All Together



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Content Objectives:

After completing this workbook, participants will be able to:

1. Recognize strengths-based, self-directed recovery.
2. Develop and nurture a supportive network that includes peers, family, friends, and other members of their treatment team.
3. Work through and manage setbacks or relapse if it happens.
4. Understand a holistic recovery approach that includes mind, body, and spirit.
5. Develop and follow an individualized recovery plan.

Treatment Plan Objectives:

1. Participants will gain knowledge during each session as evidenced by improving at least 25% from pre- to post-Topic Assessment.
2. Participants will choose and use knowledge as evidenced by selecting and attaining one personal practice goal per session.
3. Participants will demonstrate skill acquisition as evidenced by developing an individualized recovery plan.



Family Friendly Session – good for use in family sessions or groups

1

Recovery is Individual and Person-Centered Facilitator Notes

Main Learning Points:

This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.

Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Tips for this Session

1. This is the last workbook in the Team Solutions library of psychosocial materials. This workbook brings together many of the concepts learned in other workbooks, or closes the loop, to allow people to develop their individualized recovery plans.
2. This workbook may also be used in shorter-term settings as an overview of several components of recovery (according to SAMHSA's 10 Components of Recovery).
3. You may want to have extra copies of the written exercise page, *Where I am today in my recovery*, in case someone wants to select personal practice option #3.
4. If you have used several of the workbooks in the Team Solutions library and are finishing a series with this workbook, you may want to start thinking about how you will celebrate the completion of the series.

Suggestion for Topic Introduction and Relevance to Participants

"Team Solutions is a set of materials that was created to help you in your personal recovery. Hopefully, these materials have helped you understand more about your illness. This information may help you to develop successful skills and methods to not only manage your illness, but other parts of your life as well."

"Would anyone like to share what has been his or her favorite Team Solutions session or handout? What has been the most helpful to you?"

(Encourage responses.)

"This final workbook will allow you to build your own recovery plan as you move towards reaching your life goals. Congratulations for continuing the journey to your own personal recovery!"

"Let's answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. B 2. B 3. A 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Recovery is:

- A. Stopping contact with my treatment team.
- B. Taking steps to meet some of your goals.
- C. Not really possible with a mental illness.
- D. Determined by your destiny.

2. Recovery has to be person-centered and the same for all people.

- A. True B. False

3. Relapse may be part of the recovery journey and does not mean you must start all over again.

- A. True B. False

4. Recovery is:

- A. Focused only on problems.
- B. Something I can do in 4 weeks.
- C. Not possible if I still have symptoms.
- D. Focused on solutions, not problems.

Topic Assessment



5. I am confident I am on the road to recovery.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree | Unsure |

6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Recovery is Individual and Person-Centered

Objectives for this Session

1. Identify what “recovery” means to you.
2. Name at least 1 thing you would like to know more about that would help you in your recovery.

Personal recovery. Personal recovery happens when you take steps to reach your personal goals and maintain overall wellness. Recovery from a mental illness is not only possible, it should be the goal of every person affected by a mental illness. This goal of reaching the highest level of wellness possible is best shared by you, your family, friends, and your treatment team.

Continuing to define yourself as an individual, not just a person with a mental illness, is an important part of your recovery. Recovery is far more than just getting rid of or reducing the symptoms that upset your life.

“Mental health recovery is a journey of healing and transformation, enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

—SAMHSA National Mental Health Information Center



Discussion:

What does recovery mean to you? _____

Main Learning Point #1

Recovery happens when you take steps to reach your personal goals.

Recovery is Individual and Person-Centered

(continued)

Just as everyone has different hopes and dreams, everyone's

recovery path is different. Your recovery has to be in line with how you view your current situation and where you would like to be. One important part of recovery means finding what works best for you. Think about what is important to you. You can then use that information to help you reach your goals. Although many of your recovery steps may be similar to others, how and when you take steps toward your goals is up to you. It is important to remember, especially during tough times, that everyone can recover to the best of their ability.

Main Learning Point #2

Recovery is guided by your personal goals.

What if you fail or have a relapse of symptoms? Let's pretend you had planned to walk to the corner store from your home. About half-way to the store, you tripped over a bump in the sidewalk and fell down. What would you do? Would you go back to your home and start over?

No. You would simply check to make sure everything was okay, get back up, and continue toward the store. Your path to recovery is much like walking to the store. If you fall or get tripped up along the way, you just get back up and continue on your journey.

One thing you would do, though, is avoid the bump that tripped you. Relapse and other problems offer you a chance to learn what works and what does not work. This learning helps you to become more resilient, or able to “bounce back” more easily.

Main Learning Point #3

Relapse may be part of the recovery journey and does not mean you must start all over again.

Recovery Focus

Recovery focus. The recovery focus is a positive one. It is about looking at where you would like to be and how you can best get there. For this reason, the most successful recovery plans are based on solutions rather than problems. We are much more likely to find the best solutions by keeping in mind what we want to gain, not what we fear. The worries and fears associated with our problems often slow down our progress.

For example, if you decide you want to take a class at a local adult education organization, figure out which of these are **solution** steps you could take versus **problem** steps:



	Solution	or	Problem
Reading a brochure to find out what classes are offered.	<input type="checkbox"/>		<input type="checkbox"/>
Finding out what days and times the classes are held.	<input type="checkbox"/>		<input type="checkbox"/>
Realizing that all of the classes cost too much.	<input type="checkbox"/>		<input type="checkbox"/>
Making an appointment to talk to an admissions specialist.	<input type="checkbox"/>		<input type="checkbox"/>

When you identify a problem, like all the classes cost too much, look for solutions. The solution to this problem is to talk to the admissions person. They may know if financial aid is available to help pay for classes.

Being focused on what you want can help you stay on track to reach your goals. This focus can make you stronger as you move forward with your recovery.

Main Learning Point #4

Recovery is focusing on solutions, not problems.

To help you become more aware of where you may be right now in your recovery, take a few minutes to answer the following questions. Be ready to talk about what you have discovered about yourself with your treatment team or recovery group.

Where I am Today in My Recovery?



Today I feel _____ about my recovery.

I know where I want to be in my recovery. ☐ Yes ☐ No

I think I am strong enough and ready to take actions toward recovery.
☐ Yes ☐ No

Solutions that I have found work for me are: _____

The people who support me in my recovery are: _____

One thing I would like to achieve or learn more about in my recovery is:

My mentor or the person whom I most admire is: _____

Review & Moving Forward



The main learning points of this session are:

1. _____
2. _____
3. _____
4. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about my personal road to recovery.
- ☐ 3. **DISCUSS.** I will talk about the worksheet, *Where I am Today in my Recovery*, with _____. I will see if there is anything I want to add to my worksheet.
- ☐ 4. **OTHER:** _____

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goals by the next session?

2

Start on Your Road to Recovery Facilitator Notes

Main Learning Points from last session: *Recovery is Individual and Person-Centered*

1. Recovery happens when you take steps to reach your personal goals.
2. Recovery is guided by your personal goals.
3. Relapse may be part of the recovery journey and does not mean you must start all over again.
4. Recovery is focusing on solutions, not problems.

Review Personal Practice Options from last session.

Remember

You can refer to the "Facilitator's Delivery Checklist" when using Team Solutions materials as a reminder of important facilitator tips.

Tips for this Session

1. Invite one or more "recovery role model" speakers to assist with facilitating this session because this can be invaluable for everyone involved. Perhaps there is a NAMI group nearby who could help with this endeavor. In this session, you may want to invite one "expert in recovery" for every three to four participants (if possible) and break the group into small groups to work together on pages 2-4. During the discussion, walk around and participate in the small groups as needed to maintain focus on the task. Come together as one large group for closure with the Review and Personal Practice Goals.
2. If you are unable to get a speaker, you might ask one of your colleagues to be a co-facilitator. You could also use a DVD or video showing a person in recovery sharing a message of hope. Remember to check your facility's policy regarding any necessary Release of Information or Consent forms.
3. After main learning point #2, refer back to either the speaker story or the DVD/video for discussion with your participants.

General Tip

Visualize your task as "blowing on the embers to get a spark." Our goal is not only to help participants learn more about their illnesses, but also to develop skills to manage their lives. Our overarching goal is to help them discover that they can find their own paths to recovery. Remember, one of the 10 Fundamental Components of Recovery, as identified by SAMHSA, is self-direction. It is very powerful to have someone you trust and respect believe in you, so be generous with your encouragement and support.

Suggestion for Topic Introduction and Relevance to Participants

"Who in here knows someone who has a mental illness who is in recovery and doing well? Raise your hand if you do."

