

# The Journey to Use Meds Optimally to Support Recovery

May 13, 2021

Patricia E. Deegan PhD pat@patdeegan.com

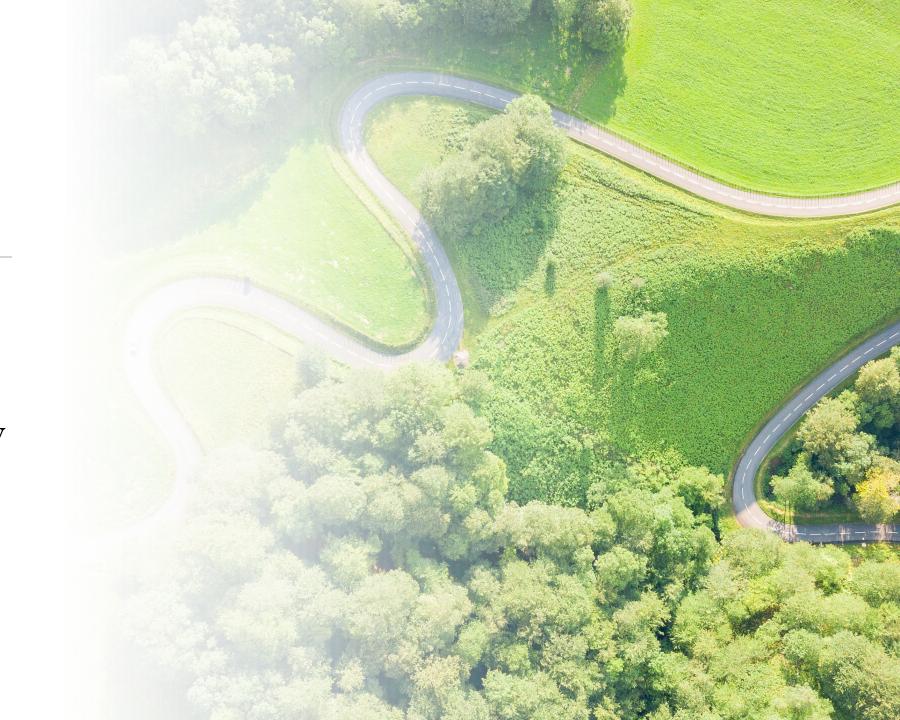


Optimal Use of Meds to Support Recovery



# Imagine: Using Meds is a Journey

Shift focus from getting people to take meds, to supporting people through the challenges of using meds optimally to get the life they want





