Patient Psychoeducation Workbook

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My Mental Health History
Retracing your steps...

Where did you come from?

Fill in the stepping stones with the events leading up to your HCPC hospitalization.

Common reasons for psychiatric hospitalization:
- feeling suicidal
- stopping medications
- family conflict
- substance use
- increased symptoms

Authored by Jane Hamilton, Ph.D. and Bernice Yau, B.S.A.
Moment of Reflection...

How would you describe your feelings, thoughts, and behaviors prior to your admission to HCPC?

How would you describe your feelings today?

What would you like to change about your thoughts, feelings, and behaviors while you are at HCPC?
Fill in the blanks or draw a picture

What questions or concerns do you have?
Basics of Mental Health
Introduction to Mental Illness and Mental Health

What is mental illness?
- According to the National Institute of Mental Health (NIMH), mental illness is a mental, behavioral, or emotional disorder that can impact your daily activities (working, housework, hygiene).
- Nearly one in five people have a mental illness.
- Affects people of any age, ethnicity, or background.

There are different types of mental disorders...

- **Mood Disorders** (Depression and Bipolar Disorder)
- **Anxiety Disorders** (Panic Disorder, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder)
- **Psychotic Disorders** (schizophrenia, schizoaffective disorder)
- **Personality Disorders**
- **Substance Use Disorders**

What is mental health?
According to the World Health Organization, mental health is “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, and can work productively and fruitfully, and is able to make a contribution to her or his community.”

Authored by Bernice Yau, B.S.A. and Jane Hamilton, Ph.D.
Causes of Mental Illness

Many factors can cause mental illness. These factors are generally grouped into biological, psychological, and social categories.

Fill in the circles with other factors that can cause mental illness.

Human Brain Cells
Neurotransmitters
Genetics

Thoughts
Feelings
Behaviors
Lifestyle Factors
Coping Mechanisms

Poverty
Unemployment
Homelessness
Community Violence

Social

Biological
Psychological

Adapted from: https://ppss.cumbria.nhs.uk/patients/patient-resources/what-to-expect-from-our-service

Authored by Jane Hamilton, Ph.D. and Bernice Yau, B.S.A.
Symptoms of Mental Illness

Here are some symptoms that people may experience. Circle symptoms you have experienced.

- Feeling sad
- Feeling angry
- Feeling like you have too much energy
- Sleeping more or less than normal
- Eating more or less than usual
- Feeling guilty
- Feeling unsafe
- Hearing voices
- Seeing things that are not there
- Thoughts of wanting to hurt yourself
- Thoughts of wanting to hurt others
- Your thoughts are being controlled
- Moving or talking very fast
- Moving or talking slow
- Not keeping up with daily hygiene
- Panic

What symptoms concern you the most?

Authored by Bernice Yau, B.S.A.
Stress

Everyone experiences stress sometimes. Stress can be from big changes, such as moving or changing jobs. Stress can also be daily things, such as crowded transportation, arguments at home, or feeling rushed at work.

*Fill in the boxes below with the stressors that stick out to you the most.*

1. E.g., Having arguments at home...
2.
3.
4.
5.

People react to stress differently. Stress can affect you physically and emotionally. For example, many people experience sleep problems, increased heart rate, chest pain, digestion problems, anxiety, and/or depression when they are stressed.

*What signs of stress do you experience?*

<table>
<thead>
<tr>
<th>Physical Signs of Stress</th>
<th>Emotional Signs of Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>• E.g., Increased heart rate</td>
<td>• E.g., Anxiety</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
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<tr>
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</tr>
</tbody>
</table>
Stress-Vulnerability Model

The stress-vulnerability model is one way to understand mental illness.

Everyone has a genetic risk for developing mental illness. However, some people have a higher risk than others.

Stress can change the human brain. When someone is stressed, this can cause mental illness symptoms to occur.

You can lower your risk of developing symptoms, by doing the things below!

Decide: Biological Vulnerability

- Take Psychiatric Medications
- Avoid Drug and Alcohol Use

Decide: Stress Vulnerability

- Utilize Coping Skills
- Seek Social Support

Adapted from: Zubin et al. 1977 by Jane Hamilton, Ph.D.
Importance of Lifestyle Changes

People with mental illness are more likely to have chronic diseases such as diabetes, high blood pressure, and heart disease.

Unhealthy lifestyle behaviors such as smoking, drinking alcohol, drug use, poor diet, and lack of exercise increase chronic disease risk.