(Wait for responses.)

"I'm glad to see those hands! I certainly know several people who have mental illness and who are in recovery and are doing well."

(Caution: Only say this if it is true.)

"In fact we have a guest today who has first-hand knowledge and experience about personal recovery. The question we hope to answer today is, 'How do you take charge and get started with your own recovery?'"

(If you do not have a guest, show a DVD/video of a patient who is doing well with his or her recovery as a part of your introduction to the session.)

"How might a group session about this be helpful to you?"

"Let's review the main points from our last session before we start."

There is no Topic Assessment for this session.

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 1: Recovery is Individual and Person-Centered



Main Learning Points of Session 1

What were the main learning points of Session 1? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Recovery happens when you take steps to reach your p_____l goals.
2. R_____y is guided by your personal goals.
3. Relapse may be part of the recovery journey and does not mean you must s_____t all over again.
4. Recovery is focusing on s_____, not problems.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. I am confident I am ready to manage my own recovery journey.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

2. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

3. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

4. What I liked about this session: _____

5. How this session could have been better for me: _____

Start on Your Road to Recovery

Objectives for this Session

1. Identify 2 easy activities that you enjoy doing.
2. Develop a plan for getting your recovery started using an easy and enjoyable activity.
3. Name 2 things you can do to feel like you are moving forward.

Choosing to build a road to recovery can be a very positive step. Life can begin to get better when you are on the road to recovery—better in new ways instead of just returning to the way it was before the illness. You may have to make changes in how you do many of the things you used to do. Going back to school or getting a job right away may not be the best for you. You may want to start slowly.

For many people, the hardest part of recovery is getting started! If you are having trouble getting started, you should begin with an activity that is fun. You can then increase your activity level at your own speed and move to other activities when you are ready.

On the lines below, list some activities you would like to try as you start working toward recovery.



1. _____
2. _____
3. _____
4. _____
5. _____

Main Learning Point #1

**Recovery may be hard to start,
but the reward is that life begins
to get better.**

Start on Your Road to Recovery (continued)



Which activity might be good to do first? _____

When might be a good time to start this activity? _____

Main Learning Point #2

You can start your recovery journey by choosing something you enjoy doing.



Let's think back to what we heard during today's session. What are some ideas the speaker gave you about how to be more confident and move forward in your recovery?

If you need help getting started, which member of your treatment team might be the best to ask for help? _____

Some ideas for my own recovery plan are:

Other things you can do to find comfort and move forward

As you begin to get better, it is helpful to know some things other people have done to help themselves feel better. Here are some suggestions:

- "I like to take a shower in the morning. The warm water is relaxing."
- "Listening to music relaxes me. When I go out, I like to take my favorite "carry along" music with me to listen to."
- "I go to sleep the same time every night and get up the same time every morning. I feel less nervous that way."
- "I like to walk. It was hard at first. I started by taking a short walk on the sidewalk in front of my apartment."
- "I belong to a support group. Talking to other people who have similar problems has helped me a lot."
- "One thing I know I need to do is take my medicine every day. Twice I felt better and tried to stop taking it. And I had to go back to the hospital both times. It is easier just to keep taking it."
- "The one thing that used to mess me up was partying with my friends. I don't drink that much booze, but I guess it was enough to upset my condition. I still see my friends, but I do not drink or do illegal drugs anymore. It is not easy."
- "Getting away from the radio and TV can be a good idea. Sometimes I seem to get overwhelmed with all that information."



What are some other things you might do to find comfort? Write them below:

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about my road to recovery.
- ☐ **3. EXPLORE.** I will try one new idea to comfort myself and move forward. I will share how it was at the next session.
- ☐ **4. OTHER:** _____

3

Pursuit of Life Goals Facilitator Notes

Main Learning Points from last session: *Start on Your Road to Recovery*

1. Recovery may be hard to start, but the reward is that life begins to get better.
2. You can start your recovery journey by choosing something you enjoy doing.

Review Personal Practice Options from last session.

Remember

It is important to acknowledge and discuss participants' successes, progress, and challenges.

Tips for this Session

You need to be aware of your crucial role in conveying the positive belief in your participants' ability to make changes. Many participants have stated they did not believe they could reach their goals until someone else believed in them. Your influence on participants' efforts is very powerful at this stage.

Potential Problem

Participants may not believe they can reach their goals or they may fear failure if they go after their hopes and dreams.

Possible Responses

You must believe in the participants first. The power of someone believing they can succeed can be just the motivation they need to get started. Suggest that they do not have to evaluate if, or how, they can reach their dreams at this point. Ask them to simply think about what they would like to do.

Suggestion for Topic Introduction and Relevance to Participants

"If you had a magic wand that would grant you one wish, what would it be?"

(Encourage responses.)

"Unfortunately, we do not have any magic wands, but our hopes and dreams can be almost as powerful as magic. When we begin to hope and allow ourselves to dream, we are giving ourselves the power to begin to reach our goals. The world is changing today, and people with mental illness are playing a major role in it. Today, the concept of recovery is very different from what it was even a few years ago. People with mental illness are not just succeeding in reaching their own dreams, many are sharing their experiences to help others and to change the way the world looks at mental illness."

(You may want to show a consumer video during this introduction.)

"Your recovery does not stop when your symptoms are stabilized or minimized. That is the point at which you can continue to move forward with recovery and take small steps to reach your goals. Eventually you can reach them."

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key
1. B 2. C 3. A 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 2: Starting the Recovery Process



Main Learning Points of Session 2

What were the main learning points of Session 2? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Recovery may be hard to start, but the r_____d is that life begins to get better.
2. You can start your r_____y journey by choosing something you enjoy doing.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. I need to just take care of my mental illness and forget my dreams.

- A. True B. False

2. My first step in getting what I want is to:

- A. See what I can afford.
B. Ask my prescriber what I am able to do.
C. Decide what I want.
D. Eliminate all symptoms of my illness.

3. Pursuing goals and dreams can make you stronger.

- A. True B. False

4. People with mental illness:

- A. Are limited to what they can do.
B. Need to be satisfied with a monthly check.
C. Need to wait until an opportunity comes up before trying something new.
D. Are in charge of their own recovery steps.

5. I am confident I can reach my goals and dreams.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree | Unsure |

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Pursuit of Life Goals

Objectives for this Session

1. Identify 1 thing that recovery means to you beyond managing symptoms.
2. Name 2 ways you can begin to become the person you want to be.
3. Identify 2 new or renewed life goals.

The good news about pursuing your life goals is that it is never too late. Often when a person first develops a mental illness their life is interrupted and life plans are put on hold. The immediate focus shifts to the treatment and management of symptoms. Unfortunately, many people never go back to pursuing their hopes and dreams because they were told they had a mental illness and could no longer get what they wanted. But everyone has the right to go after their personal goals and dreams.

Main Learning Point #1

Having an illness does not necessarily stop people from reaching their goals.

Today, many people with mental illness are going back to what they were doing or had planned to do before they got sick. Many have gone back to school or work and have followed up on activities they had an interest in. Although prescribers and other mental health professionals have a lot of knowledge on how to treat symptoms, they can't predict or control who will be successful in reaching their goals. This can only be determined by each of you through the pursuit of your dreams.

I am most likely to reach my goals if:

1. **I believe** my dreams and goals are possible.
2. **I take some action** toward reaching my dreams.
3. I want to reach my goals enough to **keep striving** to reach them.

Pursuit of Life Goals (continued)



Fill out and talk about the following questions.

Reconnecting with My Dreams

Before I got sick, I was _____

I was planning on _____

Today, I am interested in _____

Main Learning Point #2

You are the only person who can reach your goals and dreams.

Most people, whether they have a mental illness or not, are sometimes not sure if they can or should go after their dreams. It is easy to say that having a mental illness keeps people from succeeding. However, many people with mental illness have reached their personal goals. These people realized that they had to go after their goals because no one else could do it for them. They understood that they could reach their dreams through their own efforts. They managed their illness with support they got from members of their treatment team along the way.

Main Learning Point #3

It is what you do, or your effort, that will help you reach your goals.

Pursuit of Life Goals (continued)



“Slow and steady wins the race.”
—Aesop’s Fable, “The Tortoise and the Hare”

Do you know the story of the race between the tortoise (or turtle) and the hare (or rabbit)? The rabbit knew he was much faster than the turtle, so he made fun of the turtle for thinking he could win the race. The rabbit ran ahead and decided to take a little nap, while the turtle just kept taking his small and steady steps. When the rabbit woke up, he ran to catch up with the turtle and win the race, but guess what? The turtle had already crossed the finish line. That turtle, even though he was slow, was steady and kept walking forward, and he won the race!

