WEBINAR: DECEMBER 17, 2014
PRESENTERS: DONNA DYKSTRA, & ALLEN DOEDERLEIN
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
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
Potential Wellness Plan Components

- Medical or Biological Treatments
- Talk Therapy
- Support Options
- Lifestyle & Personal Strategies
Plan Component
Medical or Biological

TOOLS AND RESOURCES
**Medical or Biological Treatments**

*Learn the when, why, and which*

- National Institute of Mental Health (NIMH) website [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - Search: mental health medications
  - Search: brain stimulation therapies
- DBSA publications on [www.DBSAlliance.org](http://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](http://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

DBSAlliance.org

Wellness Options

Finding the Right Treatment
Medical or Biological Treatments

Tools to help you collaborate and/or monitor your progress

- DBSA Wellness Tracker [www.DBSAlliance.org/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
Choices: Talk Therapy

Learn the when, why, and which

- National Institute of Mental Health (NIMH) website [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - Search: psychotherapies
- DBSA Treatment Choices Webinar Series [www.DBSAlliance.org/webinars](http://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](http://www.ipsrt.org)
Choices: Talk Therapy

Learn the when, why, and which

DBSAlliance.org

Wellness Options

Finding the Right Treatment
Plan Component
Support Mechanisms

TOOLS AND RESOURCES
Choices: Support Mechanisms

Building a trusted network of support

❖ Peers
  ▪ DBSA in-person support groups at [www.DBSAlliance.org/findsupport](http://www.DBSAlliance.org/findsupport)
  ▪ DBSA online support groups at [www.DBSAlliance.org/OSG](http://www.DBSAlliance.org/OSG)
  ▪ Online support groups at [www.depressionrecoverygroups/DBSA](http://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
  ▪ Social, religious, education centers—expand your MH and non-MH circle
Plan Component

Personal Strategies

TOOLS FOR SUCCESS
Which personal wellness strategies might prove helpful?

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

- Nutrition
**Tools to help**

- **Relaxation & Mindfulness**
  - Meditations in the Media Room at DBSA’s [www.FacingUs.org](http://www.FacingUs.org)

- **Social Engagement**
  - Host of ways to expand network. Might try: Meetup.com to find groups with similar interests
More tools to help

- Track your progress with DBSA Wellness Tracker at [www.DBSAlliance.org/Tracker](http://www.DBSAlliance.org/Tracker).
- Build resiliency at [www.superbetter.com](http://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

1. Life is Limited
   - We both gave up.
   - Given in to

2. Impact of Illness
   - Shattering of one’s world, hopes and dreams.
   - Overwhelmed by

3. The disabling power of a mental illness
   - Symptoms
     - Stigma
     - Self-image

4. Change is possible
   - The fragile flame of hope and courage.
   - Questioning

5. Actions for Change
   - We rebuilt our lives.
   - Moving beyond

6. Commitment to Change
   - Simple acts of courage.
   - Challenging
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...
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...
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...
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.
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.
Resources

From DBSA

www.DBSAlliance.org

From Others

www.DBSAlliance.org/Resources
Post Webinar Survey

- Please provide us feedback about today’s webinar. A link to the post-webinar survey will be emailed to you shortly.
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.
- Check www.DBSAlliance.org/webinars and/or be sure to sign up for DBSA’s monthly eUpdate at www.DBSAlliance.org/join to learn about future DBSA webinars.

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Q&A

If you haven’t already done so, please enter any questions you may have in the chat box on your screen.