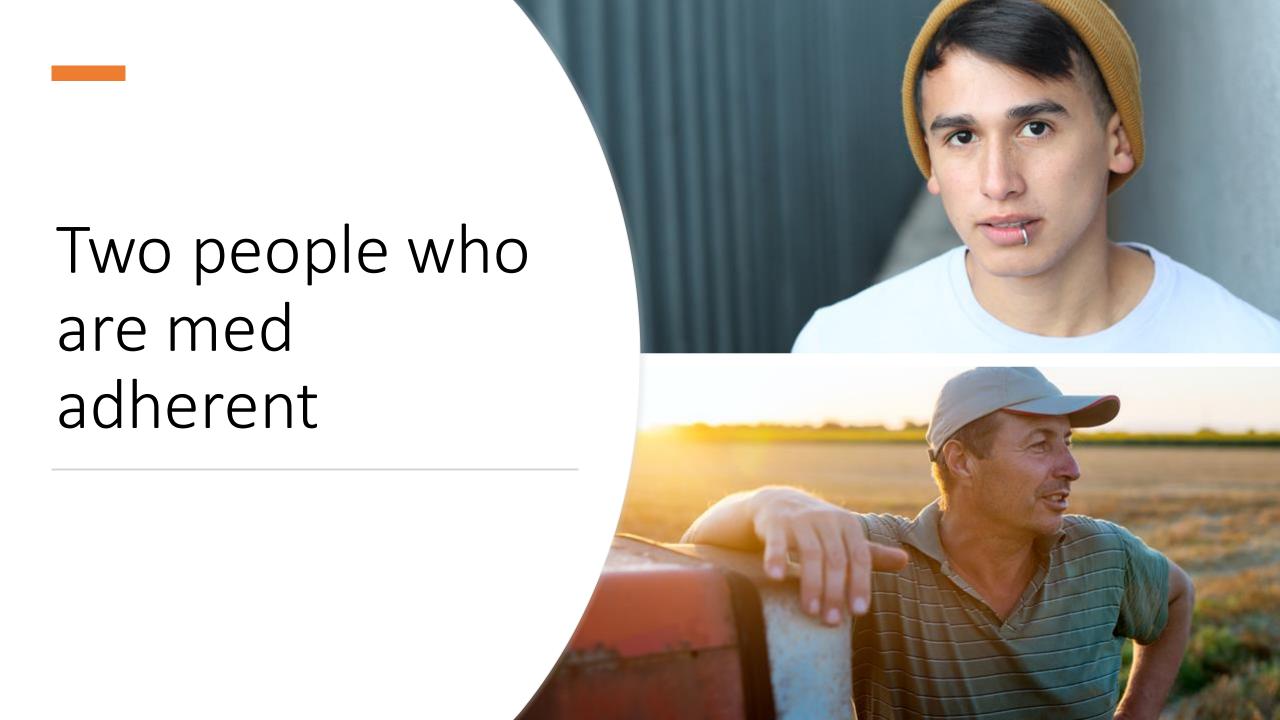




#### My Concerns About Meds

Sometimes we have concerns about the meds we are prescribed. Use this worksheet to let your doctor and team know what, if any, concerns you have. Your team wants to support you in finding the treatment that's right for you. Read each question below, and choose your answer:

	In addition to meds, are there any other things you are doing to help yourself?  Yes  No Unsure  Do you feel motivated to use the meds?  Yes  No	<ul> <li>8. Are you using drugs or alcohol instead of, or in addition to, the meds?  <ul> <li>Yes</li> <li>No</li> <li>Prefer not to answer</li> </ul> </li> <li>9. Are you exploring other wellness or cultural healing strategies?</li> </ul>
•	Unsure	□ Yes □ No
3.	Are you concerned about side effects?	☐ Unsure
	□ No	
	☐ Unsure	10. Are you tired of taking meds?  ☐ Yes
4.	Are the meds helping you?	
	☐ Yes	□ No
	□ No	☐ Unsure
	☐ Unsure	11. Do you have beliefs that interfere with taking
5.	Are you thinking about stopping or lowering	medicine?
	your meds?	☐ Yes
	☐ Yes	□ No
	□ No	☐ Unsure
	☐ Unsure	12. Are you concerned about being racially profiled
6.	Are you concerned about how the meds are	by a white mental health professional?
	affecting your health?	□ Yes
	☐ Yes	□ No
	□ No	☐ Unsure
	Unsure	13. Do you have concerns about paying for the
7-	Are meds changing you in any ways you don't	meds or getting to the store to pick them up?
	like?	Yes
	☐ Yes	□ No
	□ No	
	☐ Unsure	☐ Unsure







Looking back, I had to find a reason to control my mood. At first, I didn't mind being in the hospital. There are nice people there too. About a year later I crashed my car. It didn't bother me that much, but it really bothered my family. I hated to see them worry about me. That motivated me a little to control my moods. Then I decided to go to school. And that there gave me a little more because I liked school and wanted to be able to do well. Then I fell in love and that was another step. And to me now, I'm at a point where it's not worth it to go off the meds.

# Joaquin

My dad takes the car keys away if I don't take the meds

**Motivation Challenge** 



# Motivation Challenge also sounds like

I hate taking these meds

Staff make me take it

The judge says I must take it

As soon as I'm off this court order...

