

Partners in Care



The Benefits of Having Support in Your Recovery Journey

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.

Caregiving Relationships

are rewarding connections in which you and the people you trust and care about are partners in your recovery journey.

This issue of Hope For Schizophrenia helps you involve loved ones in your recovery journey in ways that feel comfortable to each of you.

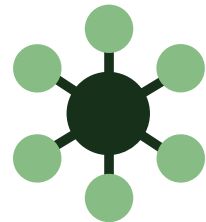
Being open to receiving support is important.

Having someone by your side—like your parent, friend, or spouse—can help you feel less stressed, more hopeful, and more secure. Sometimes it's nice to have some help doing things like going to appointments, grocery shopping, and exercising instead of doing them alone.



There are many ways your support network can help out.

They can lend an ear, help you learn about treatments, get you back on a positive track during difficult times, and celebrate your successes.



Supportive relationships take effort.

Remember to listen carefully, communicate clearly, and pay attention to each other's needs. This can help lead to healthier and happier relationships.



Snapshots

Lean on me

Everyone needs support from time to time. It can help you stay on track with your medication and treatment and lead to better outcomes in your recovery journey.



When you have family involved while in the hospital, you are up to

3x

more likely to attend your first outpatient appointment.

Having support makes a difference

Research shows that including caregivers/loved ones in treatment programs reduces episodes and rehospitalization in people living with schizophrenia.

Celebrate achievements



Change often happens over time, so it's important to recognize even the small steps taken toward reaching goals. Providing encouragement, reassurance, and praise throughout the recovery journey can mean a lot.

When a caregiver is involved, episode rates are

20% lower

Supportive Relationships

& Mental Health Recovery

How can supportive relationships help me?

Caregivers and members of your support network can play positive roles in your recovery journey and help you improve your health and quality of life.

It's up to you to decide the role(s) you would like them to play and how much or how little you want them involved.



Your support network can:

Help you learn more about your condition and available treatments and services

Go to appointments with you, help you get to them, or take notes while at them

Support your overall health (eating well, exercising, etc)

Help you make medication and treatment decisions

Remind you to take your medication (if that is helpful to you)

Notice changes that might signal an episode

Support you through a setback and help you get back on track

Help you prepare for appointments by practicing or writing things down

Work with you to manage tasks such as finances, shopping, or household chores

Talk to the people in your life who support you about what kind of backup YOU need and ways you can work together in your recovery journey.

Building a Recovery Journey Partnership

Working Together

Being a team might be more productive when you share recovery goals with your caregiver and support network. Talk about ways your caregiver can support you to achieve your goals.

If you decide to include your friend, parent, spouse, or another caregiver in your treatment plan, be prepared and sign a release form.

Your treatment team is required to protect your privacy, but there may be times when it is helpful for them to share protected health information with someone in your life who is supporting you. To give permission, you need to sign a release form (often called HIPAA).



Recovery Goal(s):



How Your Caregiver Can Help:

Use the chart below to think about what you and your caregiver want and need from each other and the roles each of you can play in your recovery journey.

Activity	Me	Caregiver	Both
Create a recovery plan			
Find treatments and services			
Learn about treatment options			
Participate in treatment decisions			
Refill medications			
Take or remind to take medications regularly			
Notice episode warning signs			
Participate in overall wellness			
Other			

Activity	Me	Caregiver	Both
Remember appointments			
Go to appointments			
Keep track of treatments, medications, and symptoms			
Communicate with doctor and treatment team			
Manage bills and finances			
Clean my home			
Shop for groceries and necessities			
Prepare meals			
Other			



Communication in Your Relationships

Listening & Learning

Use this worksheet with your caregiver, members of your support network, or treatment team to start conversations about different recovery journey topics. Read each other's responses so you can understand and support each other better.




Our Relationship and the Recovery Journey

	 My thoughts	 Caregiver's thoughts
What I need from you is...		
What I want out of my/your recovery is...		
The biggest challenge in my/your recovery is...		
My/your role on the treatment team is...		
Some treatments and services that might be useful are...		

Communication in Your Relationships

Listening & Learning

Treatment and Medication

	 My thoughts	 Caregiver's thoughts
What I would like treatment to address most is...		
The reason for taking medication is...		
The biggest challenge related to taking medication is...		
Ways to stay on track with treatment and medication are...		

Steps for Success



Create your team.

Having support and encouragement can benefit your recovery. Caregivers, family members, and others in your support network can help you create and follow your recovery plan and help with treatment decisions.



Make your goals and preferences known.

When your caregiver or a member of your support network knows what you need and want to achieve, they can better support your recovery journey.



Let them know when you want help.

It's important to communicate honestly and openly with your loved ones. Being clear about when and how you need support can help build trust and respect during good times and during setbacks.

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