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When You are Feeling Your Best

Facilitator Notes

Main Learning Points from last session: Answers to Common Questions

1. Some medicines have to be restarted at a low dose.
2. Alcohol keeps medicine from working and makes symptoms worse.
3. Don't expect to feel your medicine working.
4. Having side effects usually does not mean you are taking too much medicine.

Review Personal Practice Options from last session.

Remember

It is important to acknowledge and discuss participants' successes, progress, and challenges.

Tips for this Session

1. If you use the suggestion for topic introduction, you may want to write the two columns on the board or a flipchart before the session starts.
2. If time permits at the end of this session, consider asking participants to talk about what they have gotten out of the workbook. This ends another workbook, so mark the achievement.

Potential Problem

A participant just recently started attending sessions and has missed most of the information.

Possible Response

Example: *"We are very happy you decided to join us. Keep attending, because we are about to start again with Session 1 when we meet the next time."*

General Tip

Once again, this is an opportunity to celebrate the completion of a workbook.

General Note

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Personal Growth Initiative Scale (PGIS), developed by Christine Robitschek, Ph.D., the Quality of Life Index by Dr. W. O. Spitzer, 1980, or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

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

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and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

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 this scale (or 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

"When you are feeling your best, does that mean you do not need medicine any longer?"

(Encourage discussion among participants.)

"If you feel your best, does that mean you are cured? Let's assume that feeling your best is the opposite of relapse. Let's do an interactive exercise together."

- 1. Draw two columns on the board, "Feeling My Best" and "Relapse," and encourage participants to write the same information on paper.*
- 2. Instruct participants to list three personal examples under each title.*
- 3. Facilitate discussion among the participants about the things they will do in order to feel their best and to reduce their risk of relapse.*

"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. B 2. A 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 13: Answers to Common Questions



Main Learning Points of Session 13

What were the main learning points of Session 13? If you did not attend the last session, you may guess, and also write the answers as people say them:

Some of the topics I might discuss with my team include:

1. Some medicines have to be restarted at a l____w dose.
2. Alcohol keeps m_____e from working and makes symptoms worse.
3. Don't expect to feel your medicine is w_____g.
4. Having side effects does not mean you are taking too much m_____e.

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. It is okay to cut back on medicine or stop taking it if my symptoms go away.

A. True B. False

2. Managing my illness can help me reach my life goals.

A. True B. False

3. If I start to notice my symptoms getting worse, I should wait for several days until I am sure before I tell anyone.

A. True B. False

4. I can reduce my risk of relapse by:

- A. Taking medicine just when I think I need it most.
- B. Stopping any medicine that causes me to be sleepy or uncomfortable.
- C. Keeping my symptoms under control.
- D. Waiting for the next appointment with my prescriber to talk about problems that got in the way of staying on my medicine.

5. I am confident I know how to reduce my risk of relapse when I am feeling my best.

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: _____

When You are Feeling Your Best

Objectives for this Session

1. Identify 2 important ways to reduce the risk of relapse.
2. Understand 1 way managing your illness helps you.
3. Name 1 connection between reducing relapse and personal goals.

Take medicine the right way every day, even when symptoms go away.

When you are doing really well and feeling your best, that is when you need to be especially careful to do everything you can to reduce your risk of relapse. Sometimes when you are not having a lot of symptoms, it is easy to forget what it was like when your illness was out of control. It may be tempting to think you are cured and stop taking medicine. You might start to be less careful about avoiding alcohol or watching for signs of relapse.



How will you deal with the temptation to stop taking or cut down on your medicine when you are feeling your best? _____

Main Learning Point #1

Take medicine the right way every day, even when symptoms go away.

Managing your illness can help you reach life goals. Think of your medicine, recovery lifestyle habits, and other ways to manage a relapse as the bricks that build your future. Keep building to reach your goals every day. Continue to do everything you can to keep a relapse from happening, even if you've been successfully managing your illness for many years.



I will keep building toward my recovery by _____

When You are Feeling Your Best (continued)

Main Learning Point #2

Managing your illness can help you reach life goals.

Recognizing and responding to relapse can help you move your life forward. Millions of people take medicine for different kinds of health problems. Many have found that it is better and easier to prevent problems than to recover from relapse. Managing stress, taking medicine, avoiding substances, taking care of yourself, and monitoring your symptoms are the best things you can do to reduce your risk of relapse and reach your recovery goals.



The most important habit I will pay attention to and practice is _____

Main Learning Point #3

Recognizing and responding to relapse can help you move your life forward.

When You are Feeling Your Best

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You can reduce the risk of relapse by keeping symptoms under control.

Avoid substances. Take medicine the right way every day, even if symptoms go away. Pay attention to your symptoms because they can warn you if you are about to start a relapse. If you notice your symptoms are starting to get worse, tell someone on your treatment team. Don't wait. Do it right away. Quickly recognize and respond to relapse so you can continue to reach your recovery goals.

Main Learning Point #4

**You can reduce the risk of relapse
by keeping symptoms
under control.**



The most important point that I have learned from these sessions is _____

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 how to stay healthy even when I am feeling my best.
- 3. WRITE.** I will write a list of my life goals to remind me why it is so important to keep working on my recovery. I will put it someplace I can see it every day.
- 4. OTHER:** _____

Congratulations! You have finished the final session of this workbook!