

choices in
Recovery

MAKING DECISIONS TOGETHER

Being an Active Partner
in Your Treatment
and Recovery

WORKBOOK



The Journey of Mental Health Recovery



Mental health recovery is a lifelong journey. There are ups and downs and twists and turns along the way, **but it's important to be hopeful.**

You are not alone. Many people living with a mental health condition are active in their recovery, receive help from people known as their **support network**, and are able to live productive and fulfilling lives.

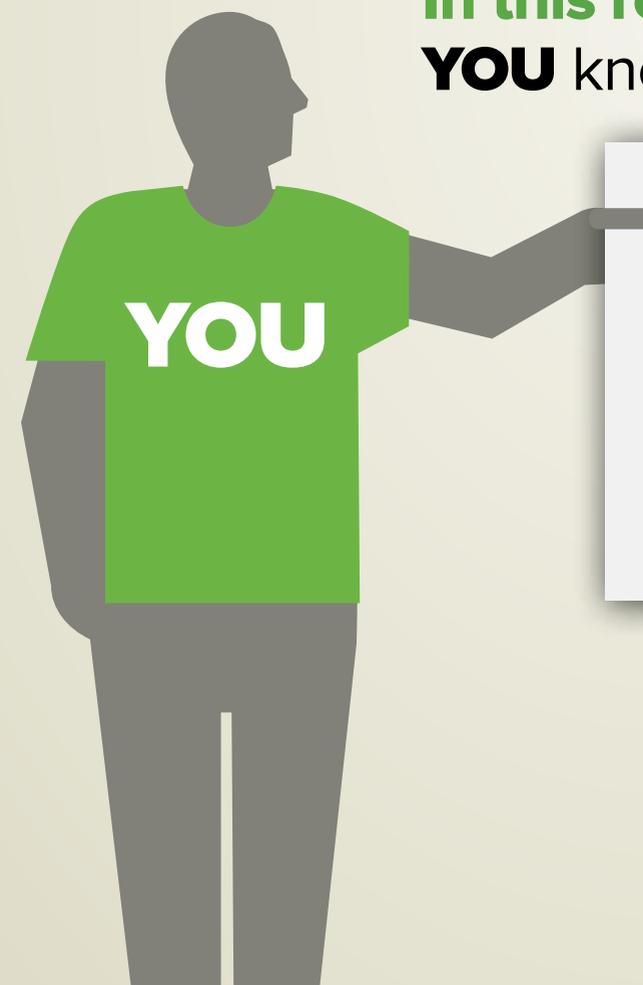
Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique, and by making a personalized, inclusive plan for managing a mental health condition, a person has the best chance of living a meaningful life.

Making Decisions Together

If you are healthy and you want to, you can be involved in making decisions about your treatment, wellness, and recovery. This works best if both you and your healthcare professional are able to partner and have a spirit of teamwork.

Being active in treatment and recovery decisions and making decisions together are based on having an open and honest relationship with your healthcare professional. It is a respectful exchange of information between two experts.

In this relationship, YOU know and can share:



- What matters most to you in your life
- Your values and preferences
- Your life experiences and goals

Making Decisions Together (continued)

In this relationship,
the **HEALTHCARE PROFESSIONAL (HCP)** can provide information on:



- Treatment/medication options
- Details about the pros and cons of the options
- Evidence to support information about the options
- Mental health services

- When you are involved and receive appropriate care based on **YOUR** needs, you may be more likely to follow through with treatment and services.
- When you and your support network have a dialogue about your treatment and recovery, your health may improve.

