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Test Your Knowledge About Medicines for Mental Illness Facilitator Notes

Main Learning Points from last session: *Drug Interactions*

1. Show each prescriber an up-to-date list of all your medicines and their dosages.
2. Check with your prescriber before taking any over-the-counter medicines or herbs.
3. Avoid serious interactions with your medicine—avoid using alcohol or illegal drugs.
4. A woman of childbearing age who’s taking medicine for mental illness needs to talk about possible pregnancy risks with her prescriber

Review Personal Practice Options from last session.

Tips for this Session

1. This is the last session of this workbook. Extend your best effort to make this a special event. If possible, invite a former participant who has moved his or her life forward and is a role model of successful recovery to make a brief speech and award certificates of completion. You may want to have the participants arrange for refreshments. If you have a way to give each participant a small gift, you may want to do so.
2. Involve the participants who are completing the workbook in the process of how they want to celebrate the achievement. Would they like to discuss what they found helpful in these materials or what was most meaningful to them? Maybe they would like to each make a short speech when they accept certificates of completion.
3. For the content in this session, you may want to make the “Test Yourself” into a “Family Feud”-like competition between two teams. Since graduation deserves extra time, you may want to have a small “contest” (no teams), with small prizes and applause going to the person getting the most correct answers.

Facilitator Notes

(continued)

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

"Have you ever been misled by wrong information that you believed? Raise your hands if you have."

"Unfortunately, people can make unwise choices by following 'old wives' tales' that seem to be common knowledge but are wrong. Just to give you one example [use your own or the following]:"

"I know of a young woman who was told she should put her baby's bottle under her pillow at night to have it easily available and at the right temperature for the middle-of-the-night feeding. The baby became very sick because the formula had grown bacteria. The baby got better, and that young mother learned from her doctor it was wrong information—an 'old wives' tale.' This is an example that shows us that it is much better and safer to know the facts, not believe the myths."

"Are there any myths about mental disorders? I see some heads nodding. There sure are! Today we'll talk about some truths and some myths about mental illnesses. We're going to do it an interesting way by taking a challenge to see if we can figure out what's truth and what's myth."

"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. A 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 10: Drug Interactions



Main Learning Points of Session 10

What were the main learning points of Session 10? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Show each prescriber an up-to-date list of all your medicines and their d_____s.
2. Check with your prescriber before taking any over-the-c_____r medicines or herbs.
3. Avoid serious interactions with your medicine—avoid using a_____l or illegal drugs.
4. A woman of childbearing age who's taking medicine for a mental disorder needs to talk about possible p_____y risks with her prescriber.

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. Medicine can usually relieve or make symptoms better if a person is willing to keep trying different kinds of medicines until he or she finds the right one.

A. True B. False

2. For the best chance of getting better, I need to be a partner with my prescriber, reporting my symptoms and side effects.

A. True B. False

3. If I take my medicine as prescribed, there is no chance I will ever have a relapse.

A. True B. False

4. I can have psychotherapy (talk therapy) instead of taking medicine.

A. True B. False

5. I am confident I am able to recognize myths about mental illness that are not really true.

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: _____

Test Your Knowledge About Medicines

Objectives for this Session

1. Identify 2 myths about mental illness.
2. Explain 2 or more important truths about mental illness.



Instructions:

Circle the best answer, either True or False. Be prepared to discuss your answer.

- 1. If you were taking a medicine in the past, and it didn't help your symptoms, nothing else can be done.**
A. True B. False
- 2. People who stop their medicine often end up back in the hospital.**
A. True B. False
- 3. You shouldn't need to take medicine if you are taking vitamins or seeing a therapist for psychotherapy, such as "talk therapy."**
A. True B. False
- 4. Even if you take your medicine every day, you might still have symptoms.**
A. True B. False

Test Your Knowledge About Medicines

(continued)

Q1. If you were taking a medicine in the past, and it didn't help your symptoms, nothing else can be done.

1. Answer: False. Even if one medicine has not worked for you, there is still hope. Many medicines are available, and research is being done all the time, offering more answers and hope. People respond differently to different medicines. Your prescriber may be able to suggest another medicine that may help you.



Main Learning Point #1

Consider trying as many different medicines as it takes for you to feel your best.

Q2. People who stop their medicine often end up back in the hospital.

2. Answer: True. Unfortunately, this happens quite often. People who recover and even go back to work or school may think they've recovered completely, and they stop taking their medicine. Slowly, their symptoms return, but they don't notice their symptoms in time. They become very sick and must go back to the hospital. You're much less likely to relapse when you take your medicine every day as prescribed.

Main Learning Point #2

It's best to keep taking your medicine to keep from getting sick again.

Test Your Knowledge About Medicines

(continued)

Q3. You shouldn't need to take medicine if you are taking vitamins or seeing a therapist for psychotherapy, such as "talk therapy."

3. Answer: False. Even if you're taking vitamins or seeing a therapist, you still need to take your medicine every day. Without your medicine, the brain chemicals may get out of balance. And your symptoms will probably come back within a few weeks.

Main Learning Point #3

People who go to "talk therapy" still need to take their medicine as prescribed.

Q4. Even if you take your medicine every day, you might still have symptoms.

4. Answer: True. You may have some symptoms that just won't disappear (called "residual symptoms") even when you take your medicine the right way. Sometimes you may need to go to the hospital even though you've taken your medicine correctly. Although this is disappointing, know that your symptoms would have been worse if you hadn't taken your medicine. If this has happened to you, talk to your prescriber about whether you should consider using a different medicine. If you are having symptoms that don't go away, be sure to tell your prescriber about them. There may be other ways to manage these symptoms—ways you and your prescriber may not have talked about yet.

Main Learning Point #4

Taking medicine will give you the best chance to stay in recovery.

Test Your Knowledge About Medicines

(continued)

Finding the Medicine and Dosage That’s Best for You

Many medicines used to treat mental illness are similar to each other. They work in similar ways. However, each person may react differently to medicines. One medicine may work better for your symptoms than another. One medicine may cause fewer side effects for you compared to other medicines you’ve tried in the past.

Keep working with your prescriber. Let him or her know if you’re feeling better, or if you’re having problems with your medicine. Together, you and your prescriber can make the best possible decisions for your treatment—so you can feel your best.

Best wishes to you as you continue your recovery journey!

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. Although this is the last session in this workbook, you may still want to practice this important subject. 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 hobbies.
- 3. DISCUSS.** I have decided to talk with my prescriber about my residual symptoms.
- 4. OTHER:** _____

Take an “Extra Step Forward” (optional)

- 5. WRITE.** I am going to write down how I plan to stay in recovery.

Celebrate the completion of this workbook.