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.

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.

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.

ChoicesInRecovery.com