I'll get thrown out of my housing if I don't get the shot

# Key Question:

#### **Motivation Challenge**

Is there anything that trouble concentrating

is keeping you from doing that you really wish you could do?



# Support Strategy: Finding Personal Motivation to Use Psych Meds



#### Finding Personal Motivation to Use Psych Meds

These five tips can help us find our personal motivation for using meds:

- 1. Make sure the medication is helpful. It only makes sense to get motivated to take medicine that is helping.
- 2. Put a timeframe around using meds. Nobody knows for sure if we will have to use medicine for the rest of our lives. Say to yourself: FOR RIGHT NOW, I am using medication that is helpful to me.
- 3. Stop judging ourselves harshly. Taking medicine does not mean we are crazy. It does not make us a good person or a bad person, a weak person or a strong person. It's just a tool.
- 4. Identify the things mental health challenges are interfering with.
- 5. It can be helpful to take a picture of our personal motivators and tape them to our pill bottle(s). Each time we take the pill, we can say this one is for \_\_\_\_\_ and add our personal motivator.

personal motivator.	
My Personal Motivators	My Plan for Staying Motivated
Is medicine helpful to you?	To stay motivated, I will (check all that apply)
☐ Yes ☐ No, I need to talk ☐ I'm not sure to my doctor	☐ Tell my doctor or therapist about my personal motivators
I will stop judging myself harshly for using meds. e.g. Instead of thinking I am weak and shouldn't need meds, I will say I am strong and have made my choice to	☐ Tell my family and/or friends about my personal motivators
use meds for now so that I can keep up with my responsibilities.  Instead of thinking: I will say:	☐ Take pictures of my personal motivators and
	<ul> <li>Look at the pictures on my phone each time I take meds</li> </ul>
List two things your mental health challenges are	$\Box$ Keep pictures near my pill bottle(s)
interfering with? (e.g. my mental health challenge is	$\Box$ Tape the pictures to my pill bottle(s)
interfering with keeping a job)  1.	Set a reminder on my phone to look at pictures of my motivators 3x a day
2	☐ When I take the pill(s), I will say "this one is
Review your list above. Each of the things you listed are personal motivators. Add each one to the blank in each sentence below $(e.g.\ I\ am\ using\ this\ medicine\ so\ I\ can\ keep\ a\ job)$	for" and say my personal motivator out loud (e.g. This one is for keeping my job.)
1. I am using this medicine so I can	
2. I am using this medicine so I can	

# Joaquin

My mental health challenges are interfering with Concentrating when I play soccer.

I am taking the meds so I can play soccer and help my team make state finals.





# Peter

The meds aren't working.
They don't do anything for me

Meds Helpful Challenge



# Meds Helpful Challenge also sounds like...

# Who gets to say if meds are helpful?

My husband likes it when I take the meds. He says I'm easier to get along with. But they don't do a thing for me.

# Unrealistic expectations about what meds can do

I take the meds when I'm depressed but they don't work

The meds aren't making me normal. I still hear voices

This medicine isn't working

Key Questions for Meds Helpful Challenge

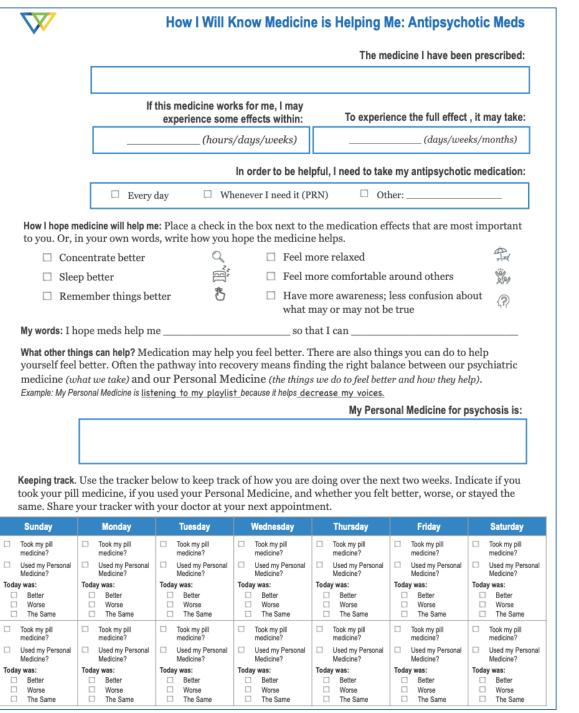
How will we know meds are working for you?