Write and talk about what the saying “slow and steady wins the race” means to you. _____

It is important to understand that on your road to recovery, you will likely get discouraged and impatient at times. That is okay. We all get discouraged at times. It is what you do at that point that will affect the outcome. Don’t give up. To be successful, simply:

1. Pause.
2. Figure out what you need.
3. Ask for assistance in getting what you need.
4. Continue taking steady steps.

Persistence will help you cross the finish line! Remember, “slow and steady wins the race.”

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Move Forward – Choose a Personal Practice Option

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about some of the goals I had before my illness.
- ☐ **3. DISCUSS.** I plan to talk to _____ about taking steps to:
- a. Return to or start school.
 - b. Find a job.
 - c. Do volunteer work.
 - d. Improve my health.
 - e. Other _____
- ☐ **4. OTHER:** _____

4

Using Your Strengths to Plan Ahead Facilitator Notes

Main Learning Points from last session: *Pursuit of Life Goals*

1. Having an illness does not necessarily stop people from reaching their goals.
2. You are the only person who can reach your goals and dreams.
3. It is what you do, or your effort, that will help you reach your goals.

Review Personal Practice Options from last session.

Tips for this Session

1. If possible, arrange to have people who are doing well with their recovery, or other members of the treatment team, assist you with this session. Participants will finish their first draft of their Emergency and Assistance Plan (page 3). They can work in small groups of three or four people while you move between groups to keep them focused on the task and help them as needed.
2. The majority of today's session will be spent working on individual Emergency and Assistance Plans. Make it fun and offer plenty of encouragement. You may want to offer a small gift to each participant who completes an Emergency and Assistance Plan.

Suggestion for Topic Introduction and Relevance to Participants

"Do you know why schools and hospitals do fire drills?"

(Look for someone to say something similar to, "In an emergency, people panic and forget what to do. If they have practiced what to do in an emergency, they just do what they have been taught." If someone says something similar to this, restate it in this way to them.)

"Practicing is also a good way to prepare for any potential problems that are related to your illness. Planning ahead and maybe even having announced drills may be helpful to you too."

"Today we will talk about planning ahead to manage your illness. That includes:

1. *Prevention, or doing things to keep emergencies from happening.*
2. *Management of emergencies with good planning."*

"What would you hope to get out of coming to a session about this?"

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. A 2. B 3. B 4. B

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 3: Pursuit of Goals and Dreams



Main Learning Points of Session 3

What were the main learning points of Session 3? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Having an illness does not necessarily stop people from r_____g their goals.
2. You are the only p_____n who can reach your goals and dreams.
3. It is what you do, or your effort, that will help you reach your g_____s.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Having new side effects from my medicine is a reason to call a member of my treatment team.

A. True B. False

2. I have to write a plan for an emergency if I say I am in recovery.

A. True B. False

3. In an emergency I should call only one of my treatment team members and no one else.

A. True B. False

4. If I miss a dose of my medicine I should call someone for emergency assistance.

A. True B. False

5. I am confident I can plan ahead to handle emergencies.

☐ ☐ ☐ ☐ ☐ ☐
Strongly Disagree Disagree Neither Agree Agree Strongly
Nor Disagree Agree

6. This information is important for me to know.

☐ ☐ ☐ ☐ ☐
Strongly Disagree Neither Agree Agree Strongly
Disagree Nor Disagree Agree

Topic Assessment



At the **end** of the session, answer these questions before turning in this paper:

7. This session helped me.

☐

Strongly
Disagree

☐

Disagree

☐

Neither Agree
Nor Disagree

☐

Agree

☐

Strongly
Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Using Your Strengths to Plan Ahead

Objectives for this Session

1. Identify 2 or 3 times when it would be important to call your prescriber or other member of your treatment team.
2. List who you will call in an emergency and how to get in touch with that person.
3. Complete a personal Emergency and Assistance Plan.

I will call my prescriber or another member of my treatment team when:

1. I am very discouraged.
2. I think that I might hurt myself or someone else.
3. My symptoms are bothering me, I have new symptoms, or the symptoms I used to have come back.
4. I start to have “early warning signs,” such as hearing voices that may be getting louder or more frightening, or increased sadness, depression, or feeling out of control.
5. I think I may have a new side effect from my medicine or I have a side effect that seems to be getting worse.
6. I am having a crisis of any kind (and I should call for help immediately).

Main Learning Point #1

Call your treatment team immediately if you are having trouble managing symptoms.

Using Your Strengths to Plan Ahead (continued)

Handling emergencies. Sometimes it is hard to know what to do when there is an emergency or you need help. Sometimes it is difficult to remember all of the things you want to tell your prescriber or treatment team once you have called them.

The Emergency and Assistance Plan on the next page will help you organize your thoughts. It will help you to be prepared and ready, in case there is an emergency or if you need help. People you may want to call include:



1. Your prescriber or other member of your treatment team.
2. A friend or family member.
3. Other: _____

Main Learning Point #2

Plan ahead to be prepared in case of an emergency.

Emergency and Assistance Plan:

The chart on the next page is to help you plan what to do in case there is an emergency or problem. You can talk about what you write in the blank spaces below with a member of your treatment team and with your Buddy System buddy. (Your Buddy System buddy is someone who works with you, someone you can count on to help you through a crisis and to be there to give you good advice. Your Buddy System buddy should be someone in your support network, such as a treatment team member, family member, or friend.)

Using Your Strengths to Plan Ahead (continued)

The first line provides an example of the information you need to fill in.



Problem	Person to call	Phone Number	Things I need to talk about
I have run out of my medicine.	(Member of my treatment team)	555-XXXX	1. How to get my prescription refilled. 2. Need help picking up medicine from the drugstore.
I have not been taking my medicine as prescribed.			
My symptoms are getting worse or I have started to have early warning symptoms.			
I need assistance solving a tough problem.			
I am having side effects from my medicine.			
Other:			

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once. I will think about what I need to be able to do to get and to keep the roles I want in life.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about my strengths.
- ☐ **3. PREPARE.** I will tape a copy of my *Emergency and Assistance Plan* on my refrigerator or inside my bedroom door.
- ☐ **4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ **5. EXPLORE.** I will read first-person stories of other peoples' recoveries from mental illness, and I will write down more ideas to aid my own recovery.

5

Taking Responsibility for Your Personal Recovery Plan Facilitator Notes

Main Learning Points from last session: *Using Your Strengths to Plan Ahead*

1. Call your treatment team immediately if you are having trouble managing symptoms.
2. Plan ahead to be prepared in case of an emergency.

Review Personal Practice Options from last session.

Tips for this Session

1. If you use the suggested topic introduction, you may want to draw the foundation of a house on the board or a flipchart to use as a visual aid.
2. Review the *SAMHSA 10 Fundamental Components of Recovery* (facilitator reference page attached) before starting this session. Make sure your message is in line with the accepted recovery principals.

Materials Needed to Accompany Participant Handout

1. *My Pathway to Recovery – example.*
2. *My Pathway to Recovery – master.*

Suggestion for Topic Introduction and Relevance to Participants

“Who knows how long it takes to build a brand new house or office building? Is this something that happens in a day? No? Does anyone have an idea of why it takes so long?”

(Facilitate discussion. Focus on the importance of having a solid foundation for a building before anything else is started. For example, the outside walls, framework, and the roof must all be in place before you can start to finish the rooms on the inside of the building.)

“If you tried to put the roof on the building before you have the outside walls, you would have problems, wouldn’t you? To build something that is solid and sturdy takes time. Your personal recovery plan also needs to be built on a solid foundation that will support your recovery goals. Just like you need the outside walls of a building before you can fill in the inside rooms, you need to have a solid recovery plan in place that you can build your recovery upon.”

“This is another example of where small steps can eventually help you reach your goals. In this session, you will have a chance to identify some of the small steps you can take in your recovery journey. When we leave here today you will have a worksheet that will help you track your progress.”

“Let’s review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment Answer Key

1. **D** 2. **C** 3. **B** 4. **C**

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 4: Using Your Strengths to Plan Ahead



Main Learning Points of Session 4

What were the main learning points of Session 4? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Call your treatment team immediately if you are having trouble m_____g symptoms.
2. Plan ahead to be p_____d in case of an emergency.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn’t choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Short-term goals are:

- A. Wants or needs I have for next year.
- B. Easy to reach.
- C. Not important for me to think about.
- D. Wants or needs I have for the near future.

