



Personal Medicine in the Recovery Process
Part II: Introducing the Personal Medicine™ and Recovery Toolkit; and Tips on How to Use it in Your Organization

Presented by: Pat Deegan, Ph.D., and Melody Riefer, MSW

September 24, 2008
 11:30 – 1:00 (EST)

Community Care Recovery Institute's
 Teleconference/Webinar Series

Teleconference/Webinar Agenda


11:30 *Logistics* – **Pam Rainer**, LMSW, Senior Program Associate, Advocates for Human Potential

11:35 *Welcome/Introductory Comments* – **James Schuster**, MD, MBA, Chief Medical Officer, Community Care Behavioral Health Organization

11:55 *Presentation: Pat Deegan, Ph. D. and Melody Riefer, MSW*, both from Pat Deegan Ph.D. & Associates, LLC

12:35 *Question & Answer Session*

1:00 *Conclude Teleconference*






Submitting Questions

Questions may be submitted throughout the Webinar. The presenters will answer as many questions as time permits during the Q & A portion, and will continue the dialogue/respond to questions in the interactive forum of the Community Care Recovery Institute Web site www.recoverylearning.com following the Webinar.


To submit your question: Click on the Question Mark icon (?) on the floating toolbar (as shown at the right). This will open the Q&A window on your system only. Type your question into the small dialog box and click the Send Button.

Q&A icon

About Community Care

- Behavioral Health Managed Care Company
- Founded in 1996
- Federally tax exempt, non-profit 501(c)3 behavioral health managed care organization (BH-MCO)
- Manages behavioral health services for nearly one million members in Pennsylvania whose health coverage is sponsored through Medicaid, Medicare and commercial plans.
- Subsidiary of the University of Pittsburgh Medical Center.



Mission and Vision

- To improve the health and well-being of the community through the delivery of effective and accessible behavioral health services.
- To improve the quality of services for members through a stakeholder partnership focused on outcomes.
- To support high quality service delivery through a not-for-profit partnership with public agencies, experienced local providers, and involved members and families.



Community Care Counties



☆ Community Care Office



Committed to...

- Recovery transformation
- Peer and family involvement
- Respecting individual differences
- Community partnerships



7

Recovery

- Provides the essential and motivating message of a better future
- That people do overcome the barriers that confront them
- Mental health recovery benefits individuals by focusing on their abilities to live, work, learn, and fully participate in our society



8

Recovery Principles

- Hope
- Self-Direction
- Individualized and Person-Centered
- Empowerment
- Holistic



9

Recovery Principles (cont'd)

- Non-Linear Process
- Strengths-Based
- Respect
- Responsibility
- Peer Support



10

About Community Care Recovery Institute

Statewide Recovery program, in collaboration with Pat Deegan, Ph.D. & Associates and Advocates for Human Potential for:

- Members
- Providers
- Families
- Our Staff

Consultation and training to support the Recovery initiative; implementing recovery-oriented, consumer-directed services in the communities it serves, known as the Community Care Recovery Institute (www.recoverylearning.com).



11

Community Care's Recovery Goals

- Transform the attitudes of those who are directly or indirectly involved with the behavioral health system
- Recovery is possible for all
- Empowerment and integration for all behavioral health consumers is essential
- Shared decision-making at all levels is key



12

Training Abstract

Community Care is pleased to introduce the Personal Medicine™ and Recovery Toolkit, developed by Pat Deegan, Ph.D., for use in mental health clinics and peer organizations identified in the Community Care County map. In this Webinar, Pat will introduce the components of the toolkit and discuss how to use it. This is a practical Webinar and plenty of time will be devoted to questions and answers.



13

Training Abstract

Learning objectives:

- To learn about regional trainings which include distribution of the Personal Medicine™ & Recovery Toolkit.
- To learn how to use the toolkit in your organization

This Webinar is also the second in a 5 part series created by Pat Deegan, Ph.D. on Personal Medicine in the Recovery Process, with specific methods for supporting and helping people with mental illnesses work through a decision process regarding the use of psychiatric medications in the recovery process.



14

Event Speakers

Patricia E. Deegan, Ph.D.

Patricia E. Deegan, Ph.D. is an activist in the disability rights movement, a writer, lecturer and researcher. Pat is also an independent consultant with Pat Deegan & Associates, LLC and an adjunct professor at Dartmouth Medical School and Sargent College of Health and Rehabilitation Sciences at Boston University. She has many published papers, some of which have been translated into 9 languages. Pat has lectured on the topics of self-directed recovery and empowerment around the world, and has made three films on disability related topics. Pat's current projects include developing software to support shared decision-making in psychiatry, researching a recovery-based approach to using psychiatric medications in collaboration with the University of Kansas, developing recovery-based workforce trainings for mental health practitioners and helping to restore forgotten cemeteries at state hospitals. Pat has lived her own journey of recovery, having first been diagnosed with schizophrenia as a teenager. She received her doctorate in clinical psychology from Duquesne University.