To stay well, it is important to increase healthy behaviors and avoid unhealthy behaviors.

Being a patient in a medical home where you obtain regular check-ups and screenings for chronic health conditions is very important.

*You can be referred to a medical home prior to HCPC discharge.*

Authored by Jane Hamilton, Ph.D.
Basics of Treatment
Improving Your Mental Health

Mental health treatment, lifestyle changes, and social support can improve our mental health.

In the boxes below, please describe any experiences you have had using these approaches to improve your mental health.

- **Lifestyle Changes**
- **Psychotherapy**
- **Medications**
- **Social Support**

Let’s go over each of the treatment options in more detail on the next few pages.

Authored by Bernice Yau, B.S.A.

Reference: https://www.samhsa.gov/treatment
Lifestyle Changes

Our daily habits can affect our mental health. Brainstorm some healthy lifestyle habits below.

1. How can you get a good night’s sleep?
2. How can you maintain a healthy diet?
3. Do you need help quitting smoking?
4. What do you like to do for exercise?
5. Are there any drugs or alcohol habits that you would like to work on?
6. What are some other positive daily habits?

Authored by Bernice Yau, B.S.A. and Jane Hamilton, Ph.D.
Psychotherapy “talk therapy” can improve mental health. Below are just a few examples of different types of psychotherapy.

**Cognitive Behavior Therapy (CBT)**
Therapy focuses on the connection between emotions, thoughts, and behaviors. People work on changing their thoughts and behaviors to improve their emotions.

**Dialectical Behavior Therapy (DBT)**
Therapy provides skills training for people to gain control over their emotions, tolerate distress, and improve their relationships. Effective treatment for Borderline Personality Disorder

**Seeking Safety**
Is a treatment for individuals with post-traumatic stress disorder (PTSD) and substance use disorders. Seeking Safety can help people stop using substances, let go of unhealthy relationships, and gain more control over emotions and symptoms. With this treatment, people learn how to use safe coping skills and improve their view of the world and themselves.

Here are some examples of ways you can engage in psychotherapy:

- **Individual Psychotherapy**
  Occurs between just you and your psychotherapist. This type of therapy can help you address more sensitive matters on a deeper level.

- **Group Psychotherapy**
  You can participate in CBT/DBT in a group and learn coping skills and learn from other members’ experiences.

- **Family Therapy**
  Families receive therapy together to improve relationships and reduce conflict. When provided with individual psychotherapy, can teach families about mental illness and to help families learn how to best help you.

If you think psychotherapy is right for you, discuss with your treatment team what type of psychotherapy would be helpful for your specific problems or mental illness. You can also ask your team for more details about psychotherapy and how it works.

For more information:
https://www.nami.org/Learn-More/Treatment/Psychotherapy
https://nsightrecovery.com/treatment/cognitive-behavioral-therapy/
Mental Health Medications

There are many different medications that treat different symptoms and disorders. Different medications target chemicals in the brain that are associated with a particular symptom or disorder. The medications below are just a few examples.

**Antidepressants** – medications that help with depression.

<table>
<thead>
<tr>
<th>Selective Serotonin Reuptake Inhibitors (SSRIs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluoxetine/ Prozac</td>
</tr>
<tr>
<td>Citalopram/Celexa</td>
</tr>
<tr>
<td>Sertraline/Zoloft</td>
</tr>
<tr>
<td>Paroxetine/Paxil</td>
</tr>
<tr>
<td>Escitalopram/Lexapro</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serotonin - Norepinephrine Reuptake Inhibitors (SNRIs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venlafaxine/Effexor</td>
</tr>
<tr>
<td>Duloxetine/Cymbalta</td>
</tr>
<tr>
<td>Desvenlafaxine/Pristiq</td>
</tr>
</tbody>
</table>

Bupropion/Wellbutrin is another medication used for depression (and smoking cessation) that is considered a Norepinephrine-Dopamine Reuptake Inhibitor (NDRI). Many anti-depressants also reduce anxiety.

**Mood Stabilizers** – medications that help with bipolar disorder.

<table>
<thead>
<tr>
<th>Mood Stabilizers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamotrigine/Lamictal</td>
</tr>
<tr>
<td>Depakote</td>
</tr>
<tr>
<td>Lithium</td>
</tr>
<tr>
<td>Carbamazepine/Tegretol</td>
</tr>
</tbody>
</table>

**Antipsychotics** – medications that help with psychosis symptoms (delusions, hallucinations). These can be pills or long-acting (depot) injections.