2. If I have not reached my goals up to this point:

- A. There is no reason to start trying now.
- B. I will never be able to reach them.
- C. I can still work on reaching them.
- D. My prescriber can decide what I should do.

3. Everyone's path to recovery looks the same.

- A. True
- B. False

4. When things get in the way of your recovery, it is best to:

- A. Stop and choose something else.
- B. Take more medicine.
- C. Take care of your immediate needs and find out what you need to do next.
- D. Kick back and relax.

Topic Assessment



5. I am confident I can develop my own recovery plan.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree | Unsure |

6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Taking Responsibility for Your Personal Recovery Plan

Objectives for this Session

1. Set up your Personal Recovery Plan.
2. Identify 2 short-term steps that are needed to reach 1 of your long-term life goals.

Recovery is the road you choose to take in reaching your life goals.

Everyone's road is a little different, as we all have different hopes and dreams. However, it is helpful for you to understand your own road to recovery and what you want to achieve. That way, you can plan to meet each goal along the way and get what you want in life.

Sometimes it is hard to decide which direction to go and what goal you want to reach first. It can be helpful to organize your wants and needs into short- and long-term goals.

Use the list on the next page to write the things you want in life. Do not worry now about how you will get them. Just list things that you would like:

1. Now.
2. Later this year.
3. To have many years from now.

Short-term goals are needs you have or things you want to do right now or in the immediate future. Meeting basic living needs such as food, clothing, shelter, and earning a steady income might be one example of a short-term goal you decide to work on.

Long-term goals are the things you want to do in life that might take a while. Examples of these may be buying a car, getting a good job, going back to school, or meeting new friends.

Main Learning Point #1

Writing out short- and long-term goals can help you decide what to do next.

Taking Responsibility for Your Personal Recovery Plan



Things I want in life:



**Short-term goals -
things I want or need first**

**Long-term goals -
things I want later**

[illegible]

Main Learning Point #2

You choose your direction in recovery.

Taking Responsibility for Your Personal Recovery Plan (continued)

Meeting our life goals takes time and effort. It would be nice to meet all of our goals in a nice orderly fashion, or when we meet one goal, we just move on to the next one. Unfortunately, life does not usually work that way! Our needs change or issues come up that interrupt us. Sometimes we need to make changes or adjustments. Remember, this is the way it is for everyone, not just people with mental illness. It is not a failure when we have a setback. It is just a slight detour on the road to recovery.

Main Learning Point #3

Recovery may include a few setbacks.

To be successful in reaching our goals, it is often best to work on one or two at a time. No one can meet all their goals at once. Now that you have listed some of your goals, you can put them in a chart so you can track your progress. (Use a pencil for this exercise so you can make changes if needed.)

Let's look at the *My Pathway to Recovery* handout.

On this handout, write in your long-term goals at the top right of your sheet. Then write the most important short-term goal just to the right of that. Place today's date on the first line. Think of a possible date when you might be able to reach your first recovery goal. Put that date under the first goal you listed. Continue to write in other goals along the outlined pathway.

As you can see on the example, this person made some changes as he needed while he was on his path to recovery. You will likely have some changes too as you change and grow.

This is just an example of the *My Pathway to Recovery* plan, but you also have a blank version that you can use to fill out your own recovery plan.

Main Learning Point #4

You can adjust your recovery plan as you change and grow.

Review & Moving Forward



The **main learning points** of this session are:

1. _____
2. _____
3. _____
4. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ **1. STUDY.** I am going to reread my handout at least once.
- ☐ **2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about my short- and long-term goals.
- ☐ **3. DISCUSS.** I will talk about what I want in life with a member of my treatment team and fill out *My Pathway to Recovery* plan.
- ☐ **4. OTHER:** _____

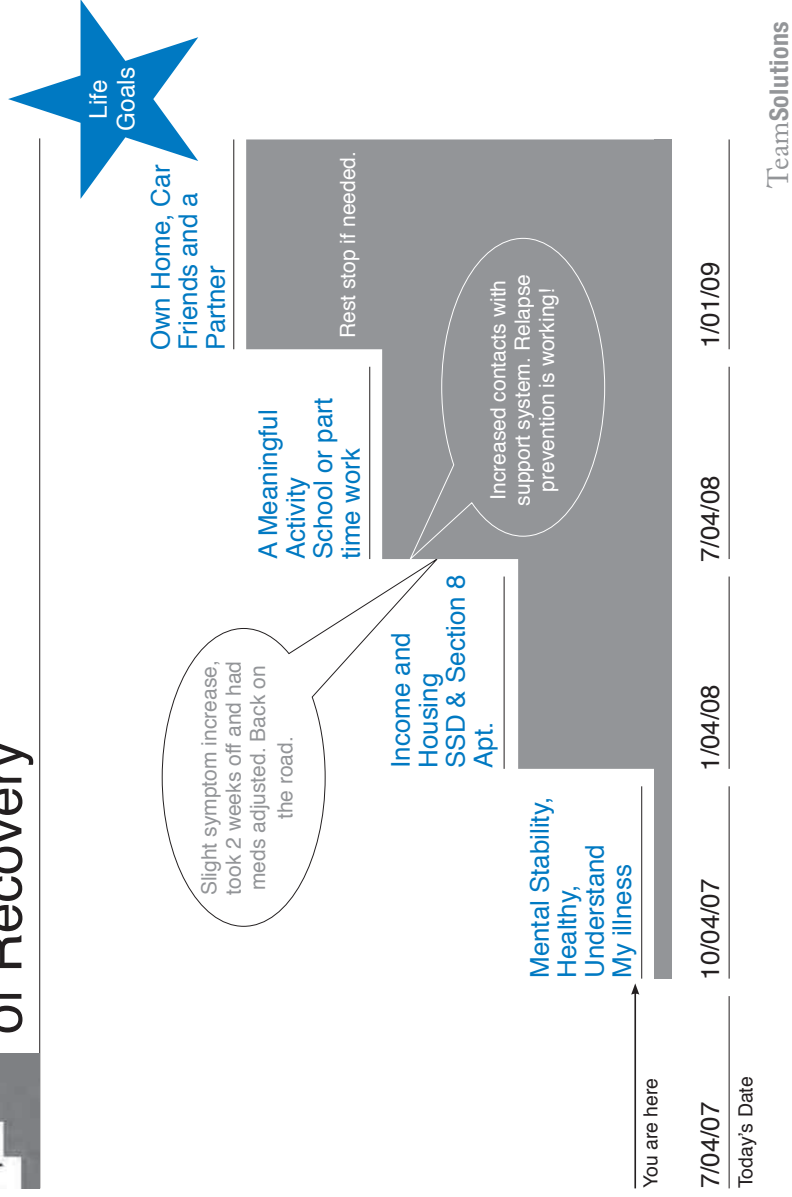
Take an “Extra Step Forward” (optional)

- ☐ **5. PLAN.** I will work with _____ to fill out the *My Pathway to Recovery* plan.

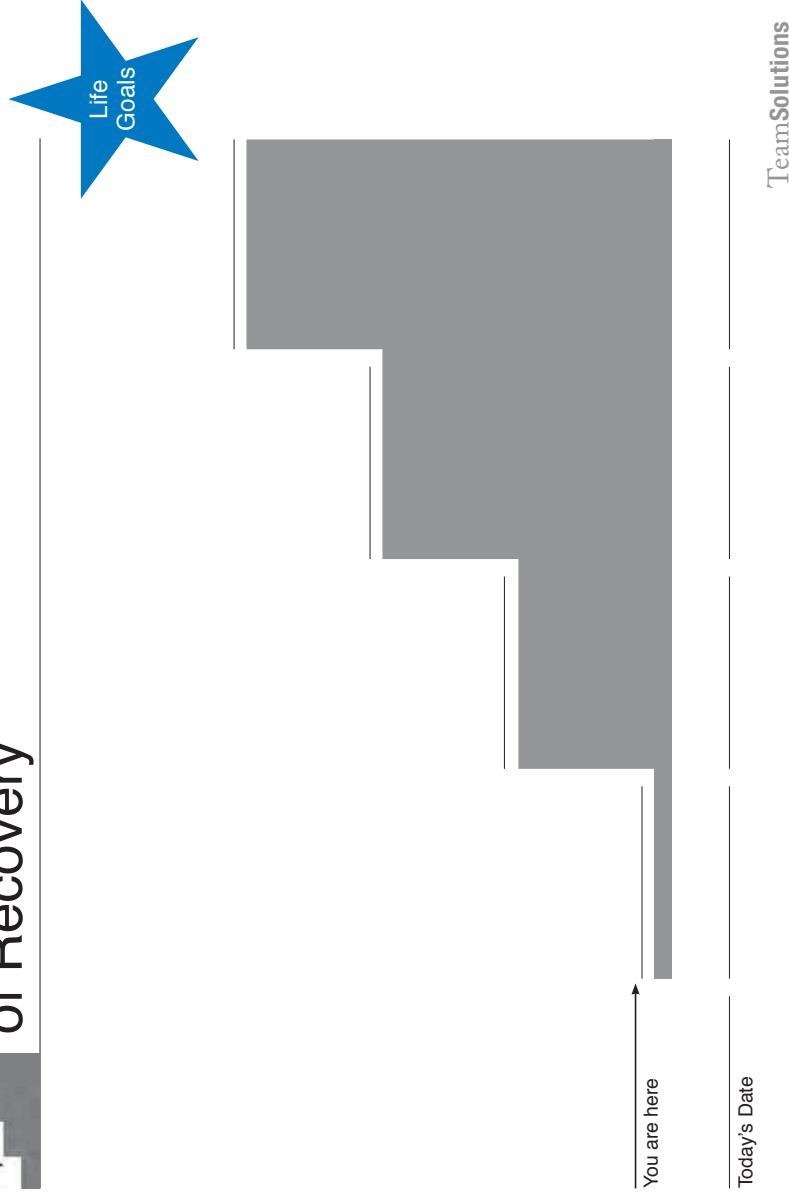
If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goals by the next session?