15

Event Speakers

Melody Riefer, MSW, joined Pat Deegan Ph.D. & Associates, LLC (PDA), as the Director of Training in July 2008. In this capacity, Melody works on the development and implementation team for CommonGround™: a shared decision making systems intervention developed by Patricia E Deegan Ph.D. Prior to joining the PDA team full-time, Melody was a member of the Office of Mental Health Research and Training at the University of Kansas School of Social Welfare, where she established the first development site for CommonGround™ in a community mental health center located in Kansas City, KS. Melody also served as the inaugural director for the Office of Consumer Affairs for the State of Oklahoma and was the founding director of Georgia's oldest peer run center. Melody has over 20 years experience in mental health services, having worked in in-patient settings and in psychosocial rehabilitation programs. All of Melody's work is informed by and benefits from her personal journey of recovery from serious mental illness.



16

Personal Medicine & Recovery Toolkit



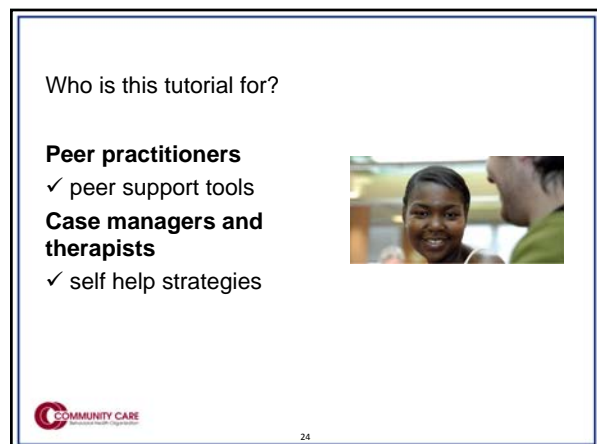
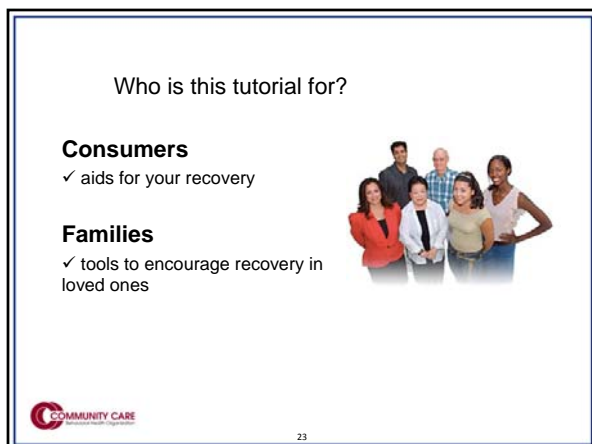
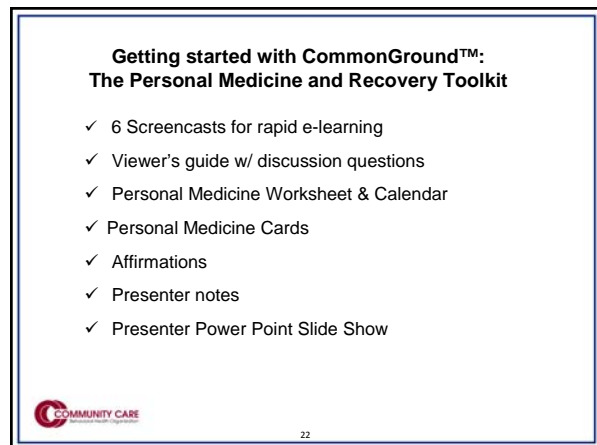
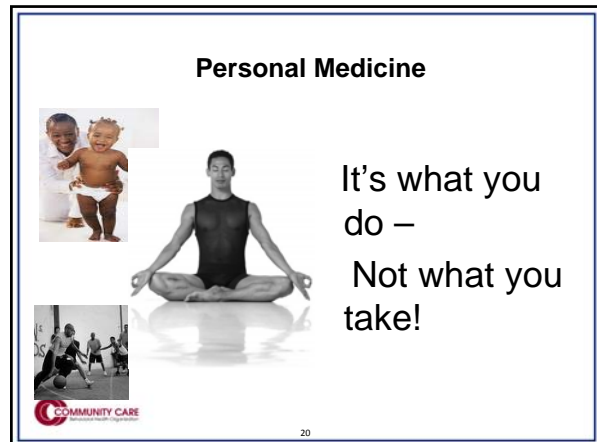
17



CommonGround:
Supporting shared decision making in the
psychopharmacology consultation



18



Who is the tutorial for?