<table>
<thead>
<tr>
<th>First Generation Antipsychotic Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorpromazine/Thorazine</td>
</tr>
<tr>
<td>Haloperidol/Haldol</td>
</tr>
<tr>
<td>Perphenazine/Trilafon</td>
</tr>
<tr>
<td>Fluphenazine/Prolinx</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Generation Antipsychotic Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risperidone/Risperdal</td>
</tr>
<tr>
<td>Ziprasidone/Geodon</td>
</tr>
<tr>
<td>Aripiprazole/Abilify</td>
</tr>
<tr>
<td>Quetiapine/Seroquel</td>
</tr>
<tr>
<td>Olanzapine/Zyprexa</td>
</tr>
<tr>
<td>Lurasidone/Latuda</td>
</tr>
<tr>
<td>Paliperidone/Invega</td>
</tr>
<tr>
<td>Clozapine/Clozaril</td>
</tr>
</tbody>
</table>

*Circle the names of medications you are currently taking or have taken in the past.*

<table>
<thead>
<tr>
<th>Medication</th>
<th>Form</th>
<th>Dose</th>
<th>What is this medication used for?</th>
<th>Side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haloperidol</td>
<td>Pill</td>
<td>1 pill (2mg) twice a day</td>
<td>For psychosis (the voices)</td>
<td>Restlessness, rigidity, constipation, tremor</td>
</tr>
</tbody>
</table>

Review your medication diary before you discharge. Do you have any questions for your doctor about your medications?

Authored by Bernice Yau, B.S.A.
**Common Side Effects of Psychiatric Medications**

**Medication Side Effects** are effects or problems, often unwanted, that occur in addition to the intended or desired effects of a medication. Side effects depend on what medication you are taking and two people taking the same medication may respond differently.

Some side effects can be mild and managed at home. These side effects typically include nausea, dizziness, dry mouth, tiredness.

Other side effects can be more serious and should be discussed with your doctor right away. These side effects can include shaking, fainting, rash, muscle pain and rigidity, confusion, suicidal thoughts, seizures.

**Medication Side Effects Plan**

*Fill in Table Below*

<table>
<thead>
<tr>
<th>Medication</th>
<th>Mild Side Effect</th>
<th>Serious Side Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zyprexa (olanzapine)</td>
<td>drowsiness; dry mouth</td>
<td>shaking; fainting; confusion</td>
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<tr>
<td></td>
<td></td>
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</tbody>
</table>

Plan for what you should do if you experience a serious side effect.

__________________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________________

Substances or medications you should avoid while taking your medications.

__________________________________________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________________________________________

Ask your treatment team for help!

Authored by Bernice Yau, B.S.A. and Jane Hamilton, Ph.D.
Adapted from: http://brss-tacs-decision-tool.samhsa.gov/DA_files/LearnMore_Medication_AntipsychoticMed.html
Social Network

Mental Health is a team sport. Having a strong support network after you leave HCPC can help you to stay well.

Fill in the circles with names of people who you trust and support your recovery.

People who know you the best and support your recovery.

People who don’t know you as well, but you trust enough to reach out to them if needed, or people you want to get to know better.

Talking with other people who struggle with mental illness can be helpful. Talk to your treatment team about joining a mental health support group:

____________________________________
____________________________________

Authored by Jane Hamilton, Ph.D. and Bernice Yau, B.S.A.
Barriers to Care

Factors not directly related to medical treatment can also affect our ability to obtain healthcare after you leave HCPC. Examples include your ability to pay for medications, health insurance, transportation to clinics, conflicting work schedules, and disagreements with family members.

List major challenges you face in pursuing health care in the boxes below. Discuss these challenges with your treatment team, who can help you figure out some solutions.

Challenges

Resources are listed at the end of this booklet

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Taking Charge of My Mental Health Journey
Shared Decision Making

You and your treatment team will work together to make decisions about your mental health treatment to make sure you are at the center of these decisions.

Often there is no right mental health treatment; there is only the treatment you choose that is most consistent with your own values, preferences, and goals.

As a patient at HCPC, your values, preferences, and goals for mental health treatment are viewed as important and should be discussed with your treatment team.

Values: one's judgment about what is important in life. (Example: having healthy relationships or getting a job).

Preferences: liking one option over others. (Example: preferring one medication over others to treat depression).

Goals: the desired result of mental health treatment. (Example: reducing symptoms of depression).

Your HCPC treatment team will explain your treatment options and help you clarify what is most important to you to help you make the best decisions about your mental health treatment.
My Values

Describe the importance of three of your values in the boxes below.

