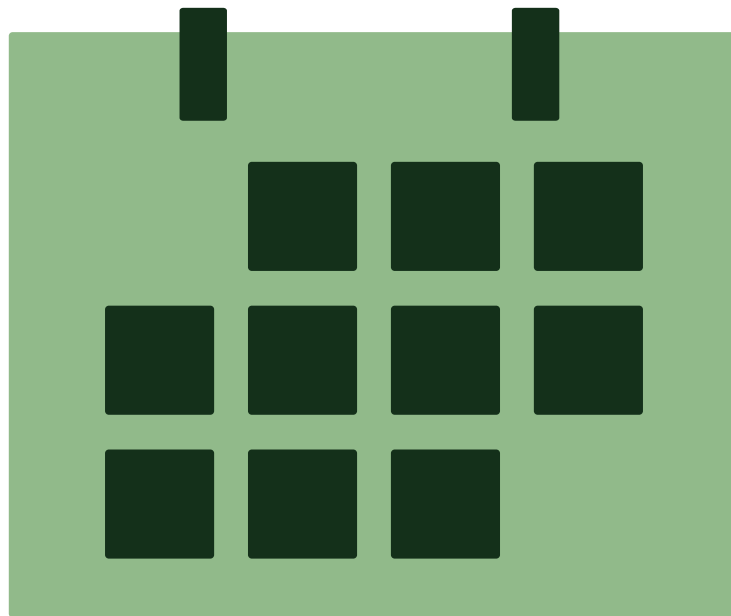


# Staying on Track

with your recovery plan



## Learn How YOU Play an Important Role

### Support and Information for Schizophrenia

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.

The Topic

# Staying on Track

with your treatment plan can help you make progress toward the recovery goals you want to achieve.



*This issue of Hope For Schizophrenia will help you prepare for changes in care and stay on course with your treatment plan.*

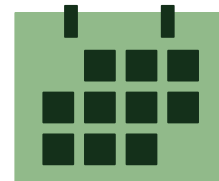


## We all need a little support sometimes

Being in touch regularly with your treatment team and making sure they know what's going on with you helps them to support you better in your recovery journey.

## Keeping all appointments

with your doctor and treatment team will make sure they are up to date with and aware of any life changes, like if you got a new job or had a recent hospitalization.



## It's especially important to be in touch

with your treatment team during stressful times, like when you are leaving the hospital and returning to the community.

# Snapshots

## Avoid gaps in care

### Leaving the hospital and want to make sure you stay well?

One way to avoid setbacks is to build “bridges” to outpatient services in the community.



People who experience gaps in care are more likely to have episodes, end up back in the hospital, and have a reduced quality of life.

According to research, people who start an outpatient program **before discharge** from inpatient care are

**3x**

more likely to attend their first outpatient appointment.

If you are in the hospital, work with a treatment team member to set up outpatient or community-based services before you are discharged.

#### Visit

the outpatient clinic or mental health center you'll be attending so you'll know where to go and how to get there.

#### Meet

with members of your outpatient treatment team before you leave inpatient care so you can get to know them.

**Be sure you have access to your medication while you are waiting for your first outpatient appointment**

## Talk about medication options

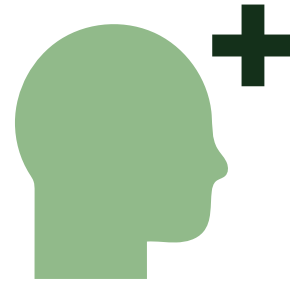
### Have concerns about taking medication?

Remember, there are many options available and each is different. Talk to your doctor to find a medication **YOU** are comfortable taking and works well for you.



## Staying on Track & My Recovery

Taking your medication, connecting with your treatment team, and participating in your care helps you build a solid foundation to move forward in your recovery journey.



### Yet sometimes, staying on track is challenging because:

You have long wait times between your appointments or forget to go

Your recovery and medication history was not transferred between treatment settings

It's hard to take your medication continuously (you run out, need a new prescription, have trouble remembering, can't afford it, reimbursement issues, etc)

You are not sure medication really helps or you don't like how it makes you feel

You feel that treatment is not focused on your goals and preferences

## Taking Charge

You can get involved and find strategies that help you stay on track.



Schedule appointments and ask your support network to remind you or help you get them



Work with your doctor or nurse to find a medication option that works for **YOU**



Make sure your treatment plan reflects your goals and preferences



Keep an ongoing log of your treatment, medication, and recovery history (use the enclosed booklet)

# Making a Transition

It's important to have a plan as well as appropriate support during care transitions and times of change.

