

Team**Solutions**

Getting the Best Results from Your Medicine



By Cynthia Miller, RN

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Dr. Puskar has more than 100 publications related to mental health in interdisciplinary journals, and she serves on several editorial boards. Dr. Puskar is also a member of Who's Who of American Women. She was elected a Fellow of the National Academics of Practice, the American Academy of Nursing, and is a Past President of The American Psychiatric Nurses Association (APNA). She is a recipient of the Pennsylvania Nightingale Award for Research and the American Psychiatric Nurses Association Research Award. She has received funds from the National Institutes of Health, National Institute of Nursing Research, Eli Lilly and Company, and The Staunton Farm Foundation to study mental health, stress, coping, and medication adherence.

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Team**Solutions** **Workbook 5** Getting the Best Results from Your Medicine

Contributing Editors

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Ms. Tugrul has lectured nationally and internationally and has authored or coauthored more than 30 articles on the treatment of bipolar disorder, schizophrenia, and schizoaffective disorder. She has served on the Editorial Boards of *Directions in Psychiatric Nursing* and *Bipolar Disorders* and as an independent consultant for 15 years.

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She has developed the Levels of Recovery from Psychotic Illness Scale and uses this intervention to enhance insight with this population and promote their adherence to psychotropic medications. She has developed the Compeer Program at the University of Massachusetts Dartmouth. This program matches students and individuals suffering from psychiatric disability in a "big brother-big sister" type of relationship. She has also participated in genetic studies researching the causes of schizophrenia and bipolar disorder.

Faren Levell, MS, LCSW, LMFT is a practicing psychiatric social worker, who has provided recovery services for individuals with psychiatric illnesses since 1978. Mr. Levell has also directed community mental health treatment teams in the provision of residential, Assertive Community Treatment, Homeless, and Supported Employment programs. Along with his direct service, he has taught for a number of years at the collegiate level and presents on a variety of effective mental health treatments at professional conferences throughout the United States. Mr. Levell is the proud recipient of the Marilyn Halloran Award for his years of mental health service.

Contents**Workbook Goals**


	Session 1 Why Take Medicine?	4
	Session 2 Knowing Your Stumbling Blocks	12
	Session 3 Sharing Personal Health Information With Others	22
	Session 4 Knowing Your Stumbling Blocks: Your Medicine Supply	31
	Session 5 Recognizing and Coping With Side Effects	43
	Session 6 Using Substances and Drugs	55
	Session 7 How Do You Stay Well?	66
	Session 8 Medicine and Getting Better	75

Content Objectives:

1. Participants will understand the importance of taking medication as prescribed.
2. Participants will learn about potential stumbling blocks that may interfere with taking medications.
3. Participants will identify strategies to deal with their personal stumbling blocks.
4. Participants will understand the impact medication adherence has on their recovery.

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 and skills as evidenced by selecting and attaining one personal practice goal per session.
3. Participants will demonstrate skill acquisition as evidenced by demonstrating, choosing and using at least one strategy for staying on their medication as prescribed.

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

1

Why Take Medicine?
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 lesson could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

2. Normalize participants reluctance to take medication by pointing out that everyone has questioned his or her need to take medicine, not just people with psychiatric illnesses.

Tips for this Session

1. In this new workbook about getting the best results from medicine, there will be opportunities for interactive work with participants. Everyone has different learning styles. Some prefer:
 - a. Auditory learning (examples: “Tell me, and I’ll listen and learn,” and “I prefer to have the teacher explain it.”)
 - b. Visual learning (examples: Able to learn by reading the material, seeing something, or doing Internet searches.)
 - c. Hands-on learning (example: Show me how! or those who benefit from handling a model or example.)

It is helpful to keep different learning styles in mind. If one style doesn’t help the learner, use another. You are likely to find that reaching adults using different learning styles is highly effective.

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

"When you were first told you needed to take medicine every day, what was your reaction?"

(Write the responses on the board and reinforce that their reactions are common.)

"Does anyone still think this way?"

(Encourage responses.)

"Today we're starting a new workbook, Getting the Best Results from Your Medicine. Have you ever thought that you have some control over the results you get from your medicine? You do! In this workbook, you'll learn how to get good results from your medication."

"In today's session, we're going to talk about your feelings and how they affect the way you take medicine."

"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. A 2. B 3. D 4. A

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. The need to take medicine for my illness:

- A. Can be hard to understand and accept.
- B. Is just my problem.
- C. Isn't important to feeling better.
- D. Shouldn't be discussed with anyone.

2. Taking medicine for my illness means:

- A. I should take it only when I'm nervous.
- B. I can deal with my symptoms better.
- C. I will never feel bad again.
- D. I can't tell anyone.

3. When I take my medicine:

- A. I should be able to tell if it is working right away.
- B. I can take it whenever I want to.
- C. I can stop taking it when I'm better and have no symptoms.
- D. I can feel better and focus on reaching my recovery goals.

4. If I have questions about taking my medicine, I can talk to my treatment team members, family, or friends.

- A. True B. False

Topic Assessment



5. I'm confident I understand why I should take my medicine every day.

<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: _____

Why Take Medicine?

Objectives for this Session

1. Identify 2 people you can go to with questions you might have about your medicine.
2. Identify 2 reasons people may need to take medicine.
3. Recognize 1 way it helps you to take your medicine as prescribed every day.

When you're told by your prescriber to take medicine every day, you may ask the question, "Why do I have to take medicine?" You may ask your treatment team members, family, and friends, and still not be sure why you need to take medicine.

People with a mental illness may also have medicines given to them for other conditions such as asthma, high blood pressure, high cholesterol, or constipation. What are some other illnesses that people have to take medicine for daily?

Taking medicine is an important part of your treatment. When you're not sure you really need to take medicine, you may find it helpful to think about how medicine affects you. Think about the times in your life when you were taking your medicine and things were going well for you. Do you think taking your medicine had a positive effect on your life?



List your reasons for taking medicine: _____

List the reasons why you think you may not need to take medicines:

Let's compare your lists. Most of the time we can see that taking our medicine makes a big difference in how we are able to deal with symptoms. Can you see how taking your medicine is helpful to you?

Why Take Medicine?

(continued)

Main Learning Point #1**Many of us have wondered why we need to take medicine.**

It's important to understand you'll get the best results from your medicine by being patient and giving it time to work. Because medicine may work slowly, you might not see a difference from day to day. It may take several weeks before you see how your symptoms have gotten better. Everyone reacts to medicines a little differently. Some people see positive changes right away, while others may need a little more time.

If you think your medicine may not be working, or isn't working fast enough, be sure to talk with your prescriber or a treatment team member.

Main Learning Point #2**People react differently to medicines.**

If you still have questions about taking medicines, it may help to talk to other people about it. Getting feedback from important people in your life may help you see the positive effects your medicine is having. Below is a list of people who may give you helpful feedback or answer your questions about your medicine. Circle those whom you'd like to talk to:



Prescriber	Nurse	Therapist
Friend	Teacher	Pastor/clergy
Employer	Family member	Case manager
Other: _____		

Main Learning Point #3**Getting support and talking with others can help you understand how medicine helps you.****Why Take Medicine?**

(continued)

Here are some of the things we know about medicine and mental illness.

1. While it's sometimes hard to accept, taking medicine is one of the most important things you can do to begin your journey of recovery.
2. Medicines for your mental illness work to control symptoms. You may respond more quickly or more slowly to your medicine than someone else does.
3. Taking your medicine helps keep you from getting sick again. Taking your medicine as prescribed will decrease the risk that symptoms will get out of control.
4. Over time, medicines can help you work on the goals you have decided are the most important in your life.

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 how he or she thinks my medicine is important to my health.
- ☐ **3. ANSWER.** Complete the following sentence and bring to your next session:
If I question why I need to take my medicine, I'll _____
- ☐ **4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ **5. PRACTICE.** It is important to practice knowledge and skills. Understanding why it is important to take medicine helps me learn more about myself. I will review my list of reasons for taking medicines. If I still have questions about why I need to take medicines, I will add them to my list and bring it with me to the next session. I will also talk with my prescriber about my questions and concerns. If I want help with this, I will ask _____ to help me.

