

ARC Learning Session #4

Medication Decisions to Help Clients Achieve Goals and
Advance in Their Recovery

September 24, 2014

Introduction of Topic

- ▶ Rick Goscha provides an overview of Common Ground and Personal Medicine - and how it fits with the strengths model
- ▶ Steve Wilson introduces the Telecare content

Objectives

At the conclusion, you will be able to:

- ▶ Support clients to discover their “Personal Medicine” to increase their self care and recovery progress (using SA and PRP)
- ▶ Engage clients and prescribers in the use of clients “Personal Medicine” & “Power Statements” during medication visits
- ▶ Guide clients and prescribers to make shared decisions to support the clients’ goals

Preliminary Presentation Outline (8:45 - 11:00 with 15 minute break)

- ▶ Topic 1: Support clients to discover their “Personal Medicine” to increase their self care and recovery progress (using SA and PRP)
 - ▶ Video
 - ▶ Exercise
 - ▶ Didactic
- ▶ Topic 2: Engage clients and prescribers in their use of clients “Personal Medicine” during medication visits; Guide clients and prescribers to make shared decisions to support the clients’ goals
 - ▶ Video
 - ▶ Didactic
 - ▶ Breakout Exercise

Why change current practice?

How does this change idea serve as a solution?

- ▶ *“A person needs to understand their Personal Medicine in order to define recovery goals and desired treatment outcomes”*. Pat Deegan, PhD
- ▶ Shared Decision Making is Evidence Based
- ▶ Individuals have better long term outcomes when they have a voice in their own treatment decisions

Topic 1: Personal Medicine

Things people do to be well.

Topic # 1: Personal Medicine Video

**Personal Medicine and Recovery Tutorial
by Patricia E. Deegan PhD
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To inquire about use contact Pat@patdeegan.com**

Topic 1: Personal Medicine Exercise/Activity

- ▶ Handout Personal Medicine Worksheet
- ▶ Personal Medicine Worksheet
 - ▶ Please take 10 minutes - Do the Personal Medicine Worksheet for yourself.
 - ▶ Explore Personal Medicine Fidelity
 - ▶ Share your Personal Medicine with the group

Topic #1: Follow up Questions

- ▶ Tell us what you thought of the exercise ,was it difficult?
- ▶ Why do you think something so simple is so powerful? Why wouldn't you use Personal Medicine?
- ▶ Does this fit into your current practices and your Strength Assessments?
- ▶ Can anyone describe how you would use this with a client?
- ▶ How does Personal Medicine help clients begin to focus on living their life, not their diagnosis?
- ▶ How would this help a doctor integrate psychiatric services into a persons Recovery Plan?

Topic #1: Summary of Skills, Tools & Supports Needed to Make the Change Work

- ▶ Design Worksheets
- ▶ Training
- ▶ Incorporation into current documentation (i.e. PRP & Progress Notes)
- ▶ Incorporation into Morning Meeting, Field Visits, Appointments
- ▶ Leadership Direction, Check-in, Follow-up & Supervision


Topic #1: Tips for Making the Change Work

- ▶ Incorporation into everyday workflows
- ▶ Common pitfalls and/or challenges
 - ▶ Anticipate clients will say smoking is their Personal Medicine? How will you encourage further exploration?
 - ▶ Staff belief about more work?
 - ▶ What can you do if the MD ignores clients personal medicine?
 - ▶ others
- ▶ Follow-up/accountability
 - ▶ Things programs can do to assure sustainability .
- ▶ Ideas?

Topic #1 Suggestion- Personal Medicine Cards


- ▶ Personal Medicine Cards are specific wellness strategies to help manage symptoms and distress, and support recovery.
- ▶ They can be carried easily in a person's wallet to pull out any time they are needed.

Example # 1 Anxiety



Personal Medicine™: *It's what I do for my recovery.*

I will challenge
my worries.



Worry4.0708

Pat Deegan PhD & Associates, LLC © 2008

Back of Card

Special Instructions for My Personal Medicine


Most of what we worry about doesn't happen. We know that a lack of information or misinformation can create worry. Here are some steps I can take to challenge my worries.

1. I will get factual information about the things I am worrying about. A place I can get credible information is: _____
2. I will make a list of my worries. Then I will write down:
 - a) the worst thing that could happen,
 - b) the best thing that could happen and
 - c) the most likely thing that might happen.
3. I will review my list with someone I trust.

