



TREATMENT CHOICES

Tools for Success

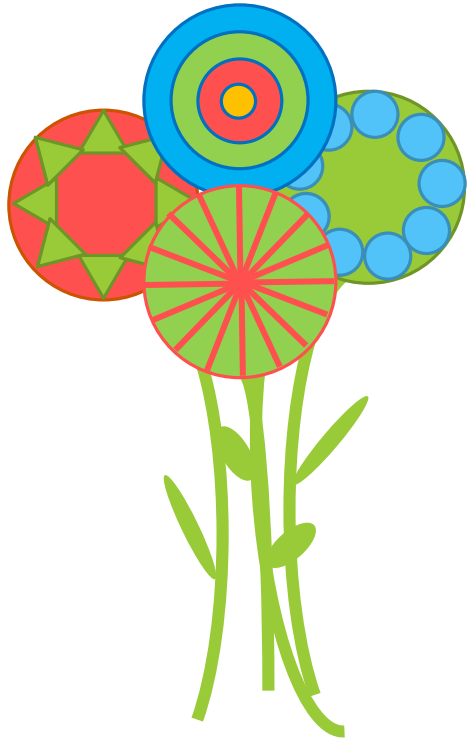
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WEBINAR: DECEMBER 17, 2014

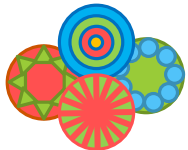
PRESENTERS: DONNA DYKSTRA, & ALLEN DOEDERLEIN

Treatment Choices: Tools for Success webinar brought to you by

Creating a Plan as Unique as You Are

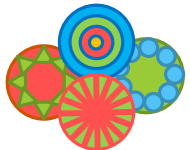


The choices you make regarding your treatment plan components form a wellness plan bouquet unique to you.



Logistics

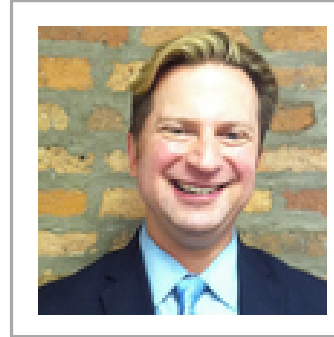
We will be accepting written questions throughout the webinar and providing answers during the Q&A session at the end of the webinar. To submit your question, type it into the “questions” box on your screen and hit enter on your keyboard or mouse click on the submit button.



Presenters



Donna Dykstra
Peer Specialist
Dykstra Consulting and Training

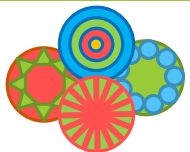


Allen Doederlein
President
Depression and Bipolar Support Alliance



Key to Success = Start with a Plan

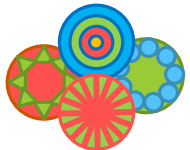
YOUR NEEDS, YOUR WANTS, YOUR PLAN



Changing Perspectives

First there was the traditional “sickness” model

- ❖ You experience symptoms that are disrupting your life
- ❖ You get diagnosed and start taking medications
- ❖ Treatment goals are primarily compliance and stabilization
- ❖ Directly and indirectly you receive negative messages about a bleak future

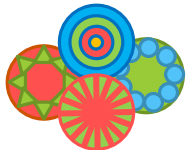


Changing Perspectives

Then along came the awareness that wellness and recovery are possible

“*Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.*”

– SAMSHA



Changing Perspectives

Then along came the awareness that wellness and recovery are possible

- ❖ Wellness is experiencing a rich and joyous life, not merely the absence of illness.
- ❖ Recovery is holistic: “Recovery encompasses an individual’s whole life, including mind, body, spirit and community. Recovery embraces all aspects of life, including housing, social networks, employment, education, mental health and health care treatment, and family supports.” (SAMSHA National Consensus Statement on Recovery)
- ❖ The building blocks of recovery are Hope and Goals



Crafting a Plan

What would wellness look like to you?