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 goal by the next session?

2

Knowing Your Stumbling Blocks Facilitator Notes

Main Learning Points from last session: *Why Take Medicine?*

1. Many of us have wondered why we need to take medicine.
2. People may react differently to medicines.
3. Getting support and talking with others can help you understand how medicine helps you.

Review Personal Practice Options from last session.

Remember

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

Tips for this Session

1. Have pill boxes (daily and weekly), bubble packs, red stickers, a calendar, and a watch with an alarm available for demonstration. Create a 7-day calendar and provide a copy to each participant.
2. Remember to be interactive. Have participants read the first list of reasons people may not take their medicine.
3. If a participant says he or she has trouble remembering to take medicines, normalize it by saying that many people have trouble taking medicines accurately (e.g., many people do not finish a full course of antibiotics). You may want to suggest the person talk to his or her prescriber about the issue.

General Tips

Use multiple teaching techniques. All people learn by their own unique set of “modalities” (seeing, hearing, saying, and touching). Use a combination of learning modalities as you facilitate sessions to accommodate the variety of diverse learners. If you say something out loud, try to also write it on a flip chart. If you use a hand gesture to demonstrate a concept, also speak the words describing the gesture.

You've heard the saying, “A picture can speak a thousand words.” Many of us retain information better if we have a visual example. For example, consider showing participants a pill box and a bubble pack during the session. Others may learn better by reading information. And learning is generally enhanced when we apply more than one modality (for example, reading something out loud and seeing or drawing a diagram). Additionally, many of us learn best when we apply the information to our every day lives.

Suggestion for Topic Introduction and Relevance to Participants

"Have any of you ever realized late in the day that you had forgotten to take your morning medicines?"

"How many of you have gotten up in the morning and realized you forgot to take your medicines the night before?"

"How does missing your medicine affect you?"

"Remembering to take medicine is hard for many people. By identifying stumbling blocks (things that get in the way) and ways to fix them, you'll be able to better remember to take your medicine."

"Today we're going to discuss finding ways to deal with things that get in the way of us taking our medicine."

"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. A 3. C 4. A

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

Review of Session 1: Why Take Medicine?



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. Many of us have wondered why we n_____d to take medicine.
2. People may react d_____y to medicines.
3. Getting support and t_____g with others can help you understand how medicine helps you.

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. People who take medicine for mental illness or other disorders:

- A. Never forget to take their medicine.
- B. Won't ever have to pay for their medicine.
- C. May have problems remembering to take their medicine.
- D. Should just take their medicine when they want to.

2. Taking medicine around activities I do every day, like brushing my teeth, will help me to take the medicine the right way.

- A. True
- B. False

3. Not taking my medicine:

- A. Won't affect my symptoms.
- B. Isn't a problem.
- C. Is something that will affect my symptoms.
- D. Doesn't affect my recovery goals.

4. There are many reasons why people don't (or can't) always take their medicine the right way.

- A. True
- B. False

5. I'm confident I know what my stumbling blocks are to taking medication the right way.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <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: _____

Knowing Your Stumbling Blocks

Objectives for this Session

1. Recognize 2 things that get in the way of remembering to take your medicine.
2. Identify 1 problem-solving idea to help you remember to take your medicine.

Taking your medicine the right way, every day, is one of the most important things you can do to keep your symptoms under control and move towards your recovery goals. But if you're the type of person who doesn't like to take medicine, or forgets to take it, you are not alone! Stumbling blocks are things that get in your way. There are many reasons why people don't (or can't) always take their medicines the way they should. Below are some of the reasons people have mentioned. Put a check beside any of the reasons that apply to you.



- ☐ "I just forget to take it."
- ☐ "I take too many medicines – it's impossible to remember them all."
- ☐ "I don't want anyone to know I'm taking medicine – it's embarrassing."
- ☐ "My family says I don't need the medicine."
- ☐ "I don't have any money and I don't know where to get more medicine."
- ☐ "I don't have any way to get to the drugstore."
- ☐ "My medicine causes terrible side effects."
- ☐ "If I were stronger I wouldn't need medicine."
- ☐ "Look at how my hands are shaking – I can't handle this."
- ☐ "My doctor said I shouldn't mix medicine and beer."
- ☐ "I don't know why I have to take the medicine."
- ☐ "I don't think I need it."

Knowing Your Stumbling Blocks (continued)



List three stumbling blocks that may keep you from taking your medicine every day as directed:

1. _____
2. _____
3. _____

Main Learning Point #1

Many things can get in the way of taking your medicine as prescribed.

Let's talk about two of the most common reasons people have given:

"I just forget to take it."

"I take too many medicines – it's impossible to remember them all."

Missing doses of medicine can be harmful, no matter what your illness is. For example, a person who has a heart problem who misses his or her medicine may be at risk of having another heart attack. A person may get sick again if he or she misses medicine.

Many people take more than one medicine to treat their illness. It may be confusing to remember when to take each one. There are things you can do to help remember to take your medicine the right way, every day. Let's look at ways we can make it easier to remember to take your medicine.

Take your medicine at the same time every day.

You may find it's easier to remember your medicine if you take it at the same time every day, or if you take it at the same time as another activity you do every day. For instance, some people take their medicine in the morning or at night when they brush their teeth.

Knowing Your Stumbling Blocks (continued)



What things do you do at the same time every day?

Activity: _____ Time: _____

Activity: _____ Time: _____

Activity: _____ Time: _____

If you take medicine with an activity, you're less likely to forget and miss a dose.

Which activities could you use to help you remember to take your medicines?
List them below:

Main Learning Point #2

**Take your medicine at the same
time every day.**

Keep it simple!

People who take a lot of medicines or take medicines at different times of the day often have a hard time remembering what they've taken. Here are some tips that may help you take your medicine the right way:

1. You can use a pill box to organize your medicines by the day and time they need to be taken. Your pharmacist or nurse can help you get one. Consider asking your nurse or other treatment team member to help you fill your pill box. This is a good way to review your medicines, understand the time and dose of each one, and learn what each pill looks like.
2. Ask your pharmacist if you can get your medicine in daily dose packages or "bubble packs."
3. Talk to your treatment team about making your medicine schedule as simple as possible. Some medicines can be taken just one time per day. Talk with your prescriber about keeping your medicine schedule simple.
4. Setting your alarm clock, watch, or cell phone alarm may help you remember when it's time to take your medicine.

Knowing Your Stumbling Blocks (continued)



5. Mark your calendar each time you take your medicine. Using a checkmark, a sticker, or slash marks will help you see quickly if you have taken all your medicine for the day.

Group Exercise: Fill out and discuss the following questions with the other people in your class:

What has helped you remember to take your medicines in the past?

What plan do you have to help you remember to take your medicine?

If you keep having trouble taking your medicines at the right time and in the right way, talk to your treatment team. It's very important they know if you are missing any doses and how it is affecting you.

Your treatment team may suggest a long-acting injection form of medicine for you. These shots are given once a week to once a month, depending on your symptoms. The medicine is released over time, which allows your prescriber to know just how much medicine you're receiving.

It can take up to six weeks for the injectable medicine to control your symptoms, so your prescriber may ask you to keep taking an oral medicine for a while. Many people who get injections like them because they don't have to take pills every day. For people who have trouble remembering to take pills, a long-acting injection may help them stay on treatment.

Together, you and your treatment team can come up with a plan that helps you better manage your medicines. Taking your medicines the right way helps you get the best results from treatment.