Elements of Making Decisions Together

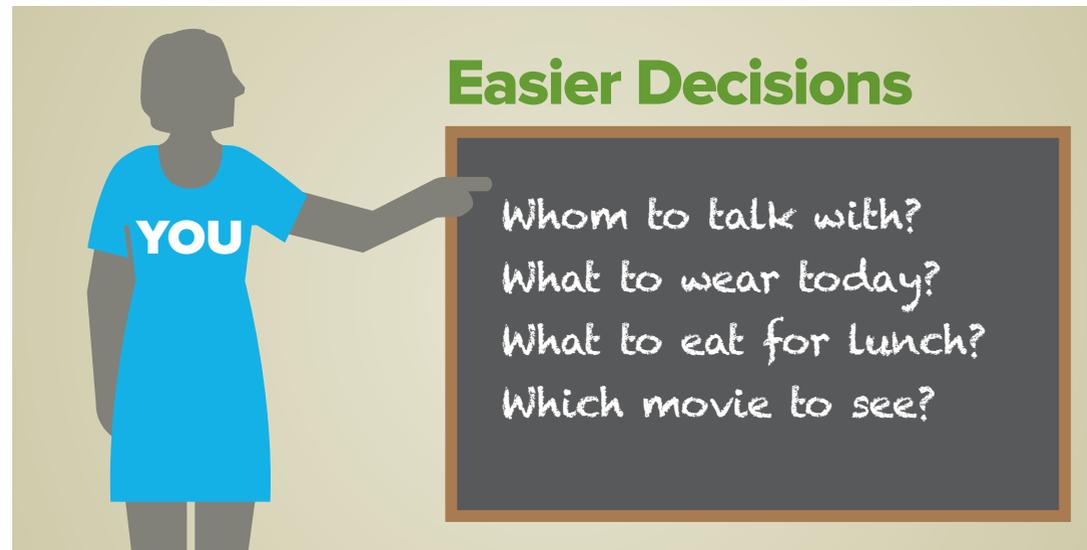


Make a Decision

Being Active in Your Recovery
EMPOWERS YOU to:

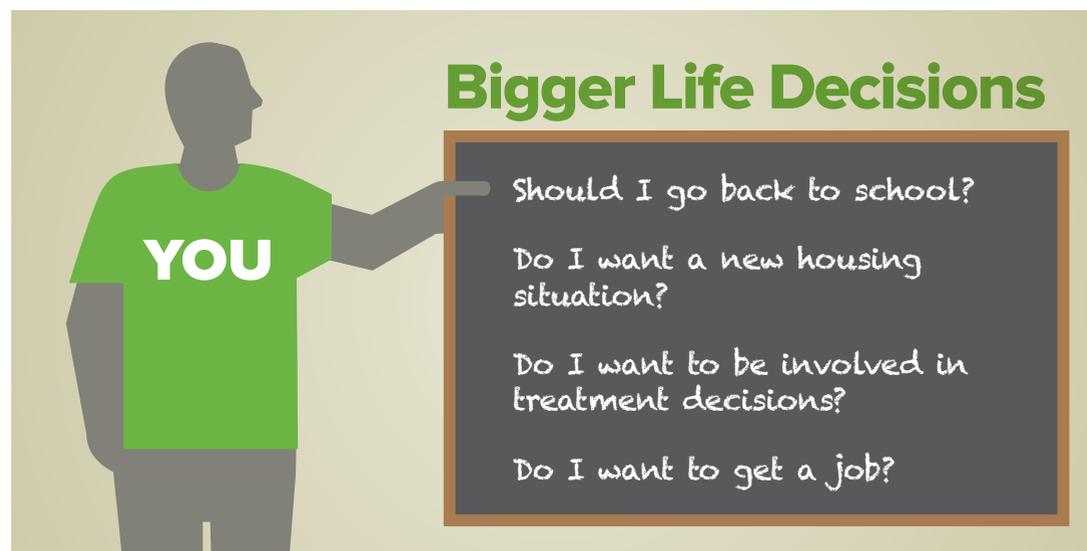
- Make informed decisions based on what's important to **YOU**.
- Receive treatment, medication, and services that reflect **YOUR** goals.
- Make sure that decisions are right for **YOUR** needs and preferences. This may help motivate you to follow through with treatment and services **YOU** have played a part in choosing.

Every Day You Make Decisions



What are some other day-to-day decisions you make in your life?

Sometimes, decisions are related to your treatment and recovery.



Bigger Life Decisions

Check if you've ever had to make decisions in these areas.