Use this worksheet with your treatment team. Make sure they know how you're feeling, so they can help set you up for success.



**What are my recovery and life goals?**

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**What progress have I made in my recovery journey?**

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**When I am making transitions (leaving the hospital, starting with a new doctor, etc), these are some concerns I have.**

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**Make sure you know this information before you leave the hospital.**

Name of medication(s) I am taking currently

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Date I will need to get medication

Date of next doctor's appointment

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**Following are strategies to help you make smoother transitions. Check the ones you would like to try and share with your treatment team.**

- Set up services to help support you, such as therapy, housing, peer counseling
- Ask your treatment team questions you have about medication options, supportive treatments, or insurance
- Make sure you have enough medication to last until your next appointment
- Other
- Contact \_\_\_\_\_ if I have any problems or additional concerns at \_\_\_\_\_

# Going to Appointments

Complete this worksheet with a treatment team member so you know when, where, and how you will get to your next appointment. Make sure to keep information about your appointment in a place where you can easily find it.

My next appointment is with \_\_\_\_\_

They are my

- |   |  |
|---|--|
| <input type="checkbox"/> Doctor           | <input type="checkbox"/> Nurse                   |
| <input type="checkbox"/> Pharmacist       | <input type="checkbox"/> Case manager            |
| <input type="checkbox"/> Peer counselor   | <input type="checkbox"/> Therapist/Social worker |
| <input type="checkbox"/> Intake counselor | <input type="checkbox"/> Other _____             |



I want to discuss \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of appointment \_\_\_\_\_

Time \_\_\_\_\_ am / pm

Name of clinic/mental health center/  
injection center \_\_\_\_\_

How I will get there

Bus       Subway

Bus No. \_\_\_\_\_ Subway Line \_\_\_\_\_

Walk       Drive myself

Get a ride from \_\_\_\_\_

Contact Info \_\_\_\_\_

Other \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone number \_\_\_\_\_

\_\_\_\_\_

Below are ways that can help you remember to keep appointments. Check the ones that might be helpful to you and share with your treatment team.

- |   |   |
|---|---|
| <input type="checkbox"/> Write it down on a calendar                                      | <input type="checkbox"/> Set a reminder on your phone           |
| <input type="checkbox"/> Put a note or this worksheet on your refrigerator/bulletin board | <input type="checkbox"/> Ask your support network to remind you |
| <input type="checkbox"/> Ask for a reminder phone call the day before                     | <input type="checkbox"/> Other _____                            |

# Taking Medication Without Interruption

When leaving the hospital, it's important to go to your first outpatient appointment. As your situation changes, you may find the type of medication and supportive treatments you need also change.

Use this worksheet to talk with your doctor about your current goals so you can find a medication option that is right for you.



## When I take my medication as prescribed:

- I can think more clearly
- I can focus my thoughts more easily
- I feel more productive
- I spend more time with my friends and family
- I participate in activities I enjoy
- My symptoms are better managed
- I feel more hopeful
- Other \_\_\_\_\_

## What are any challenges/problems I experience when taking medication?

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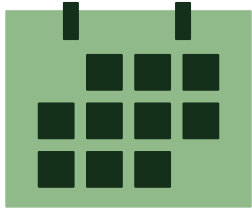
## These are some of the difficulties I face when trying to take my medication continuously:

- I feel ok, so I think I don't need to take my medication
- I have trouble remembering to take my medication and/or forget to refill
- I'm worried about the side effects
- I have trouble affording my medication
- I don't understand how medication can help
- Other \_\_\_\_\_

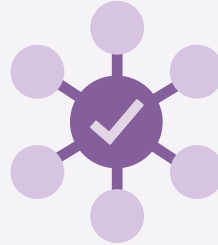
Below are strategies to help you stay on track with your medication, so you can get the best results. Check the ones you would like to try and share with your treatment team.

- Participate in medication decisions with your doctor
- Think about how medication might help you get or keep things that are important to you
- Ask about antipsychotic medication options you may not be aware of
- Talk to your treatment team about simplifying your medication schedule
- Schedule medication into your daily routine
- Get reminders from alarms, calendars, notes, apps, or your support network
- Other \_\_\_\_\_

# Steps for Success



Ask the discharge planner to schedule your first doctor's appointment once you are out of the hospital. Let them know if you need help remembering it or getting to it.



Make sure you have supports and services in place, including a safe and comfortable home and counseling.



Think about your goals and how taking your medication might help you to reach them.



Discuss medication options with your doctor, and help choose treatments that help you stay on track with your recovery plan and out of the hospital.

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