My Pathway of Recovery



My Pathway of Recovery



The 10 Fundamental Components of Recovery

Self-Direction: Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life. By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

Individualized and Person-Centered: There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.

Empowerment: Consumers have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing. They have the ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.

Holistic: Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.

Non-Linear: Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery.

The 10 Fundamental Components of Recovery (continued)

Strengths-Based: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles (e.g., partner, caregiver, friend, student, employee). The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

Peer Support: Mutual support—including the sharing of experiential knowledge and skills and social learning—plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.

Respect: Community, systems, and societal acceptance and appreciation of consumers—including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery. Self-acceptance and regaining belief in one's self are particularly vital. Respect ensures the inclusion and full participation of consumers in all aspects of their lives.

Responsibility: Consumers have a personal responsibility for their own self-care and journeys of recovery. Taking steps towards their goals may require great courage. Consumers must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness.

Hope: Recovery provides the essential and motivating message of a better future—that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process. Mental health recovery not only benefits individuals with mental health disabilities by focusing on their abilities to live, work, learn, and fully participate in our society, but also enriches the texture of American community life. America reaps the benefits of the contributions individuals with mental disabilities can make, ultimately becoming a stronger and healthier nation.

Reference: <http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4129/>

6

Recovery is Not a Step-by-Step Process
Facilitator Notes**Main Learning Points from last session:*****Taking Responsibility of My Personal Recovery Plan***

1. Writing out short- and long-term goals can help you decide what to do next.
2. You choose your direction in recovery.
3. Recovery may include a few setbacks.
4. You can adjust your recovery plan as you change and grow.

Review Personal Practice Options from last session.**Tips for this Session**

Recovery, like most things in life, is reached in stages. It is rare for someone to start their recovery journey and proceed with no setbacks. Acknowledge the fact that people may have some difficulties as part of their process and compare it to other illnesses where people have relapses.

**Suggestion for Topic Introduction
and Relevance to Participants**

"Who remembers when they first learned how to ride a bike? Did you ever fall off the bike? We all did! So, did you quit learning how to ride, or did you try again? I will bet some of you are pretty good at riding a bike! It is all about keeping your balance, right?"

(Encourage responses.)

"Did someone, like your mom or dad or a friend give you any help when you fell? Did you get any encouragement to keep trying? What encouraging things would you say to a child who fell down while learning? Could you write that on the board (or a flipchart, or on your handouts)?"

"Learning how to manage your illness is a lot like learning to ride a bike. Sometimes you take a few spills as you learn what to do to "keep your balance" and avoid relapse. Just like learning to balance your weight on a bike, it takes some time and a little practice to learn how to recognize symptoms that can lead to relapse. Although these times can be very hard on you, remember that all your experiences are learning opportunities. Do not waste energy on being mad or sad about it. Get back up on the bicycle and keep practicing!"

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. C 2. D 3. A 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 5: Taking Responsibility for Your Personal Recovery Plan



Main Learning Points of Session 5

What were the main learning points of Session 5? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Writing out short- and long-term g_____s can help you decide what to do next.
2. You choose your direction in r_____y.
3. Recovery may include a few s_____s.
4. You can adjust your recovery plan as you c_____e and grow.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Relapse mostly happens because:

- A. People do not follow their doctor's orders.
- B. Staff do not watch clients close enough.
- C. Every illness can have setbacks.
- D. People deserve it.

2. When symptoms return, it indicates:

- A. I am relapsing.
- B. I did not do something right.
- C. My medicines are no longer working.
- D. I may need some adjustments to my treatment.

3. Knowing your early warning signs may help you interrupt relapse.

- A. True B. False

4. I am on the road to recovery when:

- A. I recognize changes and early warning signs.
- B. I can accept setbacks or relapse without shame and guilt.
- C. I view myself as someone other than just a person with mental illness.
- D. All of the above.

Topic Assessment



5. I am confident I can recognize my returning symptoms.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Recovery is Not a Step-by-Step Process

Objectives for this Session

1. Identify 1 way you can work with your treatment team to change your relapse prevention plan so it will be more helpful to you the next time.
2. Name 2 people who can be of help to you if your symptoms start to bother you.

Early signs of relapse. In early recovery, many people are afraid their symptoms will return or get worse. It is normal to spend much of the day checking yourself to see if everything is going okay and if you are doing all right. The tendency is to not take on any new stressors or to make any changes in order to stop the symptoms from getting bad again.

It is normal to do this at the beginning of any illness and it is important to realize that you are not alone. People with other serious illnesses, such as heart disease, diabetes, cancer, or asthma, may experience the same type of thoughts when they are first diagnosed. People with these illnesses also can have a relapse of symptoms.

Main Learning Point #1

Every serious illness can have setbacks.

People who often do well with avoiding relapse are those who know what their early warning signs are. An early warning sign is something that often happens before symptoms get worse. These early warning signs, or changes, can be a shift in one's mood, being tired or depressed, or a general sense of uneasiness. It can be an increase in fear or suspiciousness or even anger. Just like no two people have exactly the same symptoms, early warning signs are also different for each person.

Recovery is Not a Step-by-Step Process

(continued)

The good news is that most people have patterns when they begin to get sick again. This means that an individual's relapse starts out about the same every time. Because of this, the person can learn to recognize when he or she is starting to have a relapse. Steps can be taken to reduce or even stop a relapse from happening. How can this be done? By identifying personal warning signs.



Your relapse warning signs. The following is a list of some typical warning signs of possible relapse. Put a check beside the ones that happen to you. Add others that you have had. You may want to ask family or friends to help you with this exercise. Sometimes they may be aware of changes that happened before you got sick the last time. They may also see changes before you do. Ask them if they know any of your relapse changes.

1. Feeling more happy or sad for no obvious reason.
2. Feeling tired or worn out.
3. Disturbed sleep or change in sleeping habits.
4. Becoming angry or irritable.
5. Thinking everyone is watching you or wants to hurt you.
6. Having trouble focusing or remembering.
7. Not being able to find the words to express your thoughts or emotions.
8. Other _____
9. Other _____

Recovery is Not a Step-by-Step Process

(continued)

It is important to talk about changes with your treatment team. Sometimes you may want to talk to your prescriber directly. If you see your warning signs, monitor your symptoms for further changes. Whether or not you need a medicine adjustment, you will want to be extra careful in taking care of yourself at these times. Eating healthy, getting plenty of sleep, avoiding alcohol or drugs, and making sure you take your medicine the right way every day are a few of the things that may help you stop a relapse from happening.

Main Learning Point #2

Learning to recognize your early warning signs may help you interrupt or even stop a relapse.

Relapse prevention. Sometimes symptoms get worse when you are doing everything right. This is normal for some people and can happen from time to time. This does not necessarily mean that your medicine is no longer working or that a relapse will happen. It does indicate that a change in your medicine may be needed, and you should contact your prescriber, treatment team, and your support system. By working with your treatment team, your relapse prevention plan can be put into action. In addition to a medicine adjustment, your treatment team may help you restructure your day, reduce stress, and give you other types of support.

Once medicine has been adjusted, it is important to tell your prescriber and treatment team if it is working. After your medicine is changed, ask your prescriber how long it may take before you see relief or improvement. This is important not only while you are having more symptoms, but also for your overall recovery process.