❖ Tools to help you create a plan

- DBSA Wellness Plan on www.FacingUs.org
- Wellness Recovery Action Plan (WRAP) by Mary Ellen Copeland www.MentalHealthRecovery.com
- Pathways to Recovery Workbook available on Amazon.com or at <http://mentalhealth.socwel.ku.edu/pathways-recovery>



Crafting a Plan

Choosing goals to move forward with my life: mind, body, spirit, and community

- ❖ “I wish I could...”
- ❖ “I used to...”
- ❖ “It probably can’t ever happen, but...”
- ❖ “I would love to...”
- ❖ “I have always thought it would be interesting to...”
- ❖ “Maybe some day I could...”



Crafting a Plan

Helpful Reminders

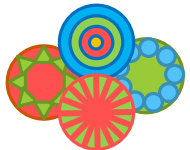
- ❖ There is no such thing as an unrealistic goal! But, there ARE unrealistic plans.
- ❖ Create plans with small, achievable steps and find the supports and resources that will help.
- ❖ Avoid “all or nothing” thinking.
- ❖ Abstinence violation effect: “Oh wow, I totally blew it. I feel so guilty, so awful, so inadequate. I guess it’s hopeless. I won’t even try any more.”



Crafting a Plan

“*Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.*”

– Louisa May Alcott



Treatment Options For Mood Disorders

TOOLS FOR SUCCESS

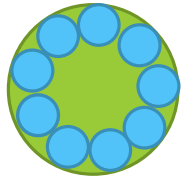


TREATMENT CHOICES: Tools for Success

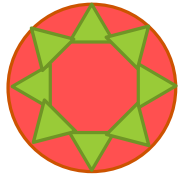
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Potential Wellness Plan Components



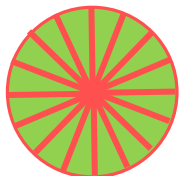
Medical or Biological Treatments



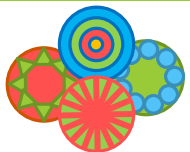
Talk Therapy



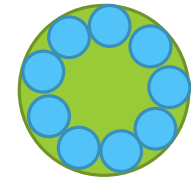
Support Options



Lifestyle & Personal Strategies



Plan Component Medical or Biological



TOOLS AND RESOURCES

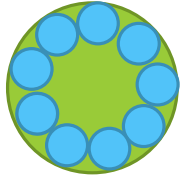


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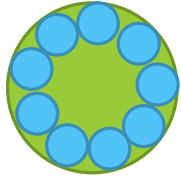


Medical or Biological Treatments

Learn the when, why, and which

- ❖ National Institute of Mental Health (NIMH) website www.nimh.nih.gov
 - Search: mental health medications
 - Search: brain stimulation therapies
- ❖ DBSA publications on www.DBSAlliance.org
 - *Finding Peace of Mind* brochure
 - *Treatment Technologies* brochure
- ❖ Medication Info phone apps
 - Might try: “Psych Drugs” and “WebMD”
- ❖ DBSA Treatment Choices Webinar Series www.DBSAlliance.org/webinars
 - Understanding Your Choices
 - Treatment Choices for Bipolar Disorder
 - Treatment Choices for Depression





Medical or Biological Treatments

Learn the when, why, and which

The screenshot shows the DBSA website header with navigation links for Crisis, Donate, and Newsletter Sign-up. Below the header is a navigation bar with categories: EDUCATION, WELLNESS OPTIONS, PEER SUPPORT, HELP OTHERS, and FOR CLINICIANS. The 'WELLNESS OPTIONS' category is selected, and a dropdown menu is visible with the following items: Finding the Right Treatment, Recovery Steps, Partnering with a Clinician, Understanding Medications, Additional Treatment Options, Understanding Talk Therapy, Support Groups, Personal Wellness Tools, Facing Us Clubhouse, DBSA Wellness Tracker, Wellness Toolbox, and Preparing for a Crisis. The 'Additional Treatment Options' item is circled in red. The main content area displays the article 'Finding the Right Treatment' with a sub-header and several paragraphs of text.