Medical staff

- ✓ practical recovery-oriented methods for your practice

Trainers

- ✓ training materials



Six Screencasts for Rapid e-Learning

- ✓ On the go learning
- ✓ 5 – 17 minutes w/ 1-hour total run time
- ✓ Self paced
- ✓ Can be used in a group or alone
- ✓ Quiz
- ✓ Discussion questions in Viewer's Guide
- ✓ QuickTime, Windows Media Player or DVD player

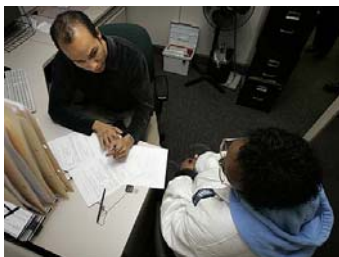
**Chapter 1:
What is Personal Medicine™?**



**Chapter 2: Why is Personal Medicine™
important to recovery?**



**Chapter 3: Helping People
Discover Personal Medicine™**



Chapter 4: Personal Medicine Cards™

Voices

Depression

Delusions

Worry

Self Harm

Grounded

Concentration

Sleep

Negative Thoughts

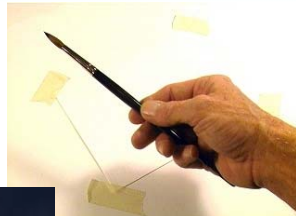
Blank



Chapter 5:
How to Use
Personal Medicine™ in
Clinical and Medical
Practice



Helping People Discover Their
Personal Medicine





COMMUNITY CARE
Personal Health Organization

37

Personal Medicine™ Worksheet

Name: _____ Date: _____

Personal Medicine™ is an activity that someone does because it helps them feel better or increases their "wellness". Personal Medicine™ can be things like:

- Working • Being a good parent • Gardening • Fishing • Laughing • Going to church

When we talk about Personal Medicine™, we are not talking about psychiatric medicine that is prescribed by a Doctor and we are not talking about over-the-counter pills, vitamins, herbal remedies or street drugs. Personal Medicine™ is about things you do, not something you take. Personal Medicine™ is personal. It's the things you do that help you feel good about yourself and your life. Just like pill medicines, Personal Medicine™ has an "essential" ingredient – the thing that makes it work for you. For example, a walk may improve your mood – so, walking is Personal Medicine™ and improved mood is how it helps (essential ingredient).

This worksheet is intended to help you identify your Personal Medicine™ and how it helps. Fill in the chart below with activities that work for you. Read the example below and then fill in your answers.

Personal Medicine™	How Does it Help?
Example: Something I do to feel better	Go to work
Something I do to feel better	Keeps my mind off my problems
Something I do that makes my life meaningful	
Something I do that helps me feel good about being me	
Something I enjoy doing in a daily basis	
Something I do that helps me when I feel bad	
The most important thing to do is	

The answers you give above are your Personal Medicine™ or the activities you do to be well. You have also learned what it is about these activities that make them work for you.

Now, from the list above, choose the three items that best most important to you. List them in the order of importance to you. Consider sharing this list with your doctor, your specialist, therapist and/or case manager.

My Top 3	Personal Medicine™	Essential Ingredient
#1		
#2		
#3		

Copyright © 2021, The Design Firm & Associates, LLC

Personal Medicine™ Worksheet

Name: _____ Date: _____

Introduction

Personal Medicine™ is an activity that someone does because it helps them feel better or increases their "wellness". Personal Medicine™ can be things like:

- Working • Being a good parent • Gardening • Fishing • Laughing • Going to church

When we talk about Personal Medicine™, we are not talking about psychiatric medicine that is prescribed by a Doctor and we are not talking about over-the-counter pills, vitamins, herbal remedies or street drugs. Personal Medicine™ is about things you do, not something you take. Personal Medicine™ is personal. It's the things you do that help you feel good about yourself and your life. Just like pill medicines, Personal Medicine™ has an "essential" ingredient – the thing that makes it work for you. For example, a walk may improve your mood – so, walking is Personal Medicine™ and improved mood is how it helps (essential ingredient).

This worksheet is intended to help you identify your Personal Medicine™ and how it helps. Fill in the chart below with activities that work for you. Read the example below and then fill in your answers.

