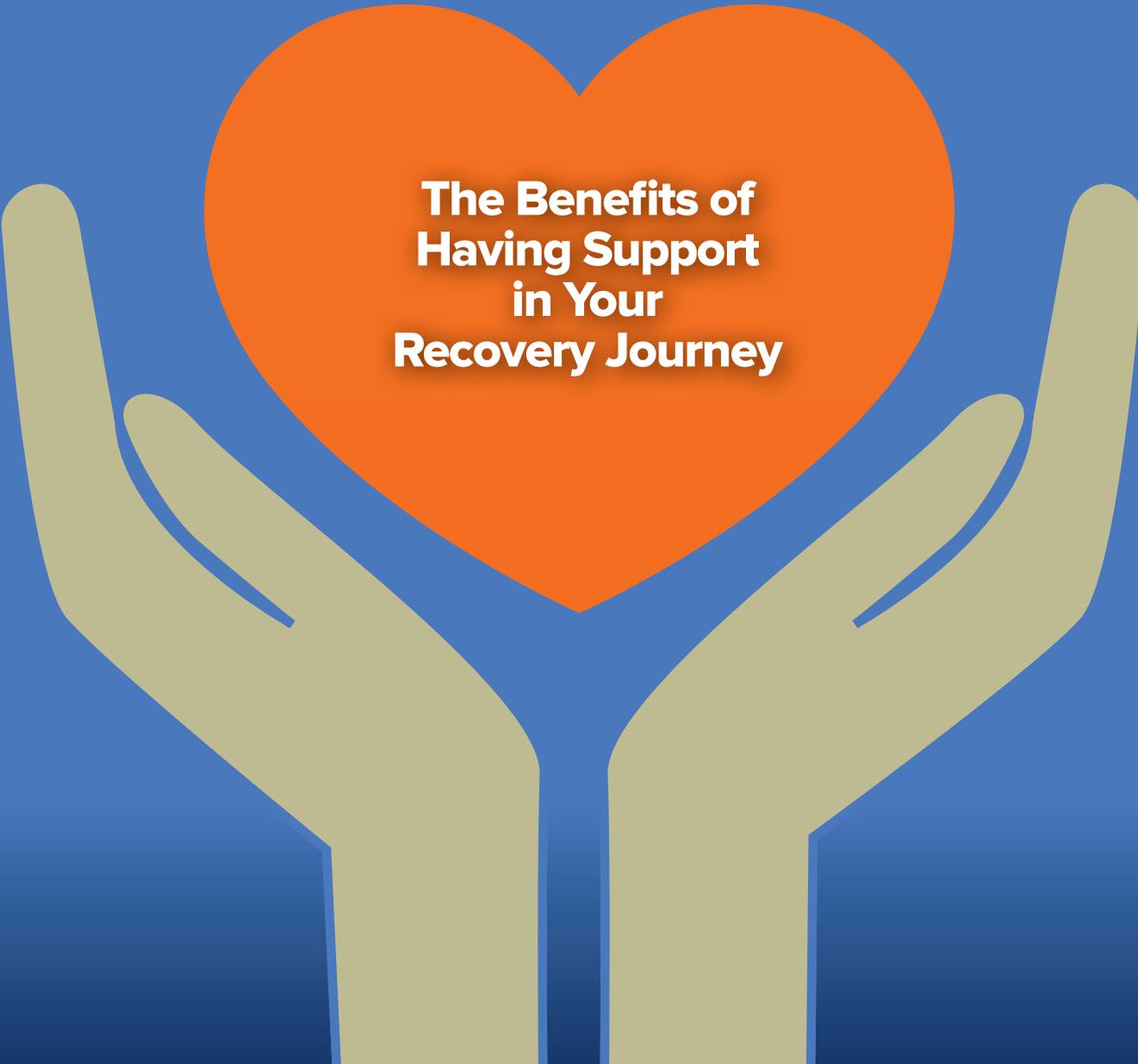


choices in RECOVERY[®]

Support and Information for Schizophrenia and Schizoaffective Disorder

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

PARTNERS IN CARE



**The Benefits of
Having Support
in Your
Recovery Journey**

THE TOPIC

CAREGIVING RELATIONSHIPS

This issue of Choices in Recovery helps you involve loved ones in your recovery journey in ways that feel comfortable to each of you.

are rewarding connections in which you and people you trust and care about are partners in your recovery journey.

Being open to receiving support is important.

Having someone by your side—like your mom, friend, or spouse—can help you feel less stressed, more hopeful, and more secure. Sometimes, it's nice to have some help doing things like going to appointments, grocery shopping, and exercising, instead of doing them alone.

There are many ways your support network can help out.

They can lend an ear, help you learn about treatments, get you back on a positive track during difficult times, and celebrate your successes.

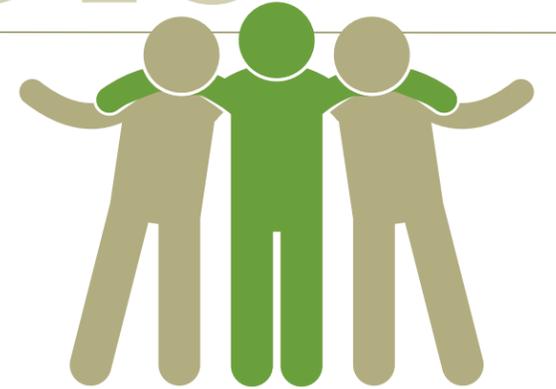
Supportive relationships take effort. Remember to listen carefully, communicate clearly, and pay attention to each other's needs. This can help lead to healthier and happier relationships.

