

## Problem Solving and Recovery: Understanding Your Challenges and Finding Solutions



### About This Issue:

The topic of this issue of Choices in Recovery is **Problem Solving and Recovery: Understanding Your Challenges and Finding Solutions**. The publication encourages people living with serious mental health conditions to identify and understand the problems they face in order to find the best solutions for THEM.

### Purpose/Goals of This Issue

- **Support** people living with serious mental health conditions to understand the problem they wish to manage before deciding on an appropriate solution.
- **Encourage** people to seek knowledge and information. Empower people living with serious mental health conditions to be part of the decision-making process with their doctor and treatment team.
- **Educate** people about available antipsychotic medication options and supportive treatments. By understanding the options, they can identify solutions that work for them and their lives.
- **Offer hope and inspiration** to people during their recovery process.

### Target Audiences

- People living with schizophrenia and schizoaffective disorder
- Treatment team members, including case managers, social workers, peer counselors, and psychiatrists
- Caregivers and loved ones
- Advocacy organizations

**Uses:** This piece can be used in the following ways:



#### One-on-One Settings

such as a case manager or psychiatrist meeting with his or her client



#### Group Settings

such as day programs, support groups, and peer-to-peer groups

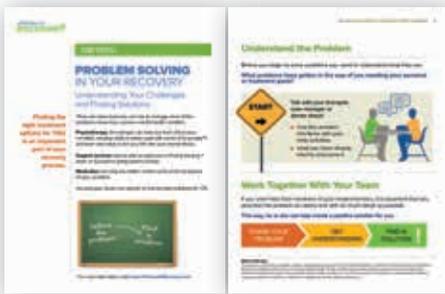


#### Individually

at a person's own pace

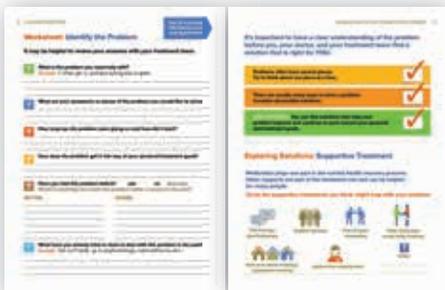
# Problem Solving and Recovery: Understanding Your Challenges and Finding Solutions

## Content Overview



### Introducing the Topic (Pages 2-3)

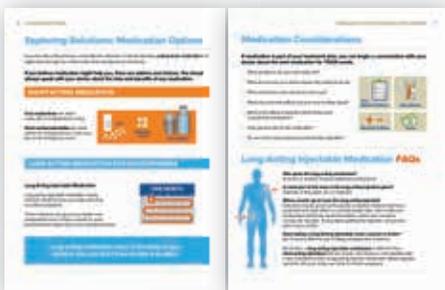
- Introduces tools to help people manage problems caused by mental health conditions.
- Encourages people to explore problems that may get in the way of their life goals.
- Empowers people to describe the problem in detail and work with their treatment team to find solutions.



↑  
worksheet

### Identifying and Breaking Down the Problem (Pages 4-5)

- Utilizes the **worksheet** to help people identify and understand the problem they are needing help with.
- Discusses **breaking problems down into smaller pieces** to make problem solving more manageable.
- Stresses the importance of **staying hopeful** and **positive** along the recovery journey.
- Explores **supportive treatments** that may be helpful.



↑  
worksheet

### Exploring Solutions: Treatment Options (Pages 6-8)

- Explains the dosing and delivery differences between **short-acting** and **long-acting antipsychotic medication**.
- Answers frequently asked questions about long-acting injectable medications.
- Provides **medication considerations** to discuss with the doctor.
- Outlines **supportive treatments** to discuss with the doctor.
- Encourages clients to get the facts that will help them to participate and make informed decisions.
- Have your clients fill out this **worksheet** and bring it with them to their next appointment to make it easier to start discussions about medication options with their doctor.

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