Main Learning Point #3

**Talk with your treatment team if
you have trouble remembering
to take your medicine.**

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 things that get in the way of taking my medicine.
- ☐ **3. DISCUSS.** If you know that you have a hard time remembering to take your medicine, schedule a time to talk about it with your prescriber, nurse, or other treatment team member. Bring the plan you completed today to discuss with them.
- ☐ **4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ **5. REVIEW.** I will take home a copy of my plan for taking my medicine at the right time and in the right way. Before going to bed each night, I will review my plan and the medicines I've taken that day. I will use a weekly calendar to write down each time I take my medicine the right way each day. I will bring my calendar to our next session and share my progress!

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 goal by the next session?

3

Sharing Personal Health Information With Others Facilitator Notes

Main Learning Points from last session: *Knowing Your Stumbling Blocks*

1. Many things can get in the way of taking your **medicine** as prescribed.
2. Take your medicine at the same **time** every day.
3. Talk with your treatment team if you have problems **remembering** to take your medicine.

Review Personal Practice Options from last session.

Remember

You can refer to the two-sided laminated “Facilitator’s Delivery Checklist” when using Team Solutions materials as a reminder of important facilitator tips.

Note

Ask participants if they brought their calendars with them. Ask them about their experiences with the calendar. Did they think it was helpful in tracking how they take their medicine? Discuss the effectiveness of their individual plans to achieve medication adherence.

Tips for this Session

When you get to the group discussion portion of the materials, you may want to pick one or more of the situations and do a role-play. You could also write one of the scenarios on the board and ask for responses, which you or one of the participants could write on the board for everyone to see.

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

"Think back to when you were a young child. Did you ever keep a secret from a friend or maybe from your mom or dad? Did you keep that secret so they wouldn't be mad at you?"

"How hard is it to keep a secret? It can be hard, can't it?"

"Do you ever worry that telling other people that you're taking medicine for a mental condition will make them act differently around you? What do you do when that happens?"

"You may not want to tell people that you need to take medicines. The opinions of others may have a strong effect on us. But you know that you need to manage your symptoms so you can move forward and have a full life. It's important for you to understand how you feel about taking medicine and about others knowing."

"Many people have other medical problems and, like you, they may not want people to know they take medicine. Remember, at the end of the day, it's your choice if you tell other people or not."

"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. B

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

**Review of Session 2:
Knowing Your Stumbling Blocks****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. There may be many things that get in the way of taking your m_____e the right way.
2. Take your medicine at the same t_____e every day.
3. Talk with your treatment team if you have problems r_____g to take your medicine.

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. Everyone should know that I'm taking medicine.

A. True B. False

2. Family or friends often have trouble understanding why a person needs medicine because they:

- A. Aren't paying attention to the person.
- B. Don't care about the person.
- C. Don't understand the illness.
- D. Don't value the person's opinion.

3. I can take medicine in private so no one has to know.

A. True B. False

4. If my friends and family don't think I need to take medicine every day, I probably don't need to take it.

A. True B. False

5. I'm confident I can manage how I think about other people knowing I take medicine for a mental illness.

<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: _____

Sharing Personal Health Information With Others

Objectives for this Session

1. Understand that taking medicine is a private matter.
2. Identify 2 ways to take medicine without others knowing, if necessary.
3. Develop 2 positive responses to other people's negative opinions about your medicines.

"I don't want anyone to know I'm taking medicine – I'm embarrassed."

"My family (or friends) told me to stop taking the medicine."

You may not want other people to know you're taking medicine. Many people with other illnesses have the same feelings. You may think others will feel differently about you if they know. Remember, you have an illness that requires medicine to control your symptoms—like many other people in the world. Deciding to share with others that you take medicine is a personal choice. If you're worried that someone might see you taking your medicine, refer to your plan to remember to take your medicines (Session 2). Have you chosen a plan that will help you maintain your privacy when taking your medicines?



Main Learning Point #1

Deciding to share with others that you take medicine is a personal choice.

Sharing Personal Health Information With Others (continued)



List the important people in your life who know that you take medicine:

Have any of these people said what they think about you needing to take medicine? Sometimes people may not understand why it's so important for you to take your medicine, especially when you are doing well. It can be hard for people who care about you to accept your illness and your need to keep taking medicine. They may not want to believe that your treatment is necessary and important. If you remember when you were first diagnosed, you may have had the same thoughts.

As a result, some people may say that taking medicine is a mistake and that you shouldn't take it. When you're managing your symptoms and staying well, they may say you don't need the medicine anymore. This can be very confusing for you. What can you do if this happens?

1. You may ask for a meeting with your prescriber or nurse and your family member or friend to help them understand why you need to take medicine.
2. Your treatment team members can give you information about your illness and your medicines. You can share this with your family member or friend to help them understand why medicine is important for you.

Main Learning Point #2

People may have different opinions about taking medicine.

Sharing Personal Health Information With Others (continued)

Discussion:

Have you had a time when you felt very uncomfortable with someone asking about your medicines? How did you handle it?

What could you say if someone asks you what medicines you're taking?

How would you handle a family member or friend who told you not to take your medicine?

Have you ever thought of stopping your medicine because of someone else's opinion?

Unfortunately, you may have someone very close to you who doesn't understand why you need to take medicine. Remember, making your own decisions about your health is an important step in your recovery. As you work together with your treatment team, you can be more confident that you're the person best able to make those decisions.

Having the support of others is important to your journey in your recovery. It will help if you can find some family members and friends who will listen to you and encourage you make wise decisions about your own treatment. You may want to tell these people about your treatment needs.

Remember, your treatment team members are always there to answer your questions. They will also support your decision to take your medicine and move forward in your life.



Main Learning Point #3

People who support you and your need to take medicine are an important part of your recovery.

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 it.
- ☐ **3. DISCUSS.** I will identify the person who is most supportive of my treatment. I'll discuss with this person the important role he or she plays in my recovery.
- ☐ **4. OTHER:** _____

Take an "Extra Step Forward" (optional)

- ☐ **5. PRACTICE.** I will think about people who haven't accepted my need for medicine and my participation in treatment. I will list some ways to talk to them about it—ways that are comfortable for me. If I can't think of a good way to respond to them, I will ask my treatment team or others who support me for advice.

Motivation to Practice. How will practicing help you?

4

Knowing Your Stumbling Blocks: Your Medicine Supply
Facilitator Notes**Main Learning Points from last session:****Sharing Your Personal Health Information With Others**

1. Deciding to share with others that you take medicine is a personal choice.
2. People may have different opinions about taking medicine.
3. People who support you and your need to take medicine are an important part of your recovery.

Review Personal Practice Options from last session.**Note**

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

Remember:

You can refer to the two-sided laminated “Facilitator’s Delivery Checklist” when using Team Solutions materials as a reminder of important facilitator tips.

Materials Needed to Accompany Participant

Handout: *Medicine Contact Information.*

Tips for this Session

1. Have medicine bottles, labels, bubble packs, and pill boxes available for demonstration.
2. This is a lengthy lesson, so you may want to use two sessions to cover all the material.

Potential Problems

A participant may not have a payer source available for medicine or may be unable to afford co-payments.

Possible Responses

1. Assure participants that you and the rest of the treatment team are there to assist in helping them get their medicine.
2. Offer to set up an appointment with the appropriate treatment team member to assess financial needs and access to medicine.

Suggestion for Topic Introduction and Relevance to Participants

“Have you ever left your doctor’s office and not been sure how to get your medicine? Has that happened to you?”

“How many of you have run out of medicine before?”

“What did you do when you ran out of medicine?”

“Did this make you anxious or stressed?”

“Getting medicine on a regular basis can be a problem for many people. Developing a plan to avoid this problem and having the medicine you need is very important.”

“Today we’ll talk about possible stumbling blocks that can get in the way of getting medicine.”

“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. A

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

Review of Session 3: Sharing Your Personal Health Information With Others



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. Deciding to share with others that you take medicine is a p_____l choice.
2. People may have different o_____s about taking medicine.
3. People who s_____t you and your need to take medicine are an important part of your recovery.

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. Making a plan to get my medicines regularly:

- A. Is done the day you run out of medicine.
- B. Isn't that important. I can call the nurse for more.
- C. Is an important part of my recovery.
- D. Isn't something that I plan for.