Main Learning Point #3

When your medicine is adjusted, tell your prescriber if it is helping you.

Recovery is Not a Step-by-Step Process

(continued)

The return of symptoms or relapse can happen with many illnesses, including mental illness. It is important to get back on the road to recovery as soon as you feel better. The longer you wait to start working again on your goals, the harder it may be to have an active recovery. A good way to start moving forward again is for those around you to give some added support as you go back to pursuing your life goals. As time goes on, you will start to be stronger and more confident that you can manage your recovery.

Congratulations: You have just become stronger on your Recovery Pathway. Continue on!

Main Learning Point #4

**Get back on your recovery journey
as soon as possible.**

Review & Moving Forward

The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about it.
- ☐ 3. **DISCUSS.** I will talk about the “Relapse Signature” warning sign list with _____ to figure out my own warning signs.
- ☐ 4. **OTHER:** _____

7

Planning Ahead to Use Resources Facilitator Notes

Main Learning Points from last session: *Recovery is Not a Step-by-Step Process*

1. Every serious illness can have setbacks.
2. Learning to recognize your early warning signs may help you interrupt or even stop a relapse.
3. When your medicine is adjusted, tell your prescriber if it is helping you.
4. Get back on your recovery journey as soon as possible.

Review Personal Practice Options from last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Tips for this Session

1. You may want to invite representatives from the National Alliance on Mental Illness (NAMI), the Depression and Bipolar Support Alliance (DBSA), and other local support groups to attend this session to share information about what their groups can offer to participants. Encourage participants to take part in these organizations and give them a list of area meetings.
2. Having guests attend this session may make it easier for participants to attend some of the agencies' programs. Knowing someone who will be at a meeting or event makes it easier to go to a new place. Some support groups have members who will give a visitor a ride when told where the potential member lives. Ask the guests about it during question and answer time.

Potential Problem

One of the participants states he or she had a bad experience previously with one of the support groups.

Possible Responses

1. Hear his or her concern and show understanding. Point out that a bad experience in one group is unlikely to happen again even if it is the same organization. People change as time passes.
2. Encourage participants to look at all of their options while validating that it is their choice whether or not to use any suggested resources.

Suggestion for Topic Introduction and Relevance to Participants

"Who here likes to shop? Raise your hands if you do."

(Wait for responses.)

"I see some in our group do, but not everybody does."

(Mention someone in your life, such as your spouse, brother, father, or children who does not like to shop.)

"All of us want to know what our choices are. I call that 'shopping options.' It is a very good thing for us to know what is available to us because we just might want to take advantage of it, and it may make our lives better. We may not want to take advantage of it, and that's okay too. Today we will talk about 'Planning Ahead to Use Resources.' What would you hope to get out of coming to a session about this?"

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. C 2. B 3. A 4. B

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 6: Recovery is Not a Step-by-Step Process



Main Learning Points of Session 6

What were the main learning points of Session 6? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Every serious i_____s can have setbacks.
2. Learning to recognize your early w_____g signs may help you interrupt or even stop a relapse.
3. When your m_____e is adjusted, tell your prescriber if it is helping you.
4. Get back on your r_____y journey as soon as possible.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Keeping family and friends informed about your illness and symptoms will:

- A. Intrude on your privacy.
- B. Make them decide they should help you financially.
- C. Support your wellness.
- D. Make them feel sorry for your troubles.

2. Mental illness support groups are available to you for:

- A. A small membership fee.
- B. Friendship and mutual support.
- C. Weekend dances.
- D. Resources for returning to school.

3. I need to make an effort to keep in contact with caring people and not to be isolated.

- A. True B. False

4. NAMI is a support group for my family, not for me.

- A. True B. False

5. I am confident I can meet new people and make new friends.

- | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly | Disagree | Neither Agree | Agree | Strongly | Unsure |
| Disagree | | Nor Disagree | | Agree | |

Topic Assessment



6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Planning Ahead to Use Resources

Objectives for this Session

1. Recognize 1 way friends help with your recovery.
2. Develop a list of people who may support you in your recovery.
3. Identify at least 1 support group available to you and know what it has to offer.

People who have an illness such as schizophrenia or bipolar disorder may feel isolated. They might try to fight this illness on their own, but that is difficult to do. They will find it easier if they can reach out to others.

There are people in your life who care about you, such as your friends, family, prescriber, nurse, and other members of your treatment team. Hopefully, most of them understand how difficult this illness can be for you and want to help.

Keeping them informed about your illness and symptoms will help you in many ways. You will feel better if you are able to share your experiences with them. Also, they will know how they can better help you when you need support.

There are many other people like you who have serious mental illnesses. Getting to know others who have the same concerns as you can be a good source of support. Most areas have clubs, drop-in centers, and other organized groups for people to meet and exchange ideas and experiences.

Main Learning Point #1

**Contact with caring people
and a support group can help
your recovery.**

List of People for Recovery Support

Sometimes when people with mental illness are not feeling well, they stop talking to their friends and family. The following is a list to help you remember who you would like to stay in touch with. It is a good idea to update your list as you meet other people you can reach out to.

People who support my recovery:

Instructions: Write the person's name and telephone number in the space provided.



	Name	Phone Number
Family member		
Friend I met in treatment		
Friend I met at support group		
Friend from worship		
Neighborhood friend		
Friend from volunteering		
Friend from work		
Hobby friend		
Prescriber		
Nurse		
Therapist		
Counselor		
Vocational Rehabilitation Counselor		
Other		
Other		

Finding Friends and Support

Friends can help you in many different ways. Some may help you solve specific problems. Others may help you by just being there or listening.

If you want to reach out to make friends, one way is to talk with people you meet everyday. Support groups can also be useful. There, you can meet others who are going through similar experiences. You will have things in common, which makes friendship more likely.

The National Alliance on Mental Illness (NAMI) can help you find a group with people you can talk to. You can find a local contact at www.nami.org or by calling them at 1-800-950-6264. They can share information about the NAMI support group in your area with you and your family and friends.

Depression and Bipolar Support Alliance (DBSA) is a national support group with many local chapters. If your diagnosis is either major depression or bipolar disorder, this is a resource you may want to explore. You can use a link on its website www.dbsalliance.org to find a nearby support group. This website will also give names and telephone numbers of members you can call to find out more information about meetings.



The lines below are to list other self-help or support groups in your area:

Main Learning Point #2

Support groups are available to you for friendship and mutual support.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and review with me the list of people who support my recovery.
- ☐ 3. **START.** I am going to start going to a support group this week.
- ☐ 4. **OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ 5. I will finish filling out the phone numbers of the list of people who support my recovery. I will put this paper where I can get to it easily.



Balance of Mind, Body, and Spirit: A Holistic Approach Facilitator Notes

Main Learning Points from last session: *Planning Ahead to Use Resources*

1. Contact with caring people and a support group can help your recovery.
2. Support groups are available to you for friendship and mutual support.

Review Personal Practice Options from last session.

Remember

You can refer to the “*Facilitator's Delivery Checklist*” when using Team Solutions materials as a reminder of important facilitator tips.

Tips for this Session

1. When discussing abstract concepts, it is helpful to provide participants with multi-sensory learning aids. Visual presentation coupled with verbal explanation is better than discussion alone. Remember, a picture is worth a thousand words.
 - a. You could have a glass half full of water to visually demonstrate the saying, “a glass half-full instead of a glass half-empty.”
 - b. When you reach the second page of the materials, the gratitude list, give each participant a sheet of paper to write their lists on. You may want them to each read one or two of their responses aloud.
2. You may want to invite a quiet or shy participant to help with the board work. In this session, you can also ask participants to draw on their worksheets so they have another multi-sensory experience.

Potential Problems for this Session

The concept of spirituality may be hard for some participants.

Possible Responses

Indicate spirituality does not need to be associated with any religion or belief system. Explain spirituality as an individually experienced connection one has with others, their personal value system, and their search for life meaning.

Suggestion for Topic Introduction and Relevance to Participants

"Today we are going to talk about overall well-being. Being healthy is more than just managing a mental illness. Overall wellness includes being healthy in 'mind, body and spirit."

"Once a person has been able to stabilize their mental illness, he or she is at the starting line of life, not the finish line of recovery. That is the point at which a person can really start to live a life of recovery."

"For overall health, we need to balance the mental, physical, and spiritual areas of our lives. In mental health treatment, the mind is given most of the focus, and often the physical and spiritual aspects of health do not get as much attention. Today we will look at the whole picture for the whole person that you are."