DBSAAlliance.org



Wellness Options



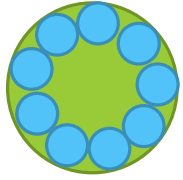
Finding the Right Treatment



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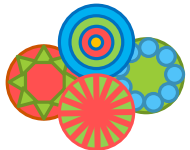




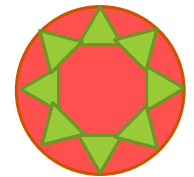
Medical or Biological Treatments

Tools to help you collaborate and/or monitor your progress

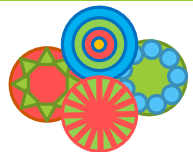
- ❖ DBSA Wellness Tracker www.DBSAlliance.org/Tracker
 - Medications and side-effects
 - Well-being and mood
 - Symptoms
 - Life influencers
 - Physical health stats
- ❖ Medication Reminder Apps
 - Might try: “MedCoach”, “Pillboxie”



Plan Component Talk Therapy



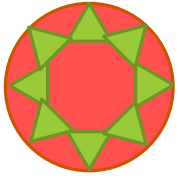
TOOLS AND RESOURCES



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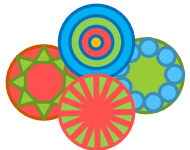


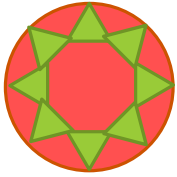


Choices: Talk Therapy

Learn the when, why, and which

- ❖ National Institute of Mental Health (NIMH) website www.nimh.nih.gov
 - Search: psychotherapies
- ❖ DBSA Treatment Choices Webinar Series www.DBSAlliance.org/webinars
 - Understanding Your Choices
 - Treatment Choices for Bipolar Disorder
 - Treatment Choices for Depression
- ❖ Website to share with your clinician about Interpersonal Social Rhythm Therapy from Dr. Frank in *Treatment Choices for Bipolar Disorder* webinar. www.ipsrt.org





Choices: Talk Therapy

Learn the when, why, and which

The screenshot shows the DBSA website header with navigation links for Crisis, Donate, and Newsletter Sign-up. Below the header is a navigation bar with categories: EDUCATION, WELLNESS OPTIONS, PEER SUPPORT, HELP OTHERS, and FOR CLINICIANS. The 'WELLNESS OPTIONS' category is selected, displaying a list of links: Finding the Right Treatment, Recovery Steps, Partnering with a Clinician, Understanding Medications, Additional Treatment Options, Understanding Talk Therapy (circled in red), Support Groups, Personal Wellness Tools, Facing Us Clubhouse, DBSA Wellness Tracker, Wellness Toolbox, and Preparing for a Crisis. The main content area features an article titled 'Finding the Right Treatment' with text about mood disorders and treatment options.

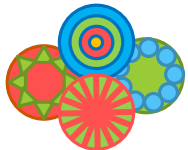
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Wellness Options



Finding the Right Treatment



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Plan Component Support Mechanisms



TOOLS AND RESOURCES



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Choices: Support Mechanisms

Building a trusted network of support

❖ Peers

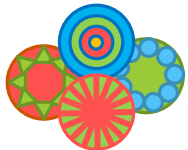
- DBSA in-person support groups at www.DBSAlliance.org/findsupport
- DBSA online support groups at www.DBSAlliance.org/OSG
- Online support groups at www.depressionrecoverygroups/DBSA
- Social media (but exercise caution!)

