

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.

choices in RECOVERY[®]

Support and Information for Schizophrenia and Schizoaffective Disorder



Problem Solving in Your Recovery Journey
Understanding Your Challenges and Finding Solutions

THE TOPIC

PROBLEM SOLVING IN YOUR RECOVERY

Understanding Your Challenges and Finding Solutions

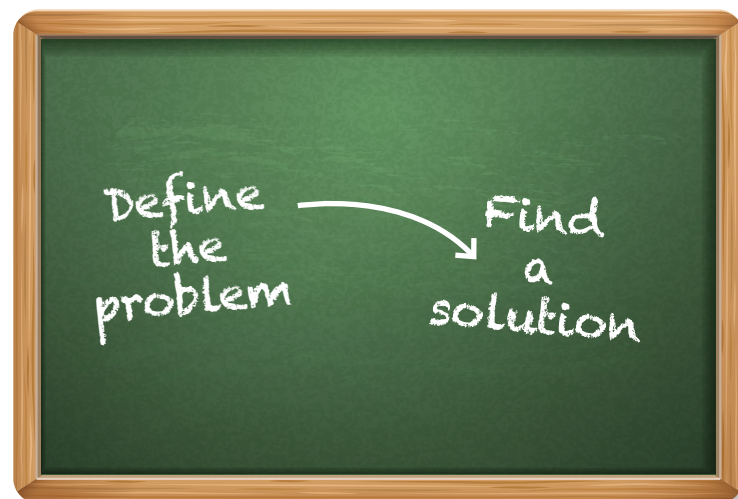
There are many tools you can use to manage some of the problems caused by a serious mental health condition.

Psychotherapy, for example, can help you learn about your condition, develop skills to better cope with some of its symptoms, and learn new ways to live your life with your mental illness.

Support services may be able to assist you in finding housing or work, or succeed in going back to school.

Medication can help you better control some of the symptoms of your condition.

You and your doctor can partner to find the best solutions for YOU.



For more information, visit www.ChoicesInRecovery.com

Finding the right treatment options for YOU is an important part of your recovery process.

Understand the Problem

Before you begin to solve problems, you need to understand what they are.

What problems get in the way of your treatment goals?

START

Talk with your therapist, case manager, or doctor about:

- how this problem interferes with your daily activities
- what you have already tried to overcome it

Work Together With Your Team

If you want help from members of your treatment team, it is important that you describe the problem as clearly and with as much detail as possible.

This way, they can help create a positive solution for you.



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.

Tear off and bring this sheet to your next appointment.

Worksheet: Identify the Problem

It may be helpful to review your answers with your treatment team.

? What is the problem you need help with?
Example: I often get to work late and my boss is upset.

? What are your symptoms or pieces of the problem you would like to solve?

? How long has the problem been going on and how did it start?

? How does the problem get in the way of your personal/treatment goals?

? Have you had this problem before? **yes** **no** (circle one)
 What (if anything) has made the problem better or worse in the past?

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? What have you already tried or done to deal with this problem in the past?
Example: Talk to friends, go to psychotherapy, take medication, etc.

It's important to have a clear understanding of the problem before you, your doctor, and your treatment team can find a solution that is right for YOU.

Problems often have several pieces. Try to think about one piece at a time.

There are usually many ways to solve a problem. Consider all possible solutions.

STAY HOPEFUL! You can find solutions that help your problem improve and continue to work toward your personal and treatment goals.

Exploring Solutions: Supportive Treatment

Medication plays one part in the mental health recovery process. Other supports are part of the treatment mix and can be helpful for many people.

Circle the supportive treatments you think might help with your problem.

 Talk therapy/ psychotherapy	 Support groups	 Peer-to-peer counseling	 Daily living and social skills training
 Safe and stable housing/ supportive housing	 Supportive employment	 Other	

Exploring Solutions: Medication Options

If you live with schizophrenia or schizoaffective disorder, **antipsychotic medication** is an option that can help you control some of the symptoms of your illness.

If you believe medication might help you, there are options and choices. You should always speak with your doctor about the risks and benefits of any medication.

SHORT-ACTING MEDICATION FOR SCHIZOPHRENIA

Oral medications are taken every day or multiple times a day.

Short-acting injectables are used mainly for emergencies or crisis use—like in the emergency room.



LONG-ACTING MEDICATION FOR SCHIZOPHRENIA

Long-Acting Injectable Medication

Long-acting injectable medication slowly releases medicine into your body over time to control symptoms.

These injections are given by a healthcare professional once or twice a month or even less frequently depending on the specific product.



Long-acting medication stays in the body longer, which is why you don't have to take it as often.

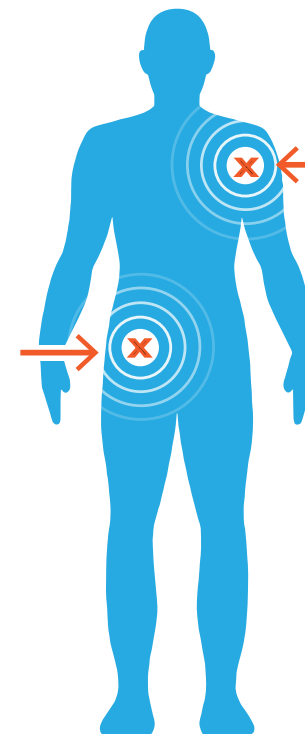
Medication Considerations

If medication is part of your treatment plan, you can begin a conversation with your doctor about the best medication for YOUR needs.

- What symptoms do you need help with?
- What do you and your doctor expect the medicine to do?
- What medication have you tried in the past?
- What risks and side effects are you most worried about?
- What is the difference between short-acting and long-acting medication?
- How will you pay for the medication?
- Do you have issues taking your medication regularly?



Long-Acting Injectable Medication FAQs



Who gives the long-acting medication?

A doctor or another trained healthcare professional.

In what part of the body is the long-acting injection given?

Typically, in the upper arm or buttocks.

Where would I go to have the long-acting injection?

Injections may be given by the doctor or another trained healthcare professional in their office or a mental health clinic. Your healthcare professional will let you know the options of where you can go to receive the injection. If prescribed, getting the injection can become part of your routine.

Does taking a long-acting injectable mean a person is sicker?

No. It's just a different way of taking antipsychotic medicine.

Remember, a **long-acting injectable medication** is different from **short-acting injections** that are mainly used during a crisis situation like in the emergency room. Long-acting injection medication slowly releases medicine into your body over time to control symptoms.

Tear off and bring
this sheet to your next
appointment.

For more tools and worksheets that can help you make **MEDICATION DECISIONS**,
visit www.ChoicesInRecovery.com

Main problem(s) I am trying to solve:

Treatment options I would like to discuss with you today:

SUPPORTIVE TREATMENTS

(Check the ones you are interested in talking or learning more about.)



- Talk therapy/psychotherapy
- Support groups
- Peer-to-peer counseling
- Other solutions _____
- Daily living and social skills training
- Safe and stable housing/supported housing
- Supportive employment

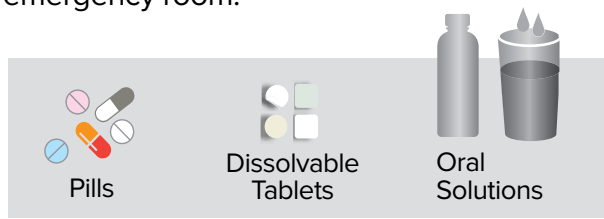
MEDICATION OPTIONS

Circle the ones you are interested in talking or learning more about.

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