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. B 2. B 3. A 4. D

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 7: Planning Ahead to Use Resources



Main Learning Points of Session 7

What were the main learning points of Session 7? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Contact with caring people and a support group can help your r_____y.
2. S_____t groups are available to you for friendship and mutual support.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. I need to take care of only my mental illness to be healthy.

- A. True B. False

2. Generally, good physical health requires that I:

- A. Jog at least 30 minutes every day.
B. Exercise, get proper nutrition, and get plenty of rest.
C. Eat three meals per day and avoid all sweets.
D. Sleep 10-12 hours every night.

3. A positive outlook will help me enjoy life more.

- A. True B. False

4. Developing my spiritual health means:

- A. I have to be a member of a church or religious group.
B. Avoiding psychiatric medicines.
C. Not holding grudges.
D. Being connected and finding my purpose and meaning in life.

5. I am confident I can reach my mental, physical, and spiritual goals.

- | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly | Disagree | Neither Agree | Agree | Strongly | Unsure |
| Disagree | | Nor Disagree | | Agree | |

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly | Disagree | Neither Agree | Agree | Strongly |
| Disagree | | Nor Disagree | | Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly | Disagree | Neither Agree | Agree | Strongly |
| Disagree | | Nor Disagree | | Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Balance of Mind, Body, and Spirit: A Holistic Approach

Objectives for this Session

1. Recognize 1 way positive thoughts help mental health.
2. Identify 2 things that can improve your physical health.
3. Recognize that your spiritual health is part of your overall health and wellness.

To have the best chance at achieving overall health and long-lasting happiness, we must balance the physical, mental, and spiritual parts of our lives.

Overall health and happiness require more than just managing symptoms. We are all unique in what we want and need. Achieving a proper balance in life is not a one-size-fits-all program. There are some recommended suggestions and small changes that we can all make to create a healthy balance in our lives.

Mental health. You have already been working on your mental health with your treatment team. It is important to know that mental health and recovery is much more than managing your symptoms. Recovery is being able to have your mind work at its best so you can enjoy your life. A healthy mind is one that has a positive outlook on life and can help you work toward reaching your goals.

There are steps you can take toward having a healthy mind. A positive outlook helps in many ways. You will lower your stress, develop better coping skills, and lower your risk of heart disease.

When you tackle daily problems with a good attitude, you are preparing your mind to work at its best. You want to look on the bright side of life! When you see a glass of water, you can see that it is half **full** instead of half **empty**.



Balance of Mind, Body, and Spirit: A Holistic Approach (continued)



To find out your overall outlook on life, rate these:

- 1 = Most of my thoughts are negative ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5 = Most of my thoughts are positive
- 1 = I expect the worst outcomes ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5 = I expect the best outcomes

Main Learning Point #1

**If you have a positive outlook,
you will enjoy life more.**

To help you better appreciate the positive aspects in your life, you could write a “gratitude list.” On a blank sheet of paper, write three things you are thankful for.

Physical health. When you have physical health, your body is working the best that it can. To help your body work at its best each day, you need good nutrition (by eating healthy food) and the right amount of exercise.



The following are some general guidelines to help you have good physical health. Check off the items that are already in your routine.

- ☐ I eat 3 or more balanced meals with proper serving sizes each day.
- ☐ I get plenty of rest every day, with at least 7-10 hours of sleep each night.
- ☐ I get an adequate amount of exercise, at least 30 minutes, 3-4 times each week.
- ☐ I do not smoke.
- ☐ I do not drink alcohol.
- ☐ I limit caffeine each day.
- ☐ I drink 6-8 glasses of water each day.

From the above list, name one item you will work on improving. Complete the following health goal that you can start working on today:

I will improve my physical health by _____
(what you plan to do)

Balance of Mind, Body, and Spirit: A Holistic Approach (continued)

Main Learning Point #2

**Your physical health affects
your ability to work at your best
each day.**

Spiritual health. Spiritual health can be defined as the source of meaning and understanding we have of ourselves in relation to our world. This has to do with our understanding of why we are here. Our self-understanding can be deeply in line with a religious belief. It also can be as simple as how we think we fit into the world with everyone else.

Everyone experiences spirituality in their own way, and that is okay. It is important to know that people who have some sense of their place in the world, or who understand their purpose, have been shown to be healthier and happier than people who do not. For this reason, it is important that each of us keep developing our own spiritual health.

“Our spirituality is reflected in the values and ideals that we hold most dear, our sense of who we are and where we come from, our beliefs about why we are here—the meaning and purpose we see in our lives—and our connectedness to each other and to the world around us.”

—<http://www.spirituality.ucla.edu/about/spirituality.html>

Much of life is about getting the right balance. When we are well-balanced, we are able to work at our best. We also put ourselves in the position to be the happiest we can be.

Main Learning Point #3

**Your overall health is a
combination of having a healthy
mind, body and spirit.**

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below (Don't choose #3 or #5 if you chose it last time.):

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about my physical health.
- ☐ 3. **DISCUSS.** I will take the gratitude list from this session and talk about it with _____. We will talk about other things that I would like to include on my gratitude list.
- ☐ 4. **OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ 5. **THINK and WRITE.** I will complete the following handout and bring it with me to the next session.

Getting in touch with your spiritual nature

To get in touch with what you believe, finish the following statement. List things that are important to you. Remember, there are no right or wrong answers. It is what is personal to you. During your life, some of these thoughts may change.

I believe _____

9

Having Fun and Rewarding Yourself Facilitator Notes

Main Learning Points from last session:

Balance of Mind, Body, Spirit: A Holistic Approach

1. If you have a positive outlook, you will enjoy life more.
2. Your physical health affects your ability to work at your best each day.
3. Your overall health is a combination of having a healthy mind, body, and spirit.

Review Personal Practice Options from last session.

Tips for this Session

1. This session is an example of having fun and rewarding ourselves. Indicate to participants that the only rule of the next hour is that no one is allowed to complain about anything. However, compliments to each other are welcome.
2. Plan ahead and provide a snack or light meal for each participant. Take time to acknowledge something you know each member has done on his or her personal road to recovery. Tell them how much you admire their efforts, shake their hands, and enjoy the moment.
3. Share how you have seen their lives impact the lives of others. This can be the lives of the staff, family or friends, or other participants.

Suggestion for Topic Introduction and Relevance to Participants

"Sometimes people spend so much time dealing with their mental illness, they forget how to have some fun. Even worse, sometimes they forget how to reward themselves for their hard work. They may have trouble enjoying their lives."

"It is important that you take pride in knowing what you have gone through and the progress you have made on your road to recovery. You need to be able to remember that you are NOT your illness. You have many roles other than just a person with a mental illness. Be proud of your progress and make plans to reward yourself along the way."

"Today, no one is allowed to make a single complaint, but you may compliment other members of the group at any time you want. During today's session, we will practice what we preach and enjoy ourselves!"

"In honor of today's day of fun, we will not have pre- and post-Topic Assessments. We will do the feedback evaluation."

"Let's review the main points from our last session before we start."

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 8: Balance of Mind, Body, and Spirit: A Holistic Approach



Main Learning Points of Session 8

What were the main learning points of Session 8? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. If you have a p_____e outlook, you will enjoy life more.
2. Your p_____l health affects your ability to work at your best each day.
3. Your overall health is a combination of having a healthy mind, body, and s_____.t.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ **1. Yes.** How did it go? _____

☐ **2. No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ **3. I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Directions:

1. Read each statement carefully.
2. Mark only one response to each statement.

Name: _____

Date: _____

1. I am confident I know how to have fun in safe and healthy ways.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

2. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, respond to these statements before turning in this paper:

3. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

4. What I liked about this session: _____

5. How this session could have been better for me: _____

Having Fun and Rewarding Yourself

Objectives for this Session

1. Identify 1 obstacle you have overcome on your road to recovery.
2. Share a time of fun and shared support with other participants and staff.

Life can be tough when you are managing a mental illness. It is hard enough for people to live a good life. Many people struggle with the problems of everyday life and forget how to have fun. They may believe they do not deserve to be happy or they can't be happy. They may stop doing things that they enjoy.

Fun and laughter do not have to cost any money. Laughter is one of the best healing solutions we have. Has anyone ever had an experience when things went wrong and all you could do was laugh about it? Has anyone ever got caught in the rain before meeting someone for the first time?

Would any of you like to share something that made you smile or laugh recently, or do you have any funny stories you would like to share?

How do you feel when you laugh and share that experience with others?

Main Learning Point #1

You deserve to have fun!

Interactive exercise. Look around the room at your peers. Taking turns, we will each make one positive statement about the person on our right. Share something that you like about his or her kindness, support, or friendship. Or you may remember something he or she did or said one day that helped you. You may want to share a special memory.