If meds are working, what do you hope will be different in 2 weeks? In 2 months? A year?



# Support Strategy: Find common ground on what "meds working" means

- ✓ Antipsychotics
- ✓ Antidepressants
- ✓ Mood Stabilizers
- ✓ Anxiolytics





#### How I Will Know Medicine is Helping Me: Antipsychotic Meds

	Aripiprazol	9				
	If this medicine works for me, I may experience some effects within:		To experience th	e full effect , it n	nay take:	
	2 Weeks (hours/days/weeks)		6-8 weeks	_(days/weeks/m	onths)	
	In order to be he		rder to be hel	pful, I need to take my a	ntipsychotic me	dication:
	🔀 Every day	□ Whenev	ver I need it (P	RN) 🗆 Other:		
•	icine will help me: Place a			he medication effects tl e helps.	nat are most im	portant
_	ntrate better	Q		ore relaxed		
☐ Sleep b	oetter		▼ Feel m	ore comfortable aroun	d others	
□ Remen	mber things better	*		nore awareness; less co nay or may not be true	nfusion about	<b>?</b>
	Foo	Llacc cos	ared .	go back	to church	<b>1</b>

My words: I hope meds help me Feel less scared so that I can go back to church

# Q&A

Where might you embed the self-report in your care pathway?

- ✓ Prior to med appointments
- ✓ At intake
- ✓ Prior to annual treatment planning



# Zain

(Taking meds as prescribed)

I'm not working. I just go to (the program) everyday and then come back home and get into bed. I don't really do anything. I just go to my doctor and he tweaks my meds. (Interviewer) - You said the medication has to be adjusted just right in order to be able to move ahead? (Zain) - Yeah, because I have a chemical imbalance, and it has to be balanced right.



## The Passivity Challenge



have a biochemical brain imbalance that needs to be balanced...



So I go back to my psychiatrist who tweaks my medication because...



But the meds don't work and I get even more depressed...



So every month I go to a psychiatrist who prescribes meds to balance my brain biochemistry...





Then I go home and wait for my biochemistry to get balanced...



# Passivity Challenge also sounds like

Meds haven't cured me

I can't go back to school yet

Why can't you just fix what's wrong with my daughter?

She needs her meds tweaked (passivity contagion)

Key Question to get the conversation started:

In addition to meds, are there other things you are doing to help yourself?



# Support Strategy: Activation



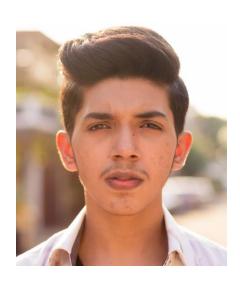
I have a biochemical brain imbalance that needs to be balanced...



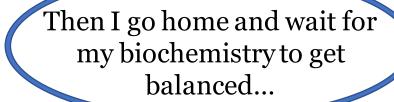
So I go back to my psychiatrist who tweaks my medication because...



But the meds don't work and I get even more depressed...



So every month I go to a psychiatrist who prescribes meds to balance my brain biochemistry...





#### **Essential Strategy - Activation**

#### **Personal Medicine**

Medicine can be what you DO, not just what you take.