*Your values might include having healthy social/family relationships, spirituality, being healthy, having an active lifestyle, getting a job, enrolling in school, or being able to live on your own.*

1. 

2. 

3. 

Authored by Jane Hamilton, Ph.D.
My Preferences

Describe your preferences for mental health treatment in the boxes below (e.g. lifestyle changes, psychotherapy, medications, and social support).

1. 

2. 

3. 

Authored by Jane Hamilton, Ph.D.
My Goals

Describe your mental health treatment goals in the boxes below (e.g. feeling better, reducing symptoms, improving functioning, improving physical health, quitting drugs).

1.

2.

3.
Therapeutic Activities
Daily Affirmations

Affirmations are short, powerful positive statements about yourself.
You can say or think an affirmation to improve your thoughts about yourself, your abilities, or your situation.

**Example Affirmations:**
I believe in myself!
I am a creative person!
I am capable of getting better!
My treatment team respects my feelings and values!
My family and friends love me!
I can do this!
I deserve to get well!
I live each day to the fullest!

*Imagine you are the treasure chest below.*
*Write one affirmation on each of the four gold coins.*

**Challenge:** *Write four affirmations a day until your treasure chest is full of positive statements about yourself!*

Authored by Jane Hamilton, Ph.D.
Coping with Stress

There are many ways to cope with stress. It might take a few tries to figure out which coping skills work best for you. The examples below are coping skills other people have found helpful. Not every coping skill works for everyone, so try a few! It can be difficult to remember coping skills that work when you feel upset. It’s helpful to practice coping skills when you don’t need them so you are prepared to use them when you’re stressed!

Circle the coping skills that work for you so you can remember them later when needed.

- Talking with Someone
  Who could you talk to?
  1. 
  2. 
  3. 

- Positive Thoughts
  Remind yourself of when you got through something Similar or give yourself encouraging words

- Journaling
  Write down your thoughts; write poems

- Find something that makes you laugh (TV, movies, comics, books, other people)

- Listen to Music

- Enjoyable Activities
  What do you like to do?

- Exercise

- Contribute
  Volunteer or focus on making someone’s day

- Relaxation
  Look at the next page for some ideas

Authored by Alia Warner, Ph.D.
Relaxation Techniques

Relaxation techniques can help reduce stress, and can help with mental health symptoms that are affected by stress (e.g., voices, anxiety, depression). Just like the coping skills reviewed earlier in this workbook, different people will find different levels of success with relaxation techniques, so try a few of them to see what works for you!

There are many relaxation exercises. This workbook focuses on Mindfulness, Imagery, and Activities.
Mindfulness

Mindfulness is a practice that improves many people’s symptoms and well-being. Mindfulness is about experiencing life as it is, in the present moment, without judgment, with purposeful attention.

You can use mindfulness in many daily activities, such as washing the dishes, walking, and sitting, by being mindful your senses (hearing, feeling, tasting, smelling, and seeing).

Here is an example of a breathing technique:

_Sit in a comfortable position. Allow your body to become still, and bring your awareness to your breath. Don’t try to change your breathing, just notice it. Notice where you feel your breath in your body. You might notice it in your nose. Your breath may be in your shoulders, neck, belly, or somewhere else. Continue to breathe in and out, paying attention to your breath._

_Notice how your stomach gradually rises with every breath, and how your stomach falls when you exhale. If you experience distracting thoughts, acknowledge them. Notice your thoughts come and go. Let your thoughts be without judgment, and bring your awareness back to your breath. Continue to breathe with awareness for 5 minutes._

If you want more mindfulness techniques to reduce stress, see _A Mindfulness-Based Stress Reduction Workbook_ by Bob Stahl and Elisha Goldstein.

 Authored by Alia Warner, Ph.D.
Imagery

You can use imagery in many ways. Some people use imagery by imagining a place where they feel safe, a relaxing place like the beach, and/or imagining the future that they hope for.

Get into a comfortable position and close your eyes. Allow yourself to relax and take a few slow deep breaths. Imagine yourself walking down a pleasant path.

It is a nice day out and you can feel the sunshine warming your skin. After you walk for a bit, you come across a garden and walk into the gate to explore it.

The garden is full of all your favorite things. There might be music, birds, flowers, maybe even a seesaw. Take a moment to look at your garden... look at all the objects in the garden, notice the colors... the shapes... look at the sky, the ground, and all around you. Now take a moment to experience the objects in your garden. Some objects may be cool or warm, may be soft or hard. Feel the warm sunshine on your face as it peeks through the trees.

