

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.

STAYING ON TRACK with your recovery plan



Learn How YOU
Play an Important Role

THE TOPIC

STAYING ON TRACK

This issue of Choices in Recovery will help you prepare for changes in care and stay on course with your treatment plan.

with your treatment plan can help you make progress toward the recovery goals you want to achieve.

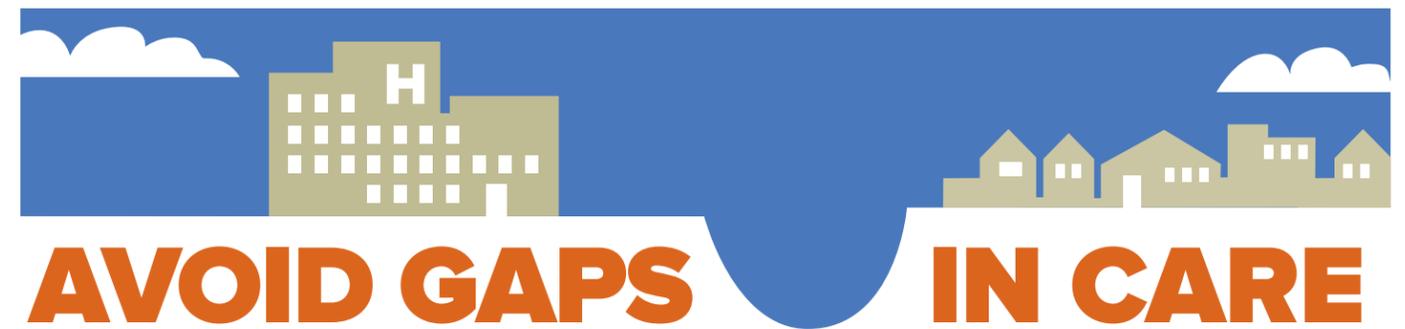
We all need a little support sometimes. Being in touch regularly with your treatment team and making sure they know what's going on with you helps them to support you better in your recovery journey.

Keeping all appointments with your doctor and treatment team will make sure they are up-to-date and aware of any life changes, like if you got a new job or had a recent hospitalization.

It's especially important to be in touch with your treatment team during stressful times, like when you are leaving the hospital and returning to the community.

For more information, visit www.ChoicesInRecovery.com

SNAPSHOTS



AVOID GAPS IN CARE

Leaving the hospital and want to make sure you stay well?
One way to avoid setbacks is to build “bridges” to outpatient services in the community.

People who experience gaps in care are more likely to have relapses, end up back in the hospital and have a reduced quality of life.

According to research, people who start an outpatient program

before discharge

from inpatient care are

3 TIMES

more likely to attend their first outpatient appointment.

Be sure you have access to your medication while you are waiting for your first outpatient appointment.

If you are in the hospital, work with a treatment team member to set up outpatient or community-based services before you are discharged.



VISIT the outpatient clinic or mental health center you'll be attending so you know where to go and how to get there.

MEET with members of your outpatient treatment team before you leave inpatient care, so you can get to know them.



TALK ABOUT MEDICATION OPTIONS



Have concerns about taking medication? Remember, there are many options available and each is different. Talk to the doctor to find a medication YOU are comfortable taking and works well for you.

STAYING ON TRACK *and my recovery*

Taking your medication, connecting with your treatment team, and participating in your care helps you build a solid foundation to move forward in your recovery journey.

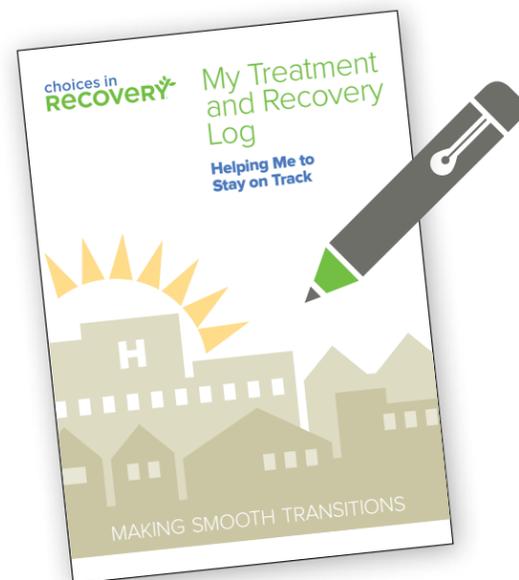
Yet sometimes, staying on track is challenging because:

- You have long wait times between your appointments or forget to go
- It's hard to take your medication continuously (you run out, need a new prescription, trouble remembering, can't afford it, reimbursement issues, etc.)
- Your recovery and medication history was not transferred between treatment settings
- You are not sure medication really helps or don't like how it makes you feel
- You feel that treatment is not focused on your goals and preferences

Taking Charge

You can get involved and find strategies that help you stay on track.