❖ Family

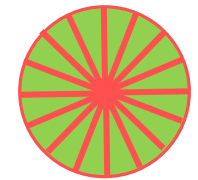
- If willing, help them learn more about your condition. Perhaps bring them to some clinical visits.
- Suggest they may want to consider a DBSA/NAMI Family support group

❖ Community and/or Spiritual Supports

- Mental health centers (E.G. www.Thresholds.org, Clubhouse International www.iccd.org)
- Social, religious, education centers—expand your MH and non-MH circle



Plan Component Personal Strategies



TOOLS FOR SUCCESS

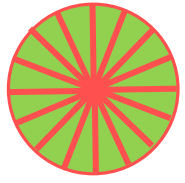


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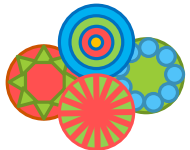
Depression and Bipolar
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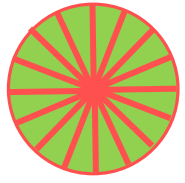


Choices: Personal Strategies

Which personal wellness strategies might prove helpful?

- ❖ Sleep
- ❖ Nutrition
- ❖ Exercise
- ❖ Relaxation & Mindfulness
- ❖ Social Engagement
- ❖ Giving back to the community
- ❖ Time with animals





Choices: Personal Strategies

Examples of possible daily self-care goals

❖ Sleep

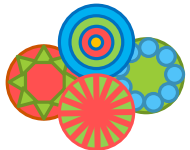
- Go to bed at 10:00 PM every night.
- No smart phones, tablets, or computers in bed!
- Noise canceling headphones
- DVDs or apps with nature sounds

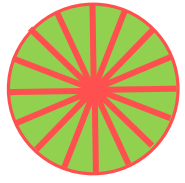
❖ Nutrition

- Eat “clean” one meal a day
- No caffeine after 2:00 PM

❖ Exercise

- Play fetch with the dog for 15 minutes
- Walk mindfully for a block





Choices: Personal Strategies

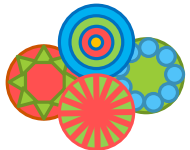
Examples of possible daily self-care goals

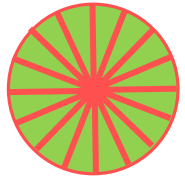
❖ Relaxation & Mindfulness

- Write down one item I am grateful for each morning
- Take a 2-minute break for a deep breathing exercise mid-morning and mid-afternoon
- Write a page in my journal each night

❖ Social Engagement

- Call my sister
- Leave the house or have a conversation with someone by 11:00 AM each day
- Take a walk and make eye contact with, and smile at, 3 people

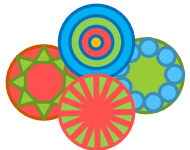


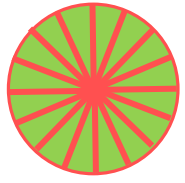


Choices: Personal Strategies

Examples of things to do if I run into challenges

- ❖ “Catch it, check it, change it” for negative self-talk
- ❖ Positive affirmations
- ❖ Spend time with somebody who cares about me
- ❖ Peer support/support groups
- ❖ Do something physical that distracts me
- ❖ Progressive muscle relaxation
- ❖ Take a brisk walk





Choices: Personal Strategies

Tools to help

❖ Sleep

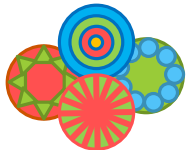
- Host of apps. Might try: “iSleepEasy”

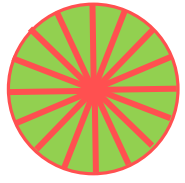
❖ Exercise

- Monitor: Pedometer, FitBit, etc.
- Yoga in the Media Room at DBSA’s www.FacingUs.org
- Host of apps. Might try: “Map My Walk”, “Endomondo”

❖ Nutrition

- Host of apps. Might try: “My Fitness Pal”, “Fooducate”, “Eat Slower”





Choices: Personal Strategies

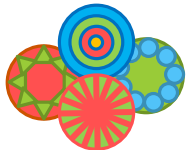
Tools to help

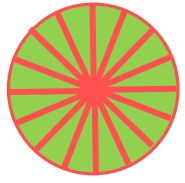
❖ Relaxation & Mindfulness

- Host of apps. Might try: “Take A Break”, “BellyBio Interactive Breathing”
- Meditations in the Media Room at DBSA’s www.FacingUs.org