Having Fun and Rewarding Yourself

(continued)

It is also important to remember to give yourselves a pat on the back. You need to give yourself a treat every now and then, but it does not need to be a food treat. You can make plans with a friend to do something, or you can get a group of friends together. In fact, sharing time with others is very rewarding. By sharing time with friends, you give and get support. Being around others who understand you is comforting and provides natural support.

Interactive exercise. Let's work together to develop a list of self-rewards that we would enjoy, and we can find some things that we have in common that we like to do.

Main Learning Point #2

Sharing fun and good times with your peers can be very rewarding.

It is important to find the right reward for yourself. This can take some time because the first thing you try may not work for you. If this happens, keep looking! Ask others what they do for good, healthy fun. Remember, it is not good to use alcohol or illegal drugs to feel better because the long-term effects will interfere with your recovery. Rewarding yourself in a way that is good for your mind, body, and spirit is an important part of your recovery.

Main Learning Point #3

Remember to reward yourself every day with something that you enjoy.

Review & Moving Forward



The main learning points of this session are:

1. _____
2. _____
3. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- ☐ 1. **STUDY.** I am going to reread my handout at least once.
- ☐ 2. **SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about inexpensive ways to have fun.
- ☐ 3. **PRACTICE.** I will practice having fun with a friend. We will go to a movie, play cards, or share a meal together.
- ☐ 4. **OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ 5. **WRITE.** This week I will start a list and write down one positive thing about myself every day. I will then reward myself by doing _____. I will share what I did at the next session.

10

Independence and Hope Facilitator Notes

Main Learning Points from last session: *Having Fun and Rewarding Yourself*

1. You deserve to have fun!
2. Sharing fun and good times with your peers can be very rewarding.
3. Remember to reward yourself every day with something that you enjoy.

Review Personal Practice Options from last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Tips for this Session

This is the last session of workbook 10 and the last session of the Team Solutions library of workbooks. You may want to celebrate this milestone with a special recognition. A nice dinner or luncheon for participants, a special ceremony, and a certificate are a few ideas. The method of recognition needs to be appropriate for the participants.

General Tip

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Personal Growth Initiative Scale (PGIS), developed by Christine Robitschek, Ph.D., or the Quality of Life Index by Dr. W. O. Spitzer, 1980.

The PGIS (Christine Robitschek, Ph.D.) is a 9 question, self-report instrument that yields a single scale score for personal growth initiative. Personal growth initiative is a person's active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1 = Strongly Disagree to 6 = Strongly Agree. Item scores are summed to obtain a total PGI score. There is evidence that high scores on the PGIS are strongly positively related to psychological well-being and lower scores are related to psychological distress. Reliability and validity

evidence has been strong. The PGIS takes about 5 minutes to complete, and there is no time limit. <http://www.ppc.sas.upenn.edu/ppquestionnaires.htm>

The Quality of Life Index, by Dr. W. O. Spitzer, has both a 5 topic self-rating scale and a 5 topic clinician scale, which allows clinicians to compare their impressions to a client's perception. The dimensions measure Activity, Daily Living, Health, Support, and Outlook. The clinician version measures from 0 - 2 with 0 indicating lower quality and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

The editors believe these scales fit the content of this workbook well. These and other health measures can be found in McDowell, (2006).

Suggestion for Topic Introduction and Relevance to Participants

"Today is the last session of this workbook."

(If you have used the entire Team Solutions library, you may want to say, "...of the Team Solutions workbooks.")

"This last session is meant to wrap up the work and to congratulate you for the efforts you have made as you have moved towards your recovery. Does it feel a little like graduation day? To 'graduate' means to successfully complete a program of study. And that is what you have done. You have successfully finished this program."

"But this is not an ending. This is the beginning of your next steps as you continue your journey of recovery. You have learned many skills to help you become more independent. You have learned how to work with those who support you. No matter how independent you become, you are not alone! In fact, as you become stronger, you will find yourself being able to be more supportive and helpful to those around you."

"Finally, I want to say that you should be so proud of yourselves. I want to give you a standing ovation."

(Stand and clap for a minute.)

"Now, I want all of you to stand and give yourselves a hand."

(Only do this if you feel completely sincere and comfortable doing so. If it is uncomfortable for you, have participants give themselves a standing ovation and you can join them.)

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. C 2. D 3. B 4. C

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 9: Having Fun and Rewarding Yourself



Main Learning Points of Session 9

What were the main learning points of Session 9? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. You d_____e to have fun!
2. S_____g fun and good times with your peers can be very rewarding.
3. Remember to r_____d yourself every day with something that you enjoy.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

☐ 1. **Yes.** How did it go? _____

☐ 2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

☐ 3. **I didn't choose a personal practice option.**

Topic Assessment



Mark one: ☐ Pre ☐ Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. My recovery means:

- A. I no longer need mental health services.
- B. I am cured.
- C. I am becoming more independent as my mental health improves.
- D. I must switch treatment providers.

2. At this point I have done all the following except:

- A. Learned methods to manage my illness.
- B. Developed a strong support team to assist me when I have problems.
- C. Developed a relapse prevention plan or strategy.
- D. Continued to depend on others to help my recovery.

3. Learning the skills to effectively deal with my illness is no big deal.

- A. True B. False

4. In recovery, it is best if I am:

- A. Dependent on others.
- B. Independent of others.
- C. Balanced with the right amount of independence and dependence.
- D. Doing what just feels right.

Topic Assessment



5. I am confident I am ready to continue moving forward with my recovery.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree | Unsure |

6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Independence and Hope

Objectives for this Session

1. Acknowledge and celebrate personal recovery.

Life is full of changes and many of them are good for us. The road to recovery is also full of changes. In fact, recovery is full of positive changes! One change might be how you relate to your treatment team. You may find yourself less dependent on them and needing fewer appointments as you continue to get stronger and healthier.

Main Learning Point #1

Recovery is moving towards a more independent lifestyle.

Stages of illness: dependence to independence.

Early stage. Remember when you first got sick? It is likely that you were confused, afraid, and did not really know what to do. The symptoms of the illness affected your ability to work well. For this reason, you had to lean on those around you to give you the help and support you needed. This early support is often focused on the family and treatment providers. It may have included hospitalization.

During the early stages of your illness, you needed good treatment, time, and information about what was happening to you. Your prescriber may have tried one or more medicines to find out what worked best for you. You may have gained more knowledge by participating in the first workbooks of Team Solutions.

Independence and Hope

(continued)

Middle stage. The middle stage was time for you to understand that you have a mental illness and to learn more about your diagnosis. You learned that your medical illness was not your fault. This was the stage when you began to do things to help reduce your symptoms and manage your illness.

Medicines may have been adjusted in this stage. You learned that by taking the right medicine as prescribed, your symptoms could be managed. At that point, you recognized the importance of medicine as a part of your successful treatment. You and your treatment team may also have found ways to meet some of your other needs. This may have included getting help in obtaining your medicine, evaluating your income and financial needs, and finding safe housing. At some point, you began to get your symptoms under control so you were able to get back on the road to your hopes and dreams.

Late stage. By now, you have learned about most of your symptoms. You have learned positive and consistent ways to respond if symptoms or warning signs return.

You have a relapse prevention plan and have built a strong support system. Your recovery plan includes your life goals and dreams. You are participating in meaningful activities. You may plan to return to school, get a job, or have developed close relationships with other people.

In this stage, your need for services may be much less than when you started. That means your relationship with your treatment team is changing. You may need fewer appointments and find that you are comfortable making more decisions on your own. You and your treatment team can talk about your growing independence. Together you can figure out what services you still need. You are a full participant in talking about your own treatment.

Although people who have mental illness tend to start out in the first stage and move to the third stage, there may be times you will need extra support because your symptoms have returned. Do not be scared. This is the normal process of most illnesses.

If you have a relapse and feel like you did in an earlier stage, it is okay. Simply start your relapse prevention actions, lean on your support system, get yourself feeling better, and resume your life where you left off. Independence may feel wonderful, but do not forget that we are all “interdependent” also. This means we all need support from each other whether we have an illness or not.

Independence and Hope (continued)



So, what stage do you believe you are in today? How do you know?

Stage: _____

It is time to celebrate your success and keep moving forward in your recovery. Take a few minutes to express how you feel about the service, coaching, support, and friendship shared along the way.

***Congratulations on your success.
It has been an honor to serve you.***

Team Solutions

Certificate of Achievement

is presented to

for completion of

Recovery in Process: Putting it All Together

Facilitator

Date

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