2. If I can't afford my medicine:

- A. I'll just wait until I have enough money.
- B. I'll tell my treatment team.
- C. I'll only take the medicine half of the time.
- D. I'll borrow money from someone.

3. Arranging to get your medicine before it runs out:

- A. Gives your pharmacist (or others) time to get it ready it for you.
- B. Means you don't have to think ahead.
- C. Is not necessary.
- D. Doesn't matter because the pharmacist should have it ready.

4. Reading and understanding my medicine labels is a skill I can learn.

- A. True B. False

Topic Assessment



5. I'm confident I understand what my medicine supply stumbling blocks are.

<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: _____

Knowing Your Stumbling Blocks: Your Medicine Supply

Objectives for this Session

1. Identify 2 challenges in maintaining a supply of medicine.
2. Develop a plan to keep from running out of medicine.

"I don't have any money and I don't know where to get more medicine."

"I don't have any way to get to the drugstore."

No matter where you get your medicine, it's very important that you understand exactly how to keep a regular supply. Having a plan to refill your medicine **before** you run out will help you make sure you don't miss any doses. Being able to keep taking your medicine will help you control your symptoms better and reduce your risk of relapse. The first step is knowing when, where, and how to get your medicines. Where do you get yours?

Main Learning Point #1

Know when, where, and how to get your medicines.



Some people have a health plan, like Medicare or Medicaid, that helps pay for their medicine. In most cases, your prescriber will give you a prescription to take to the drugstore and get your medicine.

Knowing Your Stumbling Blocks: Your Medicine Supply (continued)

If you don't have any type of healthcare coverage, talk with your treatment team about other ways to pay for your medicine. Some sources are:

1. Patient Medicine Assistance Programs

Patient Medicine Assistance Programs are supported by some of the companies that make different medicines. These programs give medicine at no cost to people who qualify for enrollment. If you don't have Medicare, Medicaid, or any other insurance, you may qualify for this type of help. Many mental health centers have someone who can answer your questions and even help you fill out the forms. In some areas there are organizations that help with these programs. Your treatment team members can help you find out where to go for this information.

2. County relief or assistance

There may be a local organization in your community to help you get your medicines. Again, ask a treatment team member to help you.

Your treatment team may know about other kinds of aid as well.

Running out of medicine is a common problem. But you can avoid this problem by planning ahead. Getting your medicine can take 2-3 days or more, whether you're calling your mental health professional's office or a drugstore. It can be stressful to make a lot of phone calls and talk to a lot of people when you're getting your medicine. How can you avoid this?

1. Mark your calendar five days before your medicine will run out. This will help you remember your plan. If you need more medicine on a weekend, add 1-2 days on your calendar. Depending on how you will pay for your medicine, you might not be able to get your medicines until a day or two before they are due to run out. It's still important to think several days ahead of time. Having a plan will help you avoid being stressed at the last minute.
2. Call your drugstore (or wherever you get your medicine) to let them know you need more medicine. Inform them of exactly which medicines you need. Be sure to give them your phone number so they can call you with any questions.

Knowing Your Stumbling Blocks: Your Medicine Supply (continued)

If picking up the medicine is a problem for you:

1. Use a drugstore that will deliver your medicine to your home. Your treatment team can help you find one that offers this service.
2. Ask a family member or friend to pick up your medicines for you.
3. Get your medicines filled through a mail-order drugstore. That way, you'll get your medicine in the mail.
4. Talk to your treatment team if you need help.

Once you decide where you'll regularly get your medicine, you'll want to find out the answers to these questions:

1. How long does it take to get my medicine?
2. How can I get a refill when my medicine is starting to run out?
3. How much will the medicine cost?
4. How should I pay for it?



If my medicine is beginning to run out, I will: _____

Main Learning Point #2

Having a plan to order and re-order medicine is very important.

Knowing Your Stumbling Blocks: Your Medicine Supply (continued)

You may be worried about paying for your medicine. If your health plan asks you to pay part of the cost (called a co-pay), talk to your pharmacist about payment options. If you need other help, talk with your treatment team. They can help you with your budget or look for other options. Do not plan to save money by skipping doses of your medicine! This can put you at greater risk of getting sick again. When you talk about your needs with your treatment team, they can help you make a plan to keep a steady supply of medicine.



Main Learning Point #3

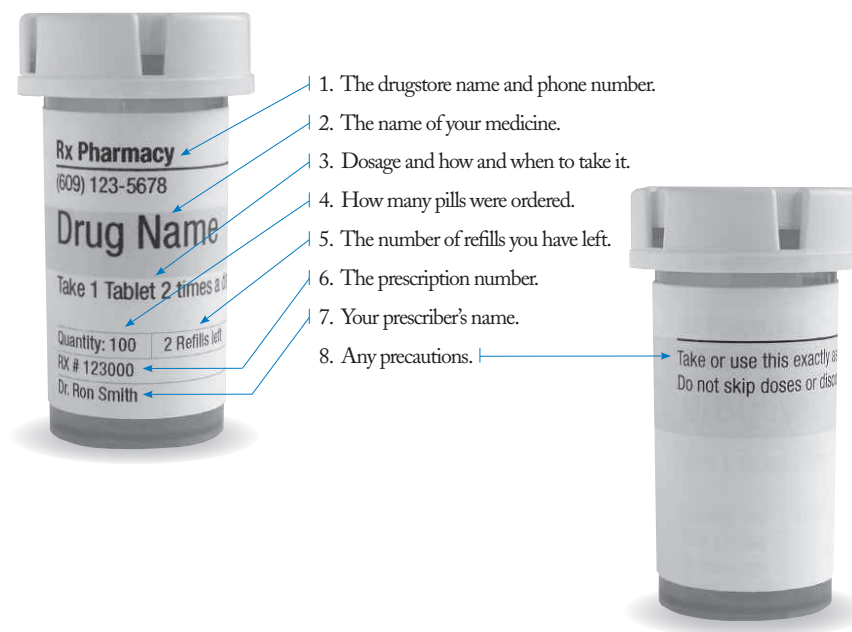
Talk to your pharmacist or treatment team about any payment concerns.

Do you have any other concerns about keeping up your supply of medicine?

Can you share any tips that have helped you manage your medicine supply?

Knowing Your Stumbling Blocks: Your Medicine Supply (continued)

When you get your medicines, look closely at the labels. All the information you need to take the medicine the right way and get it refilled will be on the label. Look for these things on the label:



Getting your medicine is much easier once you have a plan. If your medicine is changed, you can stick to your plan and start your new treatment without a problem. Remember, having a regular supply of medicine helps you to take it every day. This supports your journey towards recovery!

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 how to plan ahead so I won't run out of medicine.
- ☐ 3. **BE PREPARED.** I will fill out the Medicine Contact Information handout. I will ask _____ to help me be sure I have all the right information.
- ☐ 4. **OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ 5. **PRACTICE.** I will work with _____ to make sure I know how to read the labels on my medicines.

Medicine Contact Information



I get my medicine at:

Drugstore Name _____

Phone Number _____

If I have questions, I can call my prescriber or nurse at:

Name _____

Phone Number _____

Current Medicine List:



Medication name	Dosage	When to take it	Refill date

Keep this information where you can refer to it easily – on your refrigerator, with your medicine, or in your wallet or purse.

5

Recognizing and Coping With Side Effects
Facilitator Notes**Main Learning Points from last session:**
Knowing Your Stumbling Blocks: Your Medicine Supply

1. Know when, where, and how to get your medicines.
2. Having a plan to order and re-order medicine is very important.
3. Talk to your pharmacist or treatment team about any payment concerns.

Review Personal Practice Options from last session.**Materials for this Session (optional)***The Five Steps to Dealing with Side Effects.***Tips for this Session**

1. Having medicine education material with side effect profiles will be helpful for those participants needing specific information. If you are not a medical treatment team member, you may want to have a medical co-facilitator (doctor or nurse) for this session to answer medical questions.
2. In Team Solutions Workbook 4, there is a plan for taking action when side effects occur. This plan is called The Five Steps to Dealing with Side Effects. This plan is attached here as a handout. You may want to use these materials over two sessions so you can cover them in greater detail.