❖ Social Engagement

- Host of ways to expand network. Might try: Meetup.com to find groups with similar interests

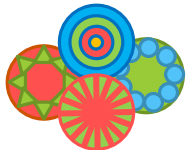




Choices: Personal Strategies

More tools to help

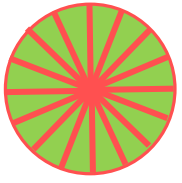
- ❖ Track your progress with DBSA Wellness Tracker at www.DBSAlliance.org/Tracker.
- ❖ Build resiliency at www.superbetter.com.
- ❖ “Virtual Hope Box” app
- ❖ “eCBT” (iTunes only) or “eCBT Calm” app



Key to Success = Work Your Plan

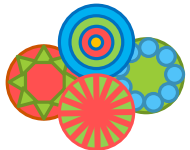
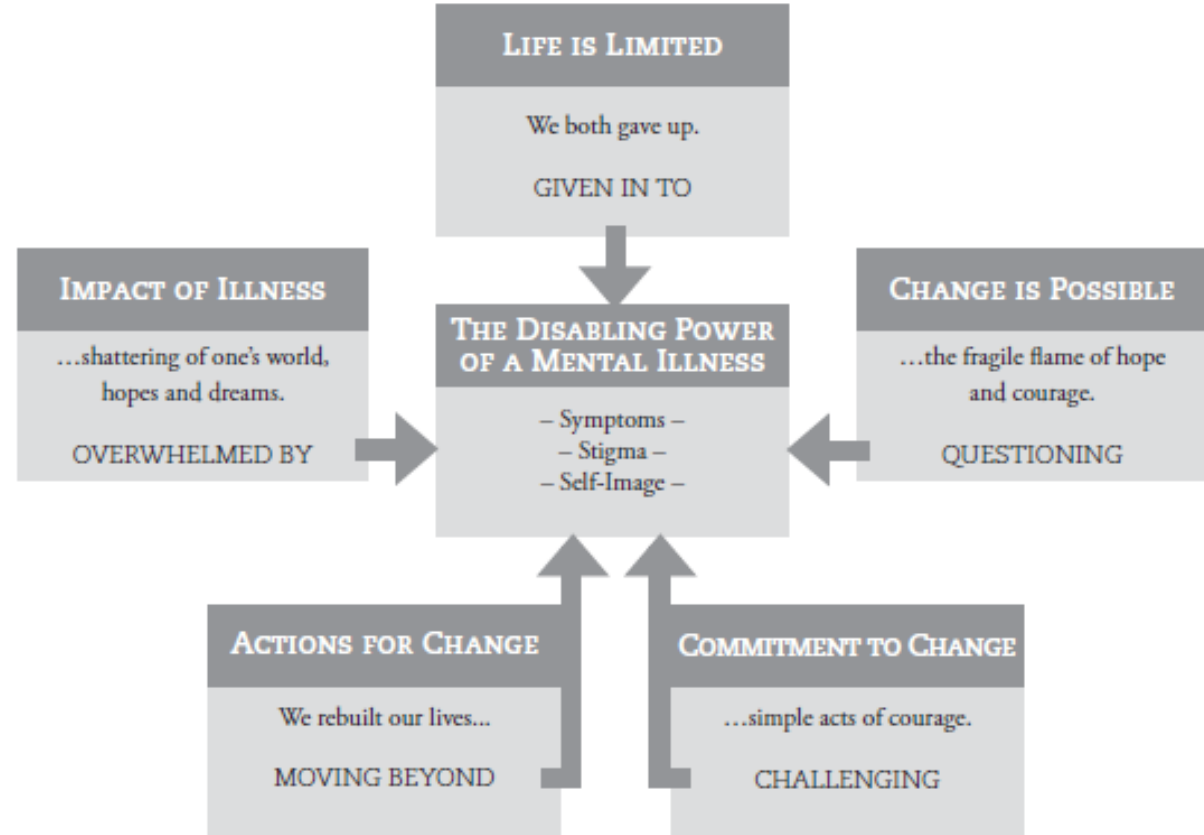
STRATEGIES TO HELP ALONG THE WAY