In your garden, take your shoes off and feel the warm, soft ground with your feet. Listen to the peaceful sounds in the garden, there might be birds singing, water running down a stream, or a slight breeze you can hear.

Spend as much time in your garden as you would like. When you are ready, walk back toward the gate and down the path.

Remember that you can always return to your private garden any time you wish to relax or feel comforted. Now open your eyes as you are ready to resume your day with peace.
Relaxation Activities

In addition to mindfulness and imagery, many different activities can help you feel relaxed. What activities have you done in the past that made you feel relaxed?

1. 

2. 

3. 

4. 

5. 

Here are some recommendations—circle the strategies you would like to use or find useful:

- Take a warm bath
- Take a walk outside
- Drink something warm
- Stretch or do yoga
- Read

Authored by Alia Warner, Ph.D.
Coping with Voices

Look, Point, Name

Hearing voices can be stressful. Luckily, there are many skills you can practice to cope with voices when they make you upset! The first skill is easy and you can practice it anywhere - Look, Point, Name.

Look around the room that you are in, and point to all the things in the room and say what they are. For example, you may see these types of items:

“sofa”  “picture”  “table”

Try to name as many objects in the room as you can.

You can also try looking around the room you are in and naming all the colors you see. For example, you might see these types of colors:

“blue”  “brown”  “green”  “purple”

Try it out! Rate your distress before and after trying the skill. On a scale from 1 – 10, with 10 being the worst, how is your mood?

<table>
<thead>
<tr>
<th>Before I tried the exercise</th>
<th>After I tried the exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

Authored by Alia Warner, Ph.D.
Weaken the Voices

Many voice-hearers can reduce the volume of their voices, which can make them less distressing. Try these skills and circle which ones work for you. You can rate your stress related to the voices before and after you try the skill so you can remember which skills work best for you!

<table>
<thead>
<tr>
<th>Skill</th>
<th>Voices before skill</th>
<th>Voices after skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ear plugs</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Talking with others</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Listen to music</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Watch TV</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Keeping busy</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>Taking medications</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td>1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

Record how helpful these skills are for you. Rate the voices before and after the skill on a scale from 1 – 10, with 10 being the worst the voices have been.

Authored by Alia Warner, Ph.D.
De-Stressing Your Life

Imagine your level of stress as a water bucket. We all have certain stressors in our life that fill our stress buckets (blue boxes). We can take action to de-stress our lives (green boxes) and keep our stress buckets from overflowing.

*Fill in the boxes below with your current stressors ways you can make healthy changes to de-stress your life.*

<table>
<thead>
<tr>
<th>Stressors</th>
<th>Healthy De-stressors</th>
</tr>
</thead>
<tbody>
<tr>
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What stressors are filling your bucket?

What happens when you have too much stress?

What positive changes can you make in your life to decrease stress?

Authored by Bernice Yau, B.S.A. and Jane Hamilton, Ph.D.
### Mental Health Matching Game – Part 1

**Directions:** Draw a line matching the word in the left hand column to the correct definition in the right hand column

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive Behavior Therapy</td>
<td>Biological and stress vulnerabilities increase the risk for mental illness and symptom relapse</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Listening to music, journaling, laughing, positive thoughts, exercising, talking with someone, relaxation</td>
</tr>
<tr>
<td>Unhealthy Lifestyle Behaviors</td>
<td>In therapy, people work on changing their thoughts and behaviors to improve their emotions</td>
</tr>
<tr>
<td>Stress-Vulnerability Model</td>
<td>A state of well-being in which every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and contributes to his/her community</td>
</tr>
<tr>
<td>Coping Skills</td>
<td>Smoking, drinking alcohol, drug use, poor diet, and lack of exercise</td>
</tr>
</tbody>
</table>

Authored by Jane Hamilton, Ph.D.
Mental Health Matching Game – Part 2

*Directions: Draw a line matching the word in the left hand column to the correct definition in the right hand column*

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valproate “Depakote”</td>
<td>A first-generation antipsychotic medication used to treat patients with schizophrenia</td>
</tr>
<tr>
<td>Values</td>
<td>The practice of experiencing life in the present, nonjudgmentally, with purposeful attention</td>
</tr>
<tr>
<td>Haloperidol “Haldol”</td>
<td>The treatment team and patients work together to make decisions about mental health treatment.</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>A mood stabilizer medication use to treat patients with Bipolar Disorder</td>
</tr>
<tr>
<td>Shared Decision Making</td>
<td>One's judgment about what is important in life</td>
</tr>
</tbody>
</table>

Authored by Jane Hamilton, Ph.D.
My Mental Health Diary

I feel good.
What are some signs and symptoms that you are feeling good?

