

# 1

## Introduction: Treatment Can Help 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.

### Tips for this Session

1. Give each participant his or her own personal set of handouts for this session, with a folder or notebook for saving all *Understanding Your Treatment* workbook materials.
2. When you pass out the handouts let participants know that the session will be interactive, with reading aloud. Inform them you will all take turns and that it is okay to say “I pass” if they don’t want to read aloud. However, let them know everyone values their participation and input and you hope they will participate.
3. Stop and discuss the handouts frequently, especially where indicated. You’ll greatly increase participants’ chances of making behavioral changes if you can focus the discussion, and allow the participants to process the information, say it in their own words, link it to personal experiences, and clarify any unclear information.
4. When you get to a main learning point in the reading, stop and discuss it. Call on participants to say in their own words what it means. Have participants give an example based on personal experience.

## Suggestion for Topic Introduction and Relevance to Participants

*“Just as we’ve introduced ourselves to each other, the first class is an introduction too. The handouts for this first session introduce us to the topic of our workbook, ‘Understanding Your Treatment.’ It’s important to me that your goals for studying this workbook are met. Please tell me what you hope to get out of this workbook.”*

(Write on the board: What do I hope to get out of studying *Understanding Your Treatment*?)

(Give everyone a chance to respond but do not pressure them—allow participants to say)

*“I pass.”*

Schedule those who pass for the first one-on-one conferences, if that is part of your agency’s routine. Acknowledge all responses.)

*“Thank you. This is your group, and we’re here to help you find the answers to your questions about this topic and meet your needs.”*

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

### Topic Assessment Answer Key

1. B    2. B    3. A    4. 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. Symptoms of mental illness will clear up with time even if there's no treatment.**

- A. True    B. False

**2. Some mental disorders, including schizophrenia and bipolar disorder, do not usually appear until people reach their 30's or 40's.**

- A. True    B. False

**3. New treatment choices are now available because:**

- A. There are new discoveries in medicine.
- B. I have better treatment team members to help me with my symptoms.
- C. I have more money to pay for medications that help.
- D. I'm not as ill as I was in the past.

**4. Without treatment, symptoms are likely to stay the same or worsen over time.**

- A. True    B. False

**5. I am confident I understand my treatment.**

- 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<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>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<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**8. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Introduction: Treatment Can Help

## Objectives for this Session

1. State 1 way brain research and new medications have improved treatment.
2. Give 1 reason why someone might seek treatment for bipolar disorder or schizophrenia.
3. State 3 ways medicine can help you reach your goals for your life.

## Newer Treatments Are Helping People Get Better

For many years, treatment for mental illness didn't change much. But at the end of the 20th century, doctors discovered many new facts about these illnesses—and a lot more information is now available on how to treat them. Brain research has found comfortable new ways, such as scans, to look at a living brain as it functions. Because of this, we now know a great deal about what happens with these disorders. New medicines have been discovered, giving people more treatment choices to help them get better.

This workbook was written to help you understand different treatment choices. It describes the medicines used to manage symptoms, what to expect from these medicines, and how to manage unwanted side effects from medicine if they happen.

### Main Learning Point #1

**Because of recent discoveries in medicine, people have more treatment choices and are getting better.**



**Can you name some ways treatment for mental illness has improved in the past century?**

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**In your own experience, have you seen improvements in treatments for mental illness?**

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# At First, Most People Don't Know Why They're Not Feeling Right

Some mental disorders, including schizophrenia and bipolar disorder, do not usually appear until people reach their teens or twenties. At first, many people don't understand why they're not feeling right. They don't know their symptoms are being caused by a medical illness.

Without treatment, symptoms are likely to get worse over time. It might be hard to remember when a person started having symptoms, such as having trouble concentrating or feeling sad. Over several months or years, the person may have felt worse but couldn't understand why.

Most people are not diagnosed with schizophrenia or bipolar disorder until something serious happens. They may have a crisis situation, such as becoming a threat to themselves or to others. Or they may not be able to care for themselves. When they are put in the hospital, they find out they have an illness. They learn that treatment can help them feel better. Some people have a harder time than others accepting their diagnosis. They may go into the hospital several times before they realize they have an illness, and that they can help themselves feel better with treatment.



**How old were you when your symptoms started?**

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**What diagnosis have you and your prescriber talked about?**

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**Did a crisis cause you to seek treatment?**

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**Main Learning Point #2**

**Symptoms get worse without treatment. Treatment can help.**

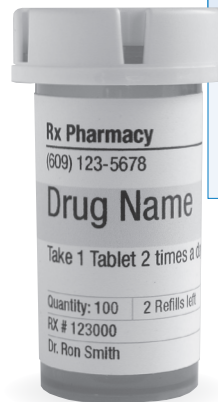
## How Treatment Can Help

Medicine may help relieve symptoms such as anxiety, fear, suspicion, and sleeplessness. As treatment continues, it may be easier to focus on activities. You may feel less distracted by things going on around you. You may feel more relaxed and more willing to make plans for recovery with your treatment team.

Most people have goals. They may want to be able to live on their own or to go back to school or work. If these are things you want to do, medicine is one part of treatment that can help you reach your goals.

Medicine can:

1. Relieve or lessen your symptoms.
2. Help you feel more relaxed.
3. Help you concentrate better.



### Main Learning Point #3

**Medicine is one tool that can help you reach your life goals.**



**If you've ever been treated with medicine for a mental illness, can you explain what it was like?**

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**Which medication helped you the most? How did it help you?**

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**Were there any problems with your last medication?**

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## 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 network. I will ask \_\_\_\_\_ to read it and talk with me about my treatment.
- 3. ORGANIZE.** I will find out my diagnosis and the names of my medicines before the next session. I will write down my medicines to keep in my wallet.
- 4. OTHER:** \_\_\_\_\_

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