Did this Personal Medicine work for me? Yes, I will use it again. No, I will try another.


TIP: You might want to cut this card out and carry it in your wallet!

Example #2 Voices

 **Personal Medicine™**: *It's what I do for my recovery.*

When the voices start up,
try counting under your breath.

Some research suggests that using your own voice
can make distressing voices go away.

 Voices 5.0708 Pat Deegan PhD & Associates, LLC © 2008

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Special Instructions for My Personal Medicine


When is a time that hearing voices is distressing for me: _____

I will try counting under my breath _____ times to see if it works for me.

When you tried counting under your breath, describe what happened. Did you feel more in control, less overwhelmed and were the voices more manageable?

Did this Personal Medicine work for me? Yes, I will use it again. No, I will try another.

Example #3 Concentration



Personal Medicine™: It's what I do for my recovery.

When having a hard time with concentration,

Break up tasks into smaller parts.

When I break tasks up into small, achievable steps, it helps me:

- ✓ feel successful
- ✓ improves my concentration
- ✓ helps me stay focused on my goal

Concentration 2.0708 Pat Deegan PhD & Associates, LLC © 2008

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Special Instructions for My Personal Medicine

Those of us who struggle with concentration problems have learned that concentration is a skill that gets better with practice.

One way to practice your concentration skill is to break tasks down into smaller parts. For instance, if you want to read a book but find your mind wandering, focus on reading one paragraph at a time rather than the whole book or chapter. In time, you will find it easier to get through a paragraph without getting distracted. Then focus on two paragraphs, etc.

What task can you break down into smaller steps to practice your concentration skills?

Did this Personal Medicine work for me? Yes, I will use it again. No, I will try another.

Topic 2: Power Statement & Shared Decision Making

Because you are the expert on you.

Topic #2: Power Statement

**Power Statement Tutorial
by Patricia E. Deegan PhD
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Topic #2: Power Statement Components:

- ▶ Important components of a Power Statement include:
 - ▶ Identifying yourself as a person not a patient
 - ▶ The client goal for using medication/ personal motivation
 - ▶ Collaboration between the doctor and the client

Topic #2: Preparation for Psychiatric Appointment

- ▶ Clients come to appointment prepared with:
- ▶ Personal Medicine (Strengths Assessment)
- ▶ Power Statements (Personal Recovery Plan)

Topic #2: Shared Decision Making

- ▶ It's a statement that the MD and Client write together
- ▶ Incorporates a person's strengths , Personal Medicine, personal motivation, and goals
- ▶ It is an agreement that reflects what each specialist will DO between appointments to support the clients recovery goals.
- ▶ Promotes active client involvement in all decisions including medication decisions

Topic # 2: Example of Shared Decision Making

- ▶ *My prescriber and I agree that I will try and decrease my alcohol intake to improve my sleep and we will meet again in a month to evaluate if a medication change is needed to help me stay focused at work.*
- ▶ Fidelity
 - ▶ Its written in first person language
 - ▶ It is not formulaic
 - ▶ It includes an action statement, what the client will DO
 - ▶ It is absent of technical jargon.

Shared Decisions allows us to think about medication effects in the context of what's important to the individual .

Instead of . . .

- ▶ Meds will organize your thoughts
- ▶ Meds will make you less paranoid

- ▶ Meds will get ride of your voices
- ▶ Meds will suppress your delusions

Try . . .

- Meds will help you get back to reading
- Meds will help you feel less afraid allowing you to spend more time with friends.

- meds may help you return to work.
- Meds may help you sleep at night

Challenges & Myths

- ▶ Difficult to change long established patterns by psychiatrist and the system
- ▶ There is a perception that this is something else to do instead of being the actual work done with clients
- ▶ It will take too much time
- ▶ People with Mental health issues are unable to make effective decisions about their own mental health treatment.
- ▶ Symptom reduction & med adherence equates to recovery
- ▶ Treating the diagnosis vs treating the person

Topic #2: Breakout Activity

- ▶ How can this be implemented in your program
 - ▶ Challenges
 - ▶ Solutions to challenges

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Topic # 2

Questions & Report Out on Exercise