General Tip

Apply creative activities and approaches (e.g., games, icebreakers, props, simple metaphors, and humor).

When planning a session, think of creative approaches that will engage participants and encourage them to take part, such as icebreakers or quick, competitive games. Examples of icebreakers may include, “Have you ever thought what you would do if you won a million dollars in the lottery?” or “Rate your mood today like the weather (cloudy, partly cloudy, or sunny).” Consider using visuals such as magazines, pictures, or cartoons; props such as sugar packets to demonstrate how much sugar is in a can of soda; or exercise videos to involve participants in a few minutes of stretching or light walking. Throughout, use metaphors and examples that promote learning—and use your own natural sense of humor when appropriate. Some behavioral health care facilities have developed competitions, such as who can lose the most weight or walk the most steps.

Suggestion for Topic Introduction
and Relevance to Participants

“Do all of you know what a medicine side effect is?”

“How many of you have had a side effect?”

“Have any of you ever changed medicines because of side effects?”

“Many of you may have had what you thought were side effects of your medicine. Understanding possible side effects will help you recognize them if they happen. Today, we’re going to talk about how to recognize and deal with side effects.”

“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. B 4. B

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

Review of Session 4: Knowing Your Stumbling Blocks: Your Medicine Supply



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. Know w_____n, where, and how to get your medicines.
2. Having a plan to order and r____-_____r medicine is very important.
3. Talk to your p_____t or treatment team about any payment concerns.

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 side effects means:

- A. This is a bad medicine for me.
- B. I may need a medicine adjustment.
- C. I should stop taking medicine right away.
- D. There is something wrong with the medicine.

2. If I think I'm having side effects, the best choice is:

- A. Stop my medicine right away.
- B. Take less than my prescriber or nurse ordered.
- C. Call my prescriber or nurse to talk about it.
- D. Wait until the next time I see my prescriber or nurse.

3. If I'm having a side effect with one medicine, it means that I'll have a side effect with another drug given to me for my symptoms.

A. True B. False

4. There's nothing I can do about side effects. I'm either going to get them or not.

A. True B. False

Topic Assessment



5. I'm confident I recognize and make good choices about managing side effects when they happen to me.

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

6. This information is important for me to know.

☐ 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.

☐ 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: _____

Recognizing and Coping With Side Effects

Objectives for this Session

1. Understand what a side effect is.
2. Recognize that different people can have different reactions to the same medicine.
3. Review possible medicine side effects and be able to write down 2 of them.
4. State 1 thing you can do to deal with side effects.

"My medicine causes unwanted side effects."

"Look at how my hands are shaking – I can't handle this."

Medicines affect different people in different ways. Some people may have side effects from taking a medicine. A side effect is something about your medicine you may not like. Side effects are usually unwanted. Other people may not have any side effects at all, even though they're taking the same medicine at the same dosage. The kind of reaction you may have to any medicine depends on many things. Some of these include:

1. Your body chemistry.
2. The dosage.
3. Your age.
4. Other medicines you may be taking.

Side effects can happen to anyone, even with a medicine as common as aspirin. Having a side effect doesn't always mean that you're taking too much medicine or that your medicine must be changed.

Main Learning Point #1

A side effect is an unwanted effect of your medicine.

Recognizing and Coping With Side Effects (continued)

Let's talk about the more common side effects seen with medicines for mental illnesses:

- Sleepiness
- Dry mouth
- Constipation
- Tremors (shakiness)
- Blurred vision
- Restlessness or pacing
- Increased appetite
- Sexual problems

Have you experienced any of these side effects?

There are other possible side effects, and it's important to let your prescriber know if you notice any unwanted side effects. Usually, your prescriber will ask if you are having any problems with your medicine. You may want to take a note with you to your appointment so you can remember to tell your prescriber about any concerns you have.

Workbook 4, *Understanding Your Treatment*, gives more information about the more serious side effects that can happen. Your treatment team is also a great source of information and advice. They can give you information sheets that explain the side effects that might happen with the medicines you're taking.

Main Learning Point #2

People respond differently to medicines. Some people may experience side effects, while others may not.

Recognizing and Coping With Side Effects (continued)

Have any side effects been bothering you recently? List each side effect below and place a check in the box that tells how much it bothers you.



Side effect	Bothers me a lot	Bothers me a little	Doesn't bother me at all

Let your prescriber know about any side effects you have listed, especially the ones that bother you the most. Maybe the side effects that bother you a lot will be the first ones you tell your prescriber about. Here are a few things you can do that may help.

1. Some side effects last only a short time, and they go away as you keep taking your medicine. Your prescriber may ask you to keep taking your medicine and see if the side effect improves over time.
2. Changing the dosage of your medicine may make some side effects better. Your prescriber may need to make a few changes until you find the dosage that makes your symptoms better and causes few, if any, side effects.
3. Adding another medicine to your treatment may help relieve your side effects. For example, tremors (shaking) might be treated by adding a second medicine.
4. Taking your medicine at a different time of day may help. If your medicine makes you sleepy, your prescriber may suggest taking it at bedtime rather than during the day.
5. Some side effects are fairly simple to manage. If you have constipation, drink more liquids and eat more fiber. If you have dry mouth, chew sugarless gum or suck on sugar-free hard candy.

Recognizing and Coping With Side Effects (continued)

6. If you smoke, you may need a larger dose of medicine. Cutting back or quitting smoking can be one of the best things you can do for your health, and it can help with some side effects too. It's a good idea to tell your prescriber if you decide to quit smoking, so he or she can decide if you need a change in dosage.
7. If you used to be overweight and have lost weight, you may need a lower dose of medicine. You can improve your overall health by choosing a well-balanced diet and exercising regularly. Being healthy can help with some side effects like sedation (extreme sleepiness), thirst, constipation, and increased appetite.
8. If the side effects bother you too much, your prescriber may recommend a different medicine.

Main Learning Point #3

Side effects don't always have to be a problem.



Some things you can do to deal with side effects are:

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

Side effects can be one of the reasons people skip doses or stop taking their medicine. Working with your treatment team can help you manage side effects and have a plan for coping with them when they happen.

Remember the goal is to take a medicine that makes your symptoms better while minimizing side effects.

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 how to watch for side effects.
- ☐ **3. WRITE.** Using the examples that follow in *The Five Steps to Dealing with Side Effects* handout, write down a problem that you'd like to talk over with your prescriber or treatment team. Bring it with you to the next session.
- ☐ **4. OTHER:** _____

Take an "Extra Step Forward" (optional)

- ☐ **5. REVIEW AND REFER.** I will review the list of side effects I identified. I will think about what I could do that can help me cope with those side effects. I will make a list of what I am already doing and what I plan to do to help manage my side effects. I will reread my list a couple of times during the week. I will share my experience during our next session.

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 goal by the next session?

The Five Steps to Coping with Side Effects

- 1. Contact Your Treatment Team:** Talk with your prescriber, nurse, or a member of your treatment team that you can reach quickly and easily. To solve the problem, you'll probably need to talk to your prescriber. However, you may need to talk to someone else on your treatment team first. It's best to be prepared and keep a list of treatment team members' names and contact numbers.
- 2. Describe the Problem:** It's helpful to tell your treatment team members about the trouble you're having and how much it bothers you.
 - A. What Bothers You:** Explain the problem.
 - B. How Much It Bothers You:** Explain whether this is a problem that bothers you just a little or if it bothers you so much that you don't want to keep taking the medicine.

Example (1): "This problem is annoying, but I'll put up with it if the medicine does a good job of controlling my symptoms."