For more information, visit www.ChoicesInRecovery.com

SNAPSHOTS

LEAN ON ME

Everyone needs support from time to time. It can help you stay on track with your medication and treatment and lead to better outcomes in your recovery journey.



When you have family involved while in the hospital, you are up to

3x

more likely

to attend your first outpatient appointment.

Having Support Makes a Difference

Research shows that including caregivers/loved ones in treatment programs reduces relapse and rehospitalization in people living with schizophrenia.

When a **CAREGIVER** is involved, **relapse rates** are **20% LOWER.**

Celebrate Achievements

Change often happens over time, so it's important to recognize even the small steps taken toward reaching goals.

Providing encouragement, reassurance, and praise throughout the recovery journey can mean a lot.

SUPPORTIVE RELATIONSHIPS *and mental health recovery*

How can supportive relationships help me?

Caregivers and members of your support network can play positive roles in your recovery journey and help you improve your health and quality of life.

It's up to you to decide the role(s) you would like them to play and how much or how little you want them involved.

Your support network can:

- Help you learn more about your condition and available treatments and services
- Go to appointments with you, help you get there, or take notes while there
- Support your overall health (eating well, exercising, etc.)
- Help you make medication and treatment decisions
- Remind you to take your medication (if that is helpful to you)
- Notice changes that might signal a relapse
- Support you through a setback and help you get back on track
- Help you prepare for appointments by practicing or writing things down
- Work with you to manage tasks, such as finances, shopping, or household chores



Talk to the people in your life who support you about what kind of backup YOU need and ways you can work together in your recovery journey.

For more information, visit www.ChoicesInRecovery.com

Working Together

Building a Recovery Journey Partnership

Being a team might be more productive when you share recovery goals with your caregiver and support network. Talk about ways your caregiver can support you to achieve your goals.

Recovery Goal(s):

How Your Caregiver Can Help:

Use the chart below to think about what you want and need from each other and the roles each of you can play in your recovery journey.

ACTIVITY	ME	CARE-GIVER	BOTH	ACTIVITY	ME	CARE-GIVER	BOTH
Create a recovery plan				Remember appointments			
Find treatments and services				Go to appointments			
Learn about treatment options				Keep track of treatments, medications, and symptoms			
Participate in treatment decisions				Communicate with doctor and treatment team			
Refill medications				Manage bills and finances			
Take or remind to take medications regularly				Clean my home			
Notice relapse warning signs				Shop for groceries and necessities			
Participate in overall wellness				Prepare meals			
Other:				Other:			

If you decide to include your friend, parent, spouse, or another caregiver in your treatment plan, be prepared and sign a release form.

Your treatment team is required to protect your privacy, but there may be times when it is helpful for them to share protected health information with someone in your life who is supporting you. To give permission, you need to sign a release form (often called HIPAA).

Listening & Learning

Communication in Your Relationships

Use this worksheet with your caregiver, members of your support network, or treatment team to start conversations about different recovery journey topics. Read each other's responses so you can understand and support each other better.

Our Relationship and the Recovery Journey

	 MY THOUGHTS	 CAREGIVER'S THOUGHTS
<i>What I need from you is...</i>		
<i>What I want out of my/your recovery is...</i>		
<i>The biggest challenge in my/your recovery is...</i>		
<i>My/your role on the treatment team is...</i>		
<i>Some treatments and services that might be useful are...</i>		

Communication in Your Relationships

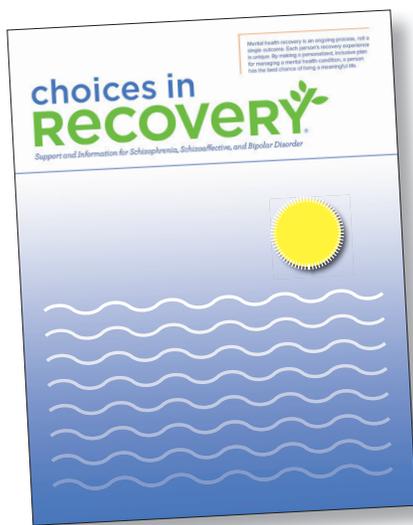
Listening & Learning	Treatment and Medication	
	 MY THOUGHTS	 CAREGIVER'S THOUGHTS
<i>What I would like treatment to address most is...</i>		
<i>The reason for taking medication is...</i>		
<i>The biggest challenge related to taking medication is...</i>		
<i>Ways to stay on track with treatment and medication are...</i>		

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The Benefits of Having Support in Your Recovery Journey

choices in
RECOVERY



To view additional newsletters, visit:
ChoicesInRecovery.com

Editorial Review:

This Choices in Recovery newsletter received editorial input and review from Dr. Ronald Diamond, former Professor of Psychiatry at the University of Wisconsin. Dr. Diamond was actively involved in the community-based treatment of people with serious and persistent mental health conditions for more than 30 years. Dr. Diamond was compensated for his editorial support by Janssen Pharmaceuticals, Inc.

Strategies for Success



Create your team. Having support and encouragement can benefit your recovery. Caregivers, family members, and others in your support network can help you create and follow your recovery plan and help with treatment decisions.



Make your goals and preferences known. When your caregiver or a member of your support network knows what you need and want to achieve, he or she can better support your recovery journey.



Let them know when you want help. It's important to communicate honestly and openly with your loved ones. Being clear about when and how you need support can help build trust and respect during good times and during setbacks.

For more information about how caregivers can support a loved one, visit www.ChoicesInRecovery.com

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Janssen Pharmaceuticals, Inc.



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