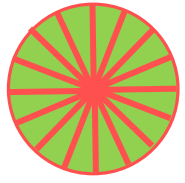




Working Your Plan

Five Stages of Recovery



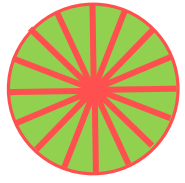


Working Your Plan

Creating the Life You Want—10 Steps to Accomplishing a Goal

1. State as clearly as possible in a positive manner what it is that you want to create in your life.
 - Within the next (time frame) _____, I choose to...
2. Be clear why you want this and how your life will be different once you achieve this goal.
 - I believe the benefits of doing this will be...
 - If I decide not to do this, it will mean...
3. Understand what you have going for you to help you achieve this goal.
 - Three things that I have going for me in terms of creating the kind of future that I want are...



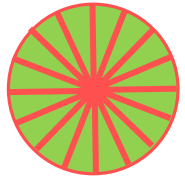


Working Your Plan

Creating the Life You Want—10 Steps to Accomplishing a Goal

4. Understand the challenges that exist.
 - Three things that may keep me from creating the kind of future that I want are...
5. Be especially aware of the negative self-talk that sabotages and undermines your attempts to succeed.
 - The negative and destructive self-talk that I need to watch out for is...
 - I will fight this negative self-talk by...
6. Be clear about what you need to achieve this goal in terms of skills, resources, support systems, etc.
 - I need to learn the following skills in order to accomplish this goal...,
 - I need to get these resources...
 - I need to develop these supports...

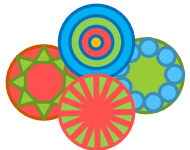


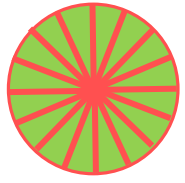


Working Your Plan

Creating the Life You Want—10 Steps to Accomplishing a Goal

7. List the 3-5 major actions that you need to take to start moving toward this goal.
 - I need to get started by doing these things...
8. Think of ways to care for yourself as you work to achieve this goal.
 - I will take care of myself while working to create the kind of future I want by...
9. Stay focused on what you want to create, not on the difficulties you might be having.
 - I will keep myself focused on what I want to create and the benefits this will bring me by...
10. Be easy on yourself! Have fun! Enjoy it! Enjoy life!
 - I will remember to be easy on myself.
 - I will work to enjoy life by doing these things...



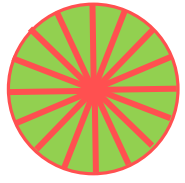


Working Your Plan

Stepping Outside Your Comfort Zone and Taking Risks

- ❖ What's one of your dreams?
 - What would be a first step in moving in that direction?
- ❖ Set yourself up for success!
 - Identify your personal style and decide whether to build on, or to challenge, that.



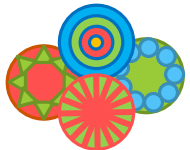


Working Your Plan

Stepping Outside Your Comfort Zone and Taking Risks

❖ To take that first step...

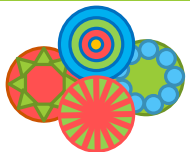
- Do I need to first learn a new skill?
- Do I need to find a particular resource?
- Do I need to find/create a supporter for motivation and encouragement?