Personal Medicine™	How Does it Help?
Example: Something I do to feel better	Go to work
Something I do to feel better	Keeps my mind off my problems
Something I do that makes my life meaningful	
Something I do that helps me feel good about being me	
Something I enjoy doing in a daily basis	
Something I do that helps me when I feel bad	
The most important thing to do is	

The answers you give above are your Personal Medicine™ or the activities you do to be well. You have also learned what it is about these activities that make them work for you.

Now, from the list above, choose the three items that best most important to you. List them in the order of importance to you. Consider sharing this list with your doctor, your specialist, therapist and/or case manager.

My Top 3	Personal Medicine™	Essential Ingredient
#1		
#2		
#3		

Questions for you to explore

List of your Personal Medicine™

COMMUNITY CARE
Personal Health Organization

Copyright © 2021, The Design Firm & Associates, LLC

Introduction

Personal Medicine™ Worksheet

Name: _____ Date: _____

Personal Medicine™ is an activity that someone does because it helps them feel better or increases their "wellness". Personal Medicine™ can be things like:

- Working • Being a good parent • Gardening • Fishing • Laughing • Going to church

When we talk about Personal Medicine™, we are not talking about psychiatric medicine that is prescribed by a Doctor and we are not talking about over-the-counter pills, vitamins, herbal remedies or street drugs. Personal Medicine™ is about things you do, not something you take. Personal Medicine™ is personal. It's the things you do that help you feel good about yourself and your life. Just like pill medicines, Personal Medicine™ has an "essential" ingredient – the thing that makes it work for you. For example, a walk may improve your mood – so, walking is Personal Medicine™ and improved mood is how it helps (essential ingredient).

COMMUNITY CARE
Personal Health Organization

40



COMMUNITY CARE
Personal Health Organization

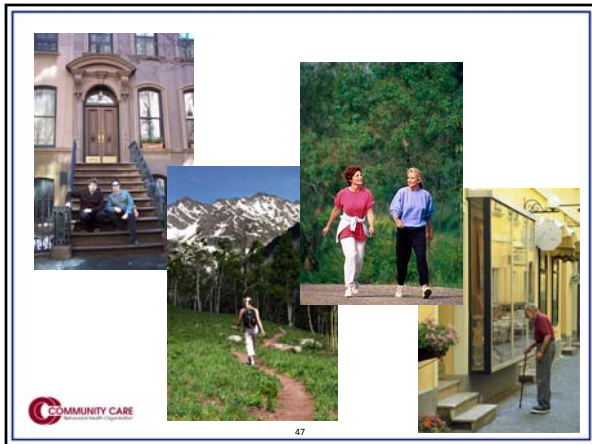
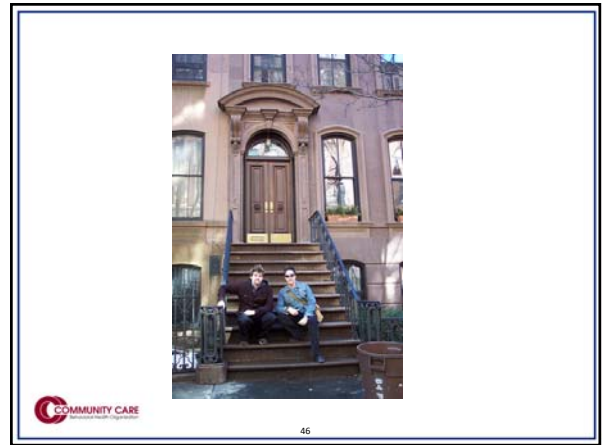
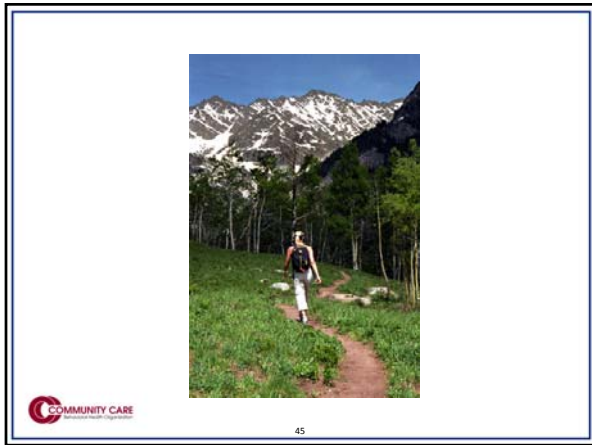
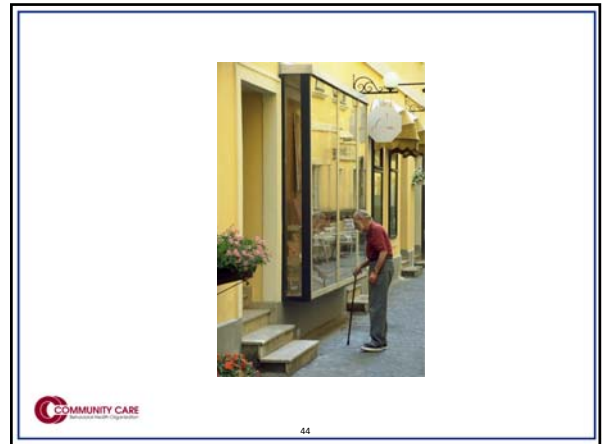
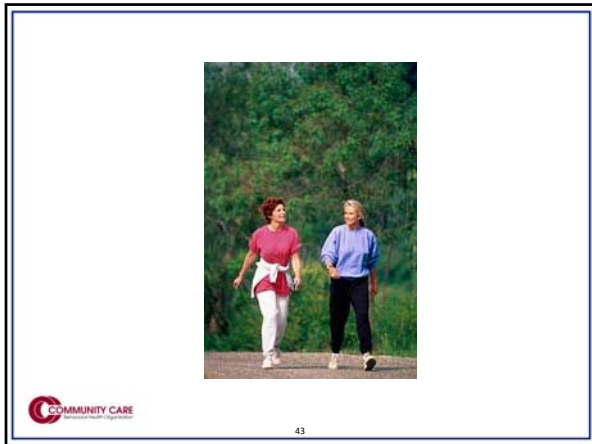
41