- Going back to school
- Moving to new housing
- Getting a job
- Figuring out a treatment plan

What are some other big decisions you make in your life?

It may take time to become comfortable with the idea of playing a more active role in your treatment and recovery. Who participates in decisions about your care and how you participate are ultimately **YOUR** choices.



DECISION WORKSHEET: HOUSING

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

DECISION

What decision am I facing? **Choosing a Housing Option**

Whom do I want to participate in this decision?

- Me
- My therapist
- My family member, spouse/partner, or friend _____
- Other _____
- My doctor
- My social worker/case manager
- Other housing specialist

VALUES AND PREFERENCES

Think about what your experiences, values, and preferences are around this topic. Make sure to share these with members of your treatment team.

What is important to me (my values), and what are my experiences?

A safe place to live where I won't have to move often,
like I have in the past.

WHAT ARE MY OPTIONS?

With the help of your treatment team, you can gather information and come up with a list of options that are available to you.

OPTION A Stay in supportive housing

OPTION B Live on my own

OPTION C _____

PROS AND CONS

Work with your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “not at all.”

OPTION A: <u>Stay in supportive housing</u>			
+ PROS	How much it matters	- CONS	How much it matters
<u>I would get daily support</u>	<u>★★★</u>	<u>May have a roommate</u>	<u>★★★</u>
OPTION B: <u>Live on my own</u>			
+ PROS	How much it matters	- CONS	How much it matters
<u>Will have independence</u>	<u>★★★</u>	<u>No live-in support</u>	<u>★★★</u>
OPTION C:			
+ PROS	How much it matters	- CONS	How much it matters

NOW, IT IS TIME TO MAKE A DECISION

Which option do you prefer?

- OPTION A** **OPTION B** **OPTION C** **UNSURE**

Which option does my support network member prefer?

- OPTION A** **OPTION B** **OPTION C** **UNSURE**

Decisions Along the Recovery Journey

For people living with schizophrenia, bipolar disorder, or schizoaffective disorder, there are many decisions along the **recovery journey**.

One important treatment decision is about medication—which, for many people, is a foundation of recovery.

There also are other decisions about supportive treatments that help a person’s recovery.

Supportive treatments might include:

- Going to therapy
- Attending support groups
- Finding safe and stable housing
- Getting employment or vocational counseling

Supportive Treatments:



What other supportive treatments could help **YOU** in your recovery?

Medication Decisions

If medication is part of your treatment, partner with your doctor to choose the best medication for **YOUR** needs. The following information is specific to schizophrenia medication.

Schizophrenia Medication Considerations

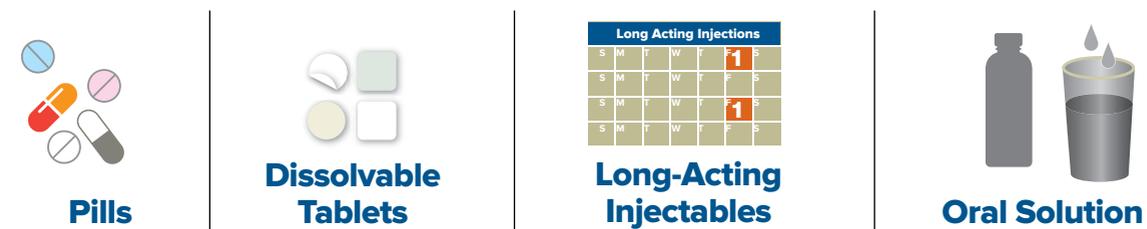
Talk to your doctor about:

- Your medical history
- Risks and benefits
- Potential side effects
- How to take the medication
- Financial costs



Schizophrenia Medication Options

- **Oral medications** are taken every day or multiple times a day and include pills, dissolvable tablets, and oral solutions.
- **Injectable medications** are taken in different ways.
 - Short-acting injections can be taken daily, and often are used in crisis situations.
 - Long-acting injections are taken once or twice a month.



Talking to your doctor about these and other considerations can help you understand your options and the benefits and risks.

DECISION WORKSHEET: MEDICATION

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

DECISION

What decision am I facing? **Choosing a Medication**

Whom do I want to participate in this decision?