Example (2): "This problem really bothers me a lot. I'm not sure I want to keep taking the medicine if the problem can't be solved."
- 3. Ask Questions:** Find out what you need to know to understand this problem better.
 - A. Side Effects:** Is this problem a medicine side effect, or is it caused by something else?
 - B. Serious:** Is this a serious problem, or is it just bothersome or annoying?
 - C. Temporary:** Will this problem go away with time, or is it likely to keep happening if nothing is done about it?

The Five Steps to Coping with Side Effects (continued)

- 4. Ask for Solutions:** Find out what can be done to solve this problem. Depending on what your prescriber thinks might be best, possible solutions may include:
 - A. Cope:** Is there something you can do to deal with the problem?
 - B. Decrease:** Would it help to decrease the dose of medicine, or would the symptoms of your illness get worse?
 - C. Add:** Is there another medicine that could be added that will keep the problem from happening?
 - D. Switch:** Is there a different medicine you could take that's less likely to cause this problem?
- 5. Come to an Agreement:** Work with your treatment team to reach an agreement about what will be done. Keep your part of the agreement.

6

Using Substances and Drugs
Facilitator Notes**Main Learning Points from last session:**
Recognizing and Coping With Side Effects

1. A side effect is an unwanted effect of your medicine.
2. People respond differently to medicines. Some people may experience side effects, while others may not.
3. Side effects don't always have to be a problem.

Review Personal Practice Options from last session.**Remember**

You can refer to the two-sided laminated “Facilitator’s Delivery Checklist” when using Team Solutions materials as a reminder of important facilitator tips.

Tips for this Session

1. Approach the use of alcohol and drugs in a non-judgmental manner. Recognize that some of the participants may have used or continue to use illicit substances and/or alcohol. At the same time, some of the participants may never have tried substances. You may want to reassure everyone they are safe in the group setting and remind them that group conversations are confidential. Reassure them they do not have to disclose personal information during this session.
2. There are participants who have never used illegal drugs, alcohol, or other illicit substances (or embarrassed to be more forthcoming), so reassure them the information will still be helpful for them, as they will learn how substances can affect people with psychiatric disorders.
3. This is a lengthy lesson and you may want to cover the material in two sessions. Be creative if you do this, and use interactive practice or exercises to help participants remember the materials.

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

“How many of you have heard the phrase ‘playing with fire?’ What does that mean to you?”

(Listen and encourage their responses.)

“Have any of you been told, ‘You don’t have to touch the stove to know it’s hot?’ What does that mean to you?”

(Listen and encourage their responses.)

“For many people, using alcohol and drugs is like playing with fire or touching a hot stove. When someone has a psychiatric disorder, that person is at a even greater risk of getting sick again if they’re using alcohol or drugs. Drugs and alcohol are not healthy for us.”

“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. B 4. A

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

Review of Session 5: Recognizing and Coping With Side Effects



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. A side effect is an u_____d effect of your medicine.
2. People respond d_____y to medicines. Some people may have side effects, while others may not.
3. Side effects don't always have to be a p_____m.

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. Using alcohol or illegal drugs will make my symptoms better.

A. True B. False

2. "Self-medicating" is:

- A. Taking your medicine only when you want to.
B. Stopping your medicine because you're taking street drugs.
C. Using alcohol or street drugs to cope with symptoms.
D. Not a problem for someone with mental illness.

3. Alcohol and illegal drugs:

- A. Are okay to use.
B. Affect the same brain chemicals as medicines for mental illnesses.
C. Are not a problem if used in small amounts.
D. Are something you shouldn't tell your treatment team that you use.

4. Mixing your medicine with alcohol or illegal drugs can be dangerous.

A. True B. False

5. I'm confident I understand the effects of illegal drugs and alcohol on my illness.

☐ 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: _____

Using Substances and Drugs

Objectives for this Session

1. Understand that people with mental illnesses are at a greater risk of using alcohol or illegal drugs.
2. Explain the main reason alcohol and illegal drugs can make symptoms worse.
3. List 3 negative results of using alcohol or illegal drugs.

“The doctor said I shouldn’t mix medicine and alcohol.”

It’s estimated that more than 22 million Americans suffer from alcohol and/or drug dependence or use. People who have a mental illness are much more likely to use alcohol or drugs. In fact, about half of all people with a psychiatric condition have problems related to alcohol or drug use at some point. For people who don’t have a mental disorder, the rate of alcohol and drug use is much lower, at about 15 percent.

Main Learning Point #1

Substance use is common in people with mental illness.

Substances are things people take that affect the way they feel, think, or act. Alcohol, illegal drugs, and glue sniffing are examples of substance use. Because using substances changes the way a person sees the world and may make them “feel good” for a little while, some people believe it helps them control their illness. Sometimes people use alcohol and drugs to help them deal with their symptoms. This is called “self-medicating.” The problem is the relief they get from using these substances doesn’t last.

Using Substances and Drugs (continued)

Another problem is that using alcohol or drugs may make your symptoms worse. Your medicine helps to balance your brain chemistry. Alcohol and drugs also affect your brain, but in a very different way. Substance use may upset the balance that you have worked so hard for. Your symptoms may get worse, which may cause you to get sick again. Even small amounts of substances may cause serious problems.

Main Learning Point #2

Alcohol and illegal drugs can make symptoms worse and may lead to relapse.



Let's look at some of the things that happen to people with a brain disorder when they use alcohol and drugs. Check those that have happened to you or someone you know:

- ☐ Spent money on alcohol or illegal drugs that was meant for other things.
- ☐ Lied about substance use to family, friends, or treatment team.
- ☐ Stopped taking medicine because of using substances.
- ☐ Skipped appointments or group sessions.
- ☐ Avoided people who were supportive of the person's recovery.
- ☐ Only took medicine when not using substances.
- ☐ Had some symptoms of the illness that got worse.
- ☐ Got in trouble with the police, at school, or at a job.
- ☐ Had to go to the hospital.
- ☐ Other.

Using Substances and Drugs (continued)

Why do people use substances that can cause bad things to happen? Let's look at some common reasons and think about what a person could do instead.



Reasons to use	What could I do instead?
1. Deal with symptoms.	
2. Deal with side effects.	
3. Friends or family use substances.	
4. Use substances to feel "normal" around others.	
5. Escape problems.	
6. Like how it makes me feel.	

Can you think of other reasons people use alcohol or illegal drugs?

Main Learning Point #3

People use substances for many reasons.

Using Substances and Drugs (continued)

If a person is using alcohol or drugs, it's very important for that person to tell the treatment team, especially the prescriber. To be a partner in your treatment, it's important to be honest about what you're doing and thinking. That shows you're taking responsibility for your own health.

Even if you use alcohol or illegal drugs only once in a while, they can still affect the way your medicine works. **Mixing alcohol or drugs with your prescribed medicine can be dangerous.** Your prescriber can tell you about the risks of substance use with the medicines you take.

Sometimes when people with mental illness use substances, they stop taking their medicines or miss doses of their medicine. If that happens, they take a big risk of getting sick again.

Workbook 7, *Making Choices: Substances and You*, addresses substance use and treatment options. This may be very helpful to you. Many people have a hard time not using alcohol or drugs. Don't be afraid to ask for help! Your treatment team members can help you take steps towards a healthier lifestyle. By doing so, you can keep moving towards your recovery goals.



Main Learning Point #4

**Avoiding alcohol and illegal drugs
lets your medicine work and
helps you stay well.**

Over-the-counter medicines

Over-the-counter, or OTC, medicines can be bought without a prescription. Examples include cold and headache medicines, vitamins and minerals, and herbal products. It is best to talk with your prescriber or a treatment team member before you take OTC medicines.

OTC medicines should be taken only as directed. Sometimes, a simple OTC medicine can interact with your prescribed medicine. This can result in side effects or can make your symptoms worse.

Using Substances and Drugs (continued)

Nutritional supplements

Some people like to try out special diets and nutritional supplements. They believe that nutritional supplements may help them control their illness. Because supplements are sold as food products, they're not monitored by the Food and Drug Administration like a medicine is. But these supplements can also interact with your medicines or affect your symptoms.