I feel ok.
What are some warning signs/mental health symptoms that you are feeling worse?

I feel bad.
What are some warning signs/mental health symptoms that tell you need to talk with your doctor or therapist?

What changes can you make when you feel like you are relapsing?

What is your plan when you start feeling bad?

List your mental health maintenance plan here!

Try to complete your diary daily!

Authored by Bernice Yau, B.S.A. and Jane Hamilton, Ph.D.
My Mental Health Journey

Mental health recovery is about taking things one step at a time! Fill in the stepping stones with steps you will take after leaving HCPC to stay well and continue treatment.

Authored by Jane Hamilton, Ph.D. and Bernice Yau, B.S.A.
My Mental Health Plan

Let’s put together all the information into a mental health plan personalized for you! You can review this with your treatment team.

Contact Info
- Hospital ____________________
- Doctor ____________________
- Pharmacy ____________________
- Trusted friend or family member ____________________
- Social Worker ________________

My follow up appointments:

Appointment 1:
With which provider: ____________________ Where: ____________________
Date _________ Time _____________
  Transportation ________________
Payment for appointment ________________

Appointment 2:
With which provider: ____________________ Where: ____________________
Date _________ Time _____________
  Transportation ________________
Payment for appointment ________________

Appointment 3:
With which provider: ____________________ Where: ____________________
Date _________ Time _____________
  Transportation ________________

My medications
What pharmacy will I pick up my medications at ____________________
When do I need to pick up my medications by ____________________
Transport ____________________ Payment for meds ________________
How often do I need to pick up refills? ____________________

Refer back to your circles of support! (p. 18)
Refer back to barriers of care! (p. 19)

Authored by Bernice Yau, B.S.A.
Ways to Track Your Progress
Keep track of your progress daily.

Day 1
Rate your mood today:
(worst) 0 1 2 3 4 5 6 7 8 9 10 (best)

How many hours did you sleep? _____________

What symptoms did you have today? ________________________________

What medications, support groups, appointments, etc. did you have today?
________________________________________________________________________
________________________________________________________________________

How were your daily activities today?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My goals for today:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Day 2
Rate your mood today:
(worst) 0 1 2 3 4 5 6 7 8 9 10 (best)

How many hours did you sleep? _____________

What symptoms did you have today? ________________________________

What medications, support groups, appointments, etc. did you have today?
________________________________________________________________________
________________________________________________________________________

How were your daily activities today?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My goals for today:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

### Day 3
**Rate your mood today:**
(worst) 0 1 2 3 4 5 6 7 8 9 10 (best)

**How many hours did you sleep?** ____________

**What symptoms did you have today?** ____________________________________________

**What medications, support groups, appointments, etc. did you have today?**
__________________________________________________________________________
__________________________________________________________________________

**How were your daily activities today?**
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

**My goals for today:**
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

### Day 4
**Rate your mood today:**
(worst) 0 1 2 3 4 5 6 7 8 9 10 (best)

**How many hours did you sleep?** ____________

**What symptoms did you have today?** ____________________________________________

**What medications, support groups, appointments, etc. did you have today?**
__________________________________________________________________________
__________________________________________________________________________

**How were your daily activities today?**
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

**My goals for today:**
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

References


Further Resources

Substance Abuse and Mental Health Services Administration (SAMHSA) https://www.samhsa.gov
American Psychiatric Association (APA) https://www.psychiatry.org
National Institute of Mental Health (NIMH) https://www.nimh.nih.gov
National Alliance on Mental Illness (NAMI) https://www.nami.org
Alcoholics Anonymous (AA) https://www.aa.org
The Harris Center (formerly known as MHMRA) https://theharriscenter.org/
National Suicide Prevention Lifeline (available 24 hours a day) 1-800-273-8255
GoodRx (search for pharmacies with affordable medications) https://www.goodrx.com
SAMHSA computer-based decision aid to help you consider the role of antipsychotic medications in your recovery plan. http://brss-tacs-decision-tool.samhsa.gov


How Your Brain Works from Mayo Foundation for Medical Education and Research: http://www.mayoclinic.com/health/brain/BN00033