- Me
- My doctor
- My therapist
- My social worker/case manager
- My family member, spouse/partner, or friend _____
- Other _____
- Other _____

VALUES AND PREFERENCES

Think about your medical history, experiences with medication, and what your values and preferences are around this topic. Make sure to share these with your doctor and members of your treatment team.

What is important to me (my values), and what are my experiences?

WHAT ARE MY OPTIONS?

With the help of your treatment team, you can gather information and come up with a list of options that are available to you.

NAME PURPOSE

MEDICATION A

MEDICATION B

MEDICATION C

PROS AND CONS

Work with your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “not at all.”

MEDICATION A:			
+ PROS	How much it matters	- CONS	How much it matters
MEDICATION B:			
+ PROS	How much it matters	- CONS	How much it matters
MEDICATION C:			
+ PROS	How much it matters	- CONS	How much it matters

NOW, IT IS TIME TO MAKE A DECISION

Which option do you prefer?

- OPTION A**
 OPTION B
 OPTION C
 UNSURE

Which option does my doctor prefer?

- OPTION A**
 OPTION B
 OPTION C
 UNSURE

Are my doctor and I in agreement about the medication decision?

- YES**
 NO

DECISION WORKSHEET

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

DECISION

What decision am I facing? _____

Next, decide how big of a role you want to play in the decision. If you decide to take part in the decision, you can use the rest of the worksheet to help guide your thoughts and discussion with your treatment team.

Whom do I want to participate in this decision?

- Me
- My therapist
- My family member, spouse/partner, or friend _____
- Other _____
- My doctor
- My social worker/case manager
- Other _____

VALUES AND PREFERENCES

Think about what your experiences, values, and preferences are around this topic. Make sure to share these with members of your treatment team.

What is important to me (my values), and what are my experiences?

WHAT ARE MY OPTIONS?

Now, with the help of your treatment team, you can gather information and details and come up with a list of the options that are available to you.

OPTION A

OPTION B

OPTION C

PROS AND CONS

Work with your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “not at all.”

OPTION A:			
+ PROS	How much it matters	- CONS	How much it matters
OPTION B:			
+ PROS	How much it matters	- CONS	How much it matters
OPTION C:			
+ PROS	How much it matters	- CONS	How much it matters

NOW, IT IS TIME TO MAKE A DECISION

Which option do you prefer?

- OPTION A OPTION B OPTION C UNSURE

Which option does my support network member prefer?

- OPTION A OPTION B OPTION C UNSURE

Be Active in Your Treatment

Practice Partnership

Remember, you and your treatment team are equal partners. Ideally, your relationship should be built on mutual trust and respect.

Inform Yourself

Try to get as much information as possible about your mental health condition and available medication and treatments. Being informed will empower and prepare you to make decisions.

Be Open and Honest

Tell your treatment team what's important to you. Don't be shy—say what you want and need from your treatment.

Listen Carefully



Take notes to remember what was said during your appointments. If it's helpful, bring a friend or relative with you for support and another set of ears.

Ask Questions



Discuss available treatment options and the pros and cons. If you don't understand or need something explained more clearly—speak up!



Access Culturally Competent Care

Everybody deserves mental health treatment that respects his or her cultural beliefs and language needs. It's your right to ask for an interpreter or a health-care professional who is familiar with, and sensitive to, your cultural needs.

Decision Aids Can Be Helpful



Decision aids are used in mental health and other health conditions to help **YOU** work through treatment and recovery decisions with **YOUR** treatment team.



- They provide information about the condition, treatment options, and risks and benefits of each option.
- They also can help you organize and share what's important to you and any worries or concerns you may have with your healthcare professional and treatment team.

Decision aids can be booklets, group discussions, computer-based programs, or decision boards.

There are many decision aids available for people living with mental health or other health conditions. Ask your treatment team for assistance, or feel free to search the Internet for decision aids.

It is important to note that decision aids DO NOT replace discussions with your healthcare professional, but they can add to the discussion.

choices in RECOVERY[®]

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