Herbal Remedies

Many people believe that herbal remedies improve their mood, energy, and ability to sleep. Because you can buy herbal products without a prescription, many people think they must be safe for everyone to take. But there's evidence that some herbal supplements can make symptoms worse or cause side effects in some people.

It's best not to change your treatment in **any way** on your own. If you're interested in trying other treatments along with your prescribed medicine, bring information about these treatments to your next appointment. Your prescriber will be able to answer your questions about those treatments, know whether they'll interact with your medicines, and tell you how they may interact with your medicines.



Main Learning Point #5

**Talk with your prescriber before
taking over-the-counter
medicines, nutritional supplements,
or herbal remedies.**

Having good control of your symptoms means your medicine is helping to balance your brain chemistry. Any substance can upset this delicate balance. Avoiding alcohol and illegal drugs helps your medicine work and helps you stay well. Talk about over-the-counter medicines, dietary supplements, and herbal remedies with your prescriber before you use them. This way, you can make the best decision about the benefits and risks. Staying well lets you keep making healthy choices that support your recovery. Focus on reaching your treatment goals and stay on your path to recovery.

Review & Moving Forward



The main learning points of this session are:

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

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 substances.
- ☐ **3. DISCLOSE.** If I use alcohol or street drugs, I'll tell my treatment team members about it. I'll be honest with them and myself about my use.
- ☐ **4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ **5. EVALUATE.** If I use alcohol or street drugs, I will share this information with my treatment team. I will list 3 ways my substance use has a bad effect on my life. I will also write three reasons why I use substances and share these with my treatment team.

3 ways substance use
has a bad effect on my life

3 reasons why I use
substances

7

How Do You Stay Well? Facilitator Notes

Main Learning Points from last session: Using Substances and Drugs

1. Substance use is common in people with mental illness.
2. Alcohol and illegal drugs can make symptoms worse and may lead to relapse.
3. People use substances for many reasons.
4. Avoiding alcohol and illegal drugs lets your medicine work and helps you stay well.
5. Talk with your prescriber before taking over-the-counter medicines, nutritional supplements, or herbal remedies.

Review Personal Practice Options from last session.

Remember

You can refer to the two-sided laminated “Facilitator’s Delivery Checklist” when using Team Solutions materials as a reminder of important facilitator tips.

Tips for this Session

Emphasize:

1. Medicine adherence (taking medicines as prescribed) is an important part of managing symptoms for their illnesses.
2. Medicine adherence is an important part of managing symptoms in the treatment of any long-term illness.
3. Symptom control is an important step towards reaching their recovery goals.

Potential Problems

Participants who have experienced symptom relief may believe they no longer need medicine.

Possible Responses

Reassure participants that this is a common response to improvement in symptoms, and that staying on their medicine is an important part of staying healthy and preventing relapse. Acknowledge that people who take medicines for many illnesses feel the same way.

Suggestion for Topic Introduction and Relevance to Participants

"Can you think of a time when you believed that you no longer needed to take medicine because your symptoms were under control? This is very common—lots of people have those thoughts."

"Do you wonder what would happen if you stopped taking your medicine? Some of you probably have found out what happens, right?"

"How many of you have asked your prescriber how long you'll have to take medicine?"

"Many people think their symptoms are under control and may wonder why they need to keep taking medicine. They may ask, 'Why should I take medicine when I'm fine?' Today, we're going to talk about some answers to that question."

"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. B

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

Review of Session 6: Using Substances and Drugs



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. Substance use is c_____n in people with mental illness.
2. Alcohol and illegal drugs can make symptoms w_____e and may lead to relapse.
3. People use s_____s for many reasons.
4. Avoiding alcohol and illegal drugs lets your m_____e work and helps you stay well.
5. Talk with your prescriber before taking over-the-counter medicines, nutritional supplements, or h_____l remedies.

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. Getting relief from my symptoms means:

- A. It is time to stop taking my medicine.
- B. I'm moving forward on my path to recovery.
- C. They will probably come back.
- D. Taking my medicine half of the time is okay.

2. If I stop taking my medicine now:

- A. It won't be as bad for me as it was before.
- B. No one will be able to tell.
- C. I may get sick again.
- D. I can't tell my treatment team.

3. Taking my medicine is necessary to manage my symptoms.

- A. True B. False

4. Talking honestly with my treatment team is important only when I'm having symptoms.

- A. True B. False

5. I'm confident I can keep myself well.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <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: _____

How Do You Stay Well?

Objectives for this Session

1. Identify 3 risks of not taking your medicine as prescribed.
2. Recognize the difference between a cure and treatment.

“I don’t know why I need to take the medicine. I’m doing a lot better.”

If you’ve been taking your medicine for a long time and your symptoms are under control, congratulations! But don’t be fooled—just because you have no symptoms right now doesn’t mean that you’re cured. If you are well controlled right now, your illness is being managed. This is different than a cure.

What do you think might happen if you stop taking your medicine?

Research shows that even when symptoms go away, it’s best if people keep taking their medicines as prescribed. If you keep taking your medicine, you reduce the chances that your symptoms will come back or get worse. Many people also keep getting stronger and better over time because they keep taking their medicine.

If you were taking medicine for a seizure disorder or high blood pressure, you’d be taking a big risk by stopping your medicine. In the same way, people with a mental disorder who stop their medicine on their own run the risk of a relapse.

It’s a lot easier to **keep** symptoms from returning than it is to start treatment all over again. Each time you have to start treatment again, you may not “bounce back” as fast or as well as you did before.

Staying on your medicine is the best chance you have for getting and staying well.

Main Learning Point #1

It’s easier to keep symptoms from returning than it is to start treatment all over again.

How Do You Stay Well?

(continued)

Have you ever wondered or asked your prescriber how long you have to take medicine? Together you can weigh the benefits and the risks of staying on your medicine. If the benefits of staying on it are greater than the risks of stopping it, your prescriber will probably advise you to keep taking your medicine.

Let’s look again at people who have high blood pressure, a medical condition that requires long-term treatment. Without medicine, high blood pressure can lead to serious problems. Mental illness is like other illnesses that require long-term medicine to control the symptoms. At first you may have a hard time accepting the need to take medicine long-term. Focusing on how medicine can help control symptoms that bother you may help you understand why it is important.

Main Learning Point #2

Many illnesses require medicine every day to control symptoms.

The newer medicines used to treat psychiatric conditions can help keep many of the symptoms under control. When symptoms are managed, you can work on your recovery goals. The newer medicines have different side effects than the older medicines. The good news is that Scientists are working every day to develop more medicines that will treat these types of illnesses better. There’s an important difference between curing an illness and treating an illness. Unfortunately, there’s still no cure for mental illness. Instead, we focus on controlling symptoms so you can reach your goals. This is effective treatment.

Main Learning Point #3

Effective treatment = symptom control that lets you work toward your recovery goals.

Knowing what you know about your medicine and your symptoms, what do you think about taking medicine when you’re feeling well?

How Do You Stay Well?

(continued)

Treatment decisions should be made with your treatment team. It's very important for you to talk honestly with your treatment team. By sharing your thoughts, asking questions, and describing your symptoms, you can work with your team to choose the best treatment for you, including how long your treatment should last. It may help you to write down what you want to discuss with your prescriber and carry your notes with you to the appointment.



Main Learning Point #4

You and your team decide your treatment plan together.

Your family doctor or any other specialist is also a member of your treatment team. It's important for them to know about your diagnosis and the medicines you're taking. You can ask someone on your treatment team to give this information to other prescribers if you need help.

You may need to watch for certain side effects or drug interactions when different medicines are prescribed together. For example, if you're taking a "water pill" (called a diuretic) with some medicines for mental illness (such as lithium), you may need to keep track of how many fluids you drink. You may also need regular blood work to make sure the water pill is not changing your lithium level.

Your relationships with your treatment team and others who support you are important. But relationships often require some hard work! Some of the things needed to maintain those relationships are:

- Honesty
- Good communication
- Sharing thoughts, concerns, and questions
- Describing symptoms clearly
- Trust

What other things do you think are important to your relationships?