- Schedule appointments and ask your support network to remind you or help you get there
- Make sure your treatment plan reflects your goals and preferences
- Work with your doctor or nurse to find a medication option that works for **YOU**
- Keep an ongoing log of your treatment, medication and recovery history (use the enclosed booklet)



For more information, visit www.ChoicesInRecovery.com

STAYING ON TRACK WITH MY RECOVERY PLAN

MAKING A TRANSITION

It's important to have a plan as well as appropriate support during care transitions and times of change.

Use this worksheet with your treatment team. Make sure they know how you're feeling, so they can help set you up for success.



What are my recovery and life goals?



What progress have I made in my recovery journey?



When I am making transitions (leaving the hospital, starting with a new doctor, etc.), these are some concerns I have.

Make sure you know this information before you leave the hospital.

Name of medication(s) I am taking currently _____

Date I will need to get medication _____

Date of next doctor's appointment _____

Following are strategies to help you make smoother transitions. Check the ones you would like to try and share with your treatment team.

- Set up services to help support you, such as therapy, housing, peer counseling
- Make sure you have enough medication to last until your next appointment
- Ask your treatment team questions you have about medication options or supportive treatments or questions about insurance
- Contact _____ if I have any problems or additional concerns at _____

STAYING ON TRACK WITH MY RECOVERY PLAN

GOING TO APPOINTMENTS

Complete this worksheet with a treatment team member so you know when, where and how you will get to your next appointment. Make sure to keep information about your appointment in a place where you can easily find it.

My next appointment is with _____

He/she is my

- Doctor Nurse Therapist / Social Worker Intake Counselor
- Case Manager Pharmacist Peer Counselor Other_____

I want to discuss _____

Date of appointment _____ **Time** _____ am / pm

Name of clinic/mental health center/injection center _____

Address _____

Phone number _____

How I will get there?

- Bus Subway Walk Drive Myself

Bus No. _____ Subway Line _____

Get a ride from _____ Contact info _____

Other _____

Below are ways that can help you remember to keep appointments. Check the ones that might be helpful to you and share with your treatment team.

- Write it down on a calendar
- Set a reminder on your phone
- Put a note or this worksheet on your refrigerator/bulletin board
- Ask your support network to remind you
- Ask for a reminder phone call the day before
- Other_____

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STAYING ON TRACK WITH MY RECOVERY PLAN

TAKING MEDICATION WITHOUT INTERRUPTION

When leaving the hospital, it's important to go to your first outpatient appointment. As your situation changes, you may find the type of medication and supportive treatments you need also change.

Use this worksheet to talk with your doctor about your current goals so you can find a medication option that is right for you.

When I take my medication as prescribed:

- I can think more clearly I can focus my thoughts more easily
- I feel more productive I spend more time with my friends and family
- I participate in activities I enjoy My symptoms are better managed
- I feel more hopeful Other_____

What are any challenges/problems I experience when taking medication?

These are some of the difficulties I face when trying to take my medication continuously:

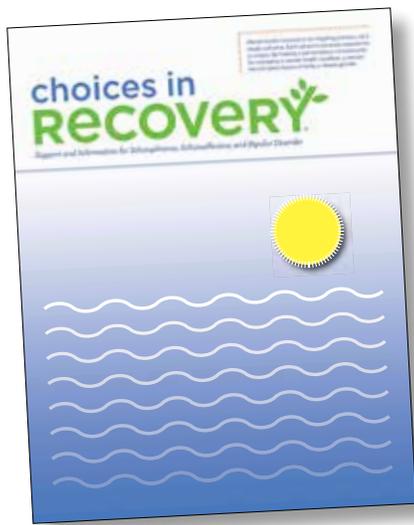
- I feel ok, so I think I don't need to take my medication
- I have trouble remembering to take my medication and/or forget to refill
- I'm worried about the side effects
- I have trouble affording my medication
- I don't understand how medication can help
- Other_____

Below are strategies to help you stay on track with your medication, so you can get the best results. Check the ones you would like to try and share with your treatment team.

- Participate in medication decisions with your doctor
- Think about how medication might help you get or keep things that are important to you
- Ask about antipsychotic medication options you may not be aware of
- Talk to your treatment team about simplifying your medication schedule
- Schedule medication into your daily routine
- Get reminders from alarms, calendars, notes, apps, or your support network
- Other_____



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



Ask the discharge planner to schedule your first doctor's appointment once you are out of the hospital. Let them know if you need help remembering it or getting there.



Make sure you have supports and services in place, including a safe and comfortable home and counseling.



Think about your goals and how taking your medication might help you to reach them.



Discuss medication options with your doctor, and help choose treatments that help you stay on track with your recovery plan and out of the hospital.

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