Working Your Plan

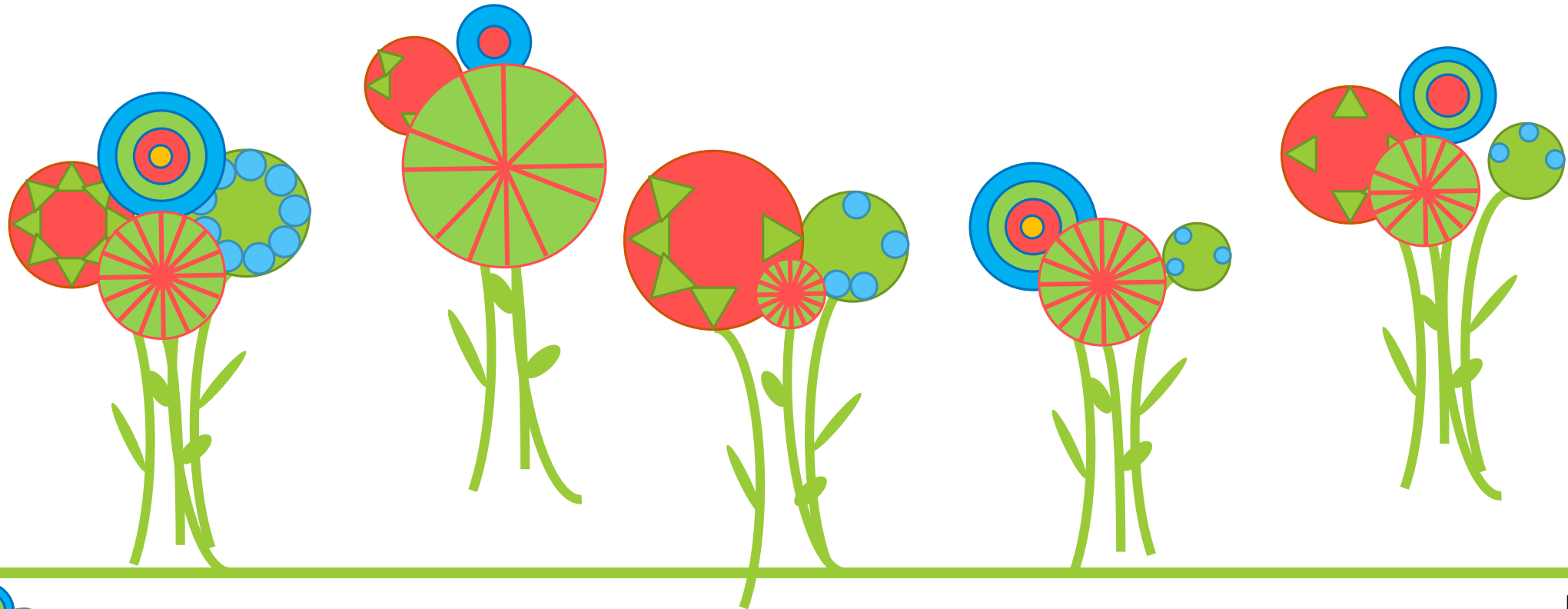
“ *Become the leader of your life. Lead yourself to where you want to be. Breathe life back into your ambitions, your desires, your goals, your relationships.* ”

– Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience*



Your Unique Bouquet of Choices

Everyone's needs and goals are different. Everyone's wellness plan bouquet will be different too. None is better than another as long as it works for the person.



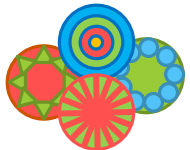
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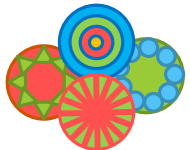
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Thank You!

- ❖ DBSA is very grateful to for the time and expertise provided by our esteemed presenters, Donna Dykstra and Allen Doederlein.
- ❖ DBSA would also like to thank Sunovion for their generous support for the production of this webinar.
- ❖ And, DBSA would like to thank you, our peers and partners, for joining us today. We hope you found the webinar informative and helpful and hope you'll provide us feedback about the webinar via the **survey** link that will be emailed to you following today's webinar.
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