Acetaminophen aches, fever
Dextromethorphan cough
Pseudoephedrine nasal congestion

Personal Medicine™ has an essential active ingredient.

COMMUNITY CARE
Personal Health Organization

42



Questions for you to explore

How does it help?

Personal Medicine™		How Does it Help?
SAMPLE	Something I do to feel better?	Go to work
	Something I do to feel better?	
	Something I do that makes my life meaningful?	
	Something I do that helps me feel good about being me?	
	Something I enjoy doing on a daily basis?	
	Something I do that helps me when I feel bad?	
	The most important thing in my life is?	

COMMUNITY CARE
Personal Health Organization

49

Personal Medicine™		How Does it Help?
SAMPLE	Something I do to feel better?	Go to work
	Something I do to feel better?	
	Something I do that makes my life meaningful?	
	Something I do that helps me feel good about being me?	
	Something I enjoy doing on a daily basis?	
	Something I do that helps me when I feel bad?	
	The most important thing in my life is?	

COMMUNITY CARE
Personal Health Organization

50

Personal Medicine™		How Does it Help?
SAMPLE	Something I do to feel better?	Go to work
	Something I do to feel better?	
	Something I do that makes my life meaningful?	
	Something I do that helps me feel good about being me?	
	Something I enjoy doing on a daily basis?	
	Something I do that helps me when I feel bad?	
	The most important thing in my life is?	

COMMUNITY CARE
Personal Health Organization

51



COMMUNITY CARE
Personal Health Organization

52

Personal Medicine™		How Does it Help?
SAMPLE	Something I do to feel better?	Go to work
	Something I do to feel better?	Lift
	Something I do that makes my life meaningful?	Care for my cat
	Something I do that helps me feel good about being me?	Don't know
	Something I enjoy doing on a daily basis?	Smoke
	Something I do that helps me when I feel bad?	Call my brother
	The most important thing in my life is?	Staying sober

COMMUNITY CARE
Personal Health Organization

53

List your Personal Medicine™

My Top 3	Personal Medicine™	Essential Ingredient
# 1		
# 2		
# 3		

COMMUNITY CARE
Personal Health Organization

54

Consider sharing your Personal Medicine™ worksheet with your psychiatrist, nurse, therapist, case manager or peer



I work with someone who doesn't have any Personal Medicine™. What should I do?



I work with someone who doesn't have any Personal Medicine™. What should I do?

Cultivating Personal Medicine™

- Share this Personal Medicine™ Toolkit!
- Peer support
- Use Personal Medicine Cards™

R Personal Medicine™: *It's what I do for my recovery.*

Sleeping is important for my mental and physical health. A bedtime routine can improve my sleep.

Reframing the Use of Medicine

- Meds will organize your thoughts
- Meds will make you less paranoid
- Meds will get rid of your voices
- Meds will suppress your delusions
- Meds may help you get back to reading again
- Meds may help you feel less afraid and