

10

Independence and Hope Facilitator Notes

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

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

Review Personal Practice Options from last session.



Note

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

Tips for this Session

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

General Tip

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

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

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

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

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

Suggestion for Topic Introduction and Relevance to Participants

“Today is the last session of this workbook.”

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

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

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

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

(Stand and clap for a minute.)

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

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

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

Topic Assessment

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

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

Review of Session 9: Having Fun and Rewarding Yourself



Main Learning Points of Session 9

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

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

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

1. Yes. How did it go? _____

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

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

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

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

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

Name: _____

Date: _____

1. My recovery means:

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

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

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

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

- A. True
- B. False

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

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

Topic Assessment



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

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

6. This information is important for me to know.

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

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

7. This session helped me.

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

8. What I liked about this session: _____

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

Independence and Hope

Objectives for this Session

1. Acknowledge and celebrate personal recovery.

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

Main Learning Point #1

Recovery is moving towards a more independent lifestyle.

Stages of illness: dependence to independence.

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

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

Independence and Hope

(continued)

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

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

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

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

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

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

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

Independence and Hope

(continued)



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

Stage: _____

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

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