Remember that you're a partner in your treatment. By working together with your family and treatment team, you can reach your goals. By taking your medicine the right way, you'll be able to focus on living your life the way you want.

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 a plan to stay well and work on my recovery.
- ☐ **3. LIST.** I will list 2 goals I hope to reach within the next 6 months. I will share them with my treatment team.
- ☐ **4. OTHER:** _____

Take an "Extra Step Forward" (optional)

- ☐ **5. PLAN AHEAD.** I will write down any questions I have before my next appointment and take the list with me when I see my prescriber. I will be sure to give that person a list of all other medicines I am taking that are given to me by another prescriber. I will also let the prescriber know about OTC medicines, vitamins, and supplements I am taking.

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 goal by the next session?

8

Medicine and Getting Better Facilitator Notes

Main Learning Points from last session: *How Do You Stay Well?*

1. It's easier to keep symptoms from returning than it is to start treatment all over again.
2. Many illnesses require medicine every day to control symptoms.
3. Effective treatment = symptom control that lets you work toward recovery.
4. You and your team decide your treatment plan together.

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. Distribute copies of Session 2 checklist identifying "stumbling blocks" for review. You may want to bring actual building blocks for a visual demonstration of the importance of a solid foundation.
2. This is the last session of this workbook, so you'll want to mark the occasion with a special celebration. A certificate of achievement is enclosed in your materials, and you can be creative in doing something special (for example, give a pill box to each participant).

General Tip

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998), or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

The Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998) is an abbreviated version of the Short-Form-36 Health Survey. This survey has 7 questions (using Likert scales from 1-5) regarding the person's views about their own health in the last four weeks. It addresses general health and how health affects the person's physical activities and daily

activities. It also addresses emotional issues and feelings and whether either physical or emotional health has interfered with social activities. The Short-Form correlates extremely well with the longer, 36 health survey and offers a good way to gauge physical and emotional health. Cultural differences can create potential challenges in regards to the interpretation of questions and, ultimately, answers. A heightened awareness by clinicians can increase the reliability of results.

The COOP scales (The Dartmouth/Northern New England Primary Care Cooperative Information Project) was developed to create a system to measure health status in physicians' offices. One of the basic tenets of the charts is that the functioning of the person as a whole is more important than that of separate organ systems. You may have seen some of the graphic charts (e.g., the "face" charts to measure feelings). Other graphic charts measure daily activity levels, social activities, physical fitness, change in health, overall health, social support, and quality of life. These charts are widely used in studies and are found to have good reliability and high validity. They are rated as useful by high numbers of office staff and clients.

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

"How many of you have used building blocks to create a structure, would you raise your hands?"

"Why is it important to have a solid foundation before you start adding height to a building?"

(If you're able to bring in some blocks, you may want to be interactive and have participants attempt to build height with and without a solid foundation.)

"You can see for yourselves why a solid foundation is important."

"Your medicine is the cornerstone of your treatment. Think of your medicine as adding blocks to a solid foundation for recovery."

"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. C 3. D 4. A

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

Review of Session 7: How Do You Stay Well?



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. It's easier to keep s_____s from returning than it is to start treatment all over again.
2. Many illnesses require m_____e every day to control symptoms.
3. Effective t_____t = symptom control that lets you work towards your recovery goals.
4. You and your team decide your treatment plan t_____r.

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. Taking my medicine can help me deal with problems in the future.

A. True B. False

2. The most important member of the treatment team is:

- A. My prescriber.
B. My nurse.
C. Me.
D. My social worker.

3. The relationships I have with my treatment team, family, and friends are:

- A. A small part of my recovery plan.
B. My own personal business that I should never discuss with anyone.
C. Only important if they want me to take medicine.
D. Very important to reaching my recovery goals.

4. Finding a medicine that helps me control my symptoms is an important first step towards wellness.

A. True B. False

5. I'm confident I know how to use my medicine to stay well.

☐ 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: _____

Medicine and Getting Better

Objectives for this Session

1. List 2 obstacles you face in taking your medicine.
2. Name 4 people who are important in your support system.
3. Identify 2 key steps towards recovery.

We have spent a lot of time talking about your prescribed medicines and how they help you manage symptoms and stay well. When you understand how your medicine helps you, it's easier to decide to take your medicine every day, as prescribed. Taking your medicine the right way gives you a foundation to build your recovery on.

We've also learned that many things can affect your ability to take your medicine. Let's review those "stumbling blocks":

- Forgetting to take your medicine.
- Lack of support.
- Problems getting the medicine (for example, trouble with transportation to pick up refills).
- Side effects.
- Substance use.
- Belief that you don't need to take medicine.
- Embarrassment about needing medicines.
- Not keeping a schedule.
- Not understanding the need to use more than one medicine, or being confused about how to take different medicines.

When you look back at the "stumbling blocks" you listed in Session 2, what do you think about the plans you made to help you keep taking your medicine and keep your symptoms under control? Is your plan working? Having a plan may help you get past any problems. Those "stumbling blocks" become little "bumps in the road." Congratulations—you have started on your path to recovery!

Medicine and Getting Better (continued)



Can you think of any other “stumbling blocks” that could keep you from taking your medicines? _____

Your treatment team members will be there to support you if you have problems. In our lives, we all face new challenges. By staying well, you'll be prepared to face your challenges.



Main Learning Point #1

Taking your medicine and staying well prepares you for future life challenges.

Your prescriber will need your help to decide on your treatment plan, including medicines. Remember, you're a partner in all your treatment decisions. Your treatment team members all have important roles in your recovery. But no one is more important than you!

By understanding the importance of taking your medicine the right way every day, and understanding what can happen if you don't take it, you make a commitment to your own success.

Main Learning Point #2

You are the most important member of your treatment team.

Medicine and Getting Better (continued)



Relationships you have with family, friends, and treatment team members are an important part of your recovery. People with mental illnesses can reach their goals and have more independence and satisfaction in life. Many people say the support they get from the important people in their lives has been a key to their success.

Let's look again at the important people in your life and how they can help you move forward in your recovery.

List the people you can count on to help you reach your recovery goals:

Staying connected with the people who support you and your recovery can be hard at times. But honest and open communication will help you keep those relationships. Being able to ask for help when you need it is an important skill to have.



Main Learning Point #3

The relationships you have with family, friends, and treatment team members are important to your recovery.

Medicine and Getting Better (continued)

This final session celebrates your commitment to your own recovery. You have learned about your medicine and the important role it plays in your treatment. The process of finding the right medicine may be frustrating at times, but reaching that goal is one of the first and most important steps towards wellness. By staying well, you'll be able to set new goals for yourself.

It can be hard to realize that you may always have to take medicine to control your symptoms. But you're just like anyone else who has a life-long illness. Taking medicine is a necessary and important part of your treatment plan. You're giving yourself the chance to succeed by believing:

1. In yourself.
2. In the strength and commitment of your treatment team, family, and friends.
3. That your medicine can help when taken correctly .

In this workbook, you've learned about your illness and symptoms. You've learned about the very important role of medicine. And you've gotten some new tools to help you manage your treatment. By working together with your treatment team to find the medicine that works best for you, you're building your recovery on a solid foundation.

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. Although this is the last session in this workbook, you may still want to practice this important topic. 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 a plan to stay well and work on my recovery.
- ☐ **3. IDENTIFY.** I will identify a “stumbling block” that I continue to have and share this information with a member of my treatment team.
- ☐ **4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- ☐ **5. GOAL-SETTING.** I will list 2 short-term goals (ones I would like to reach in the next 3 months) and 2 long-term goals (ones I would like to reach in the next year). I will share this information with my treatment team.

Congratulations on completing *Getting the Best Results from Your Medicine!*

Team Solutions

Certificate of Achievement

is presented to

for completion of

Getting the Best Results from Your Medicine

Facilitator

Date

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