

# Problem Solving In Your Recovery Journey

Understanding Your Challenges and Finding Solutions



## Understanding Your Challenges and Finding Solutions

### 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.

# 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.

**Finding the right options for YOU is an important part of your treatment journey.**



**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.**

# Understand the Problem.

Before you begin to solve a problem, you need to understand what it is.

**What problem gets in the way of your treatment goals?**

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

- 1 How this problem interferes with your daily activities
- 2 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.**



Share your problem

Get understanding

Find a solution

# Identify the Problem.



Bring this sheet to your next appointment.



What is the problem you need help with?

---

---

---



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?

Check one:

Yes

No



What (if anything) has made the problem better or worse in the past?

Better

---

---

---

Worse

---

---

---



What have you already tried or done to deal with this problem in the past?

---

---

**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.**



A problem often has several pieces. Try to think about one piece at a time.



There are usually many ways to solve a problem. Consider all possible solutions. Try to think about one piece at a time.



**Stay Hopeful!**

You can find solutions that help your problem improve and continue to work toward your personal and treatment goals. Consider all possible solutions. Try to think about one piece at a time.

**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/  
supported housing



Supportive  
employment



Other

## Exploring Solutions: Medication Options

If you live with schizophrenia, 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.



Oral  
Solution



Dissolvable  
Tablets

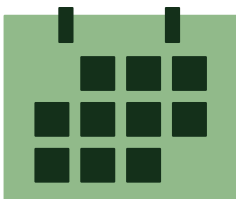


Pills

## 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 medications?



How will you pay for the medication?



Do you have issues taking your medications 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 a 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.



Main problem(s) I am trying to solve:

---

---

---

Bring this sheet to your next appointment.



## Supportive Treatments



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

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

## Medication Options

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

<b>Short-acting Medication for Schizophrenia</b>	<b>Long-acting Medication for Schizophrenia</b>
--	---

**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 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



Oral Solution



Dissolvable Tablets



Pills



This newsletter is published by Janssen Pharmaceuticals, Inc., which is solely responsible for its contents.