Finding the right balance between your Personal Medicine and your psych meds can be a pathway into the life you want

#### Zain's Personal Medicine

On a good day, skateboarding downtown helps me focus and forget my problems for a minute.

On a rough day, taking a long shower helps me get out of bed.



## Personal Medicine Worksheet

# What I do to feel better

and how it helps me

It helps me breathe if I am having a panic attack.



#### **My Personal Medicine**

Just like a cast can't heal a broken leg, psychiatric meds can't do all the work of getting us through mental health challenges. Meds can help us achieve our goals, but we have to get active too.

Ask yourself: What do I do to feel better \_\_\_\_\_ and how does it help \_\_\_\_\_

Here are some examples:

- What I do to feel better is read spiritual teachings and it helps bring me peace so I
  feel less anxious.
- What I do to feel better is weed my vegetable garden and it gets my mind off my troubles.
- What I do to feel better is look at photos of my friends and it reminds me I'm loved when I'm feeling bad about myself.

All of these are examples of Personal Medicine. Personal Medicine is what we DO. Psychiatric medicine is what we TAKE. They work together to help us through our mental health challenges.

Now it's your turn to discover your Personal Medicine and to make a plan for using it.

My Personal Medicine		My Personal Medicine Plan
What I do to feel better:		I will use this Personal Medicine when:
how it helps me:	pio	ੈਂ I will share my Personal Medicine with:
My Personal Medicine		



## Personal Medicine Worksheet

#### What I do to feel better

Look at pics on my phone

and how it helps me

Reminds me of the people who love me when I'm feeling bad about myself.



My Personal Medicine

#### **My Personal Medicine**

Just like a cast can't heal a broken leg, psychiatric meds can't do all the work of getting us through mental health challenges. Meds can help us achieve our goals, but we have to get active too.

Ask yourself: What do I do to feel better \_\_\_\_\_ and how does it help \_\_\_\_\_

Here are some examples:

- What I do to feel better is read spiritual teachings and it helps bring me peace so I
  feel less anxious.
- What I do to feel better is weed my vegetable garden and it gets my mind off my troubles.
- What I do to feel better is look at photos of my friends and it reminds me I'm loved when I'm feeling bad about myself.

All of these are examples of Personal Medicine. Personal Medicine is what we DO. Psychiatric medicine is what we TAKE. They work together to help us through our mental health challenges.

Now it's your turn to discover your Personal Medicine and to make a plan for using it.

My Personal Medicine	My Personal Medicine Plan
What I do to feel better:	I will use this Personal Medicine when:
how it helps me:	हैं । will share my Personal Medicine with:

© 2020 Pat Deegan PhD & Associates, LLC



## Personal Medicine Worksheet

# What I do to feel better brush my teeth

## and how it helps me

Gives me some confidence to be around people and at least it's the beginning of respecting myself.



#### **My Personal Medicine**

Just like a cast can't heal a broken leg, psychiatric meds can't do all the work of getting us through mental health challenges. Meds can help us achieve our goals, but we have to get active too.

Ask yourself: What do I do to feel better \_\_\_\_\_ and how does it help \_\_\_\_\_

Here are some examples:

- What I do to feel better is read spiritual teachings and it helps bring me peace so I
  feel less anxious.
- What I do to feel better is weed my vegetable garden and it gets my mind off my troubles.
- What I do to feel better is look at photos of my friends and it reminds me I'm loved when I'm feeling bad about myself.

All of these are examples of Personal Medicine. Personal Medicine is what we DO. Psychiatric medicine is what we TAKE. They work together to help us through our mental health challenges.

Now it's your turn to discover your Personal Medicine and to make a plan for using it.

≫ My Personal Medicine	My Personal Medicine Plan
What I do to feel better:	I will use this Personal Medicine when:
how it helps me:	ੈਂ I will share my Personal Medicine with:



My Personal Medicine

© 2020 Pat Deegan PhD & Associates, LLC My Personal Medicine

© 2020 Pat Deegan PhD & Associates, I

# Salima

My husband wants children. I want children. These meds will hurt my baby.

#### Trade-Off Challenge

- Benefits & Risks
  - ✓ Health concerns
- Wanted & Unwanted Effects
  - ✓ Side effects



# Trade-Off Challenge also sounds like...

The cure is worse than the illness

On TV the commercial said to call if my face starts twitching

My mom knows this guy who died in his sleep and he was on the same meds as me

It's not worth taking these meds

These meds are making me gain weight

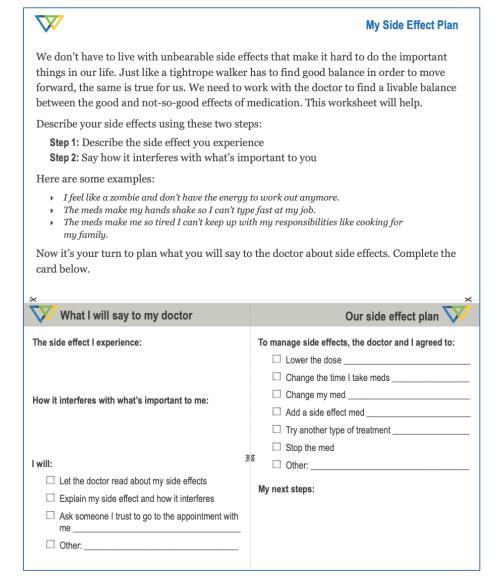
Key Question for Trade-Off Challenge

It seems you are not sure if it's worth taking the meds? Help me understand more about that.

Do you have concerns about the meds and your health?



# Support Strategy for Side Effect Trade-Offs: Help the person prepare for SDM



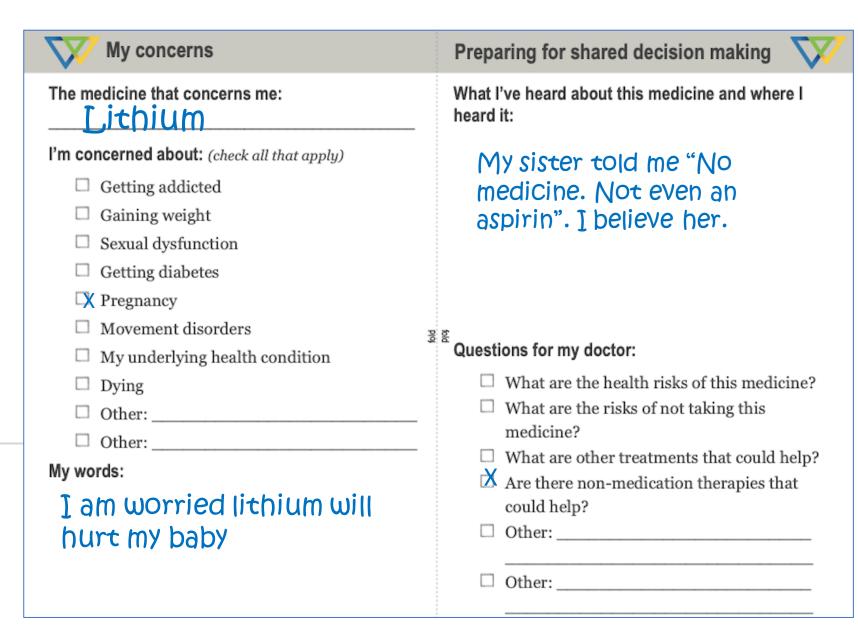
The side effect I experience is

my hands shake

and it interferes with

my work on car engines

# Support Strategy for Health Trade-Offs: Help the person prepare for SDM



# Q&A

How can use of the Meds Helpful Worksheets be woven into your program's care pathway?



# Join our conspiracy of hope



patdeegan.pda



patdeegan



patdeegan.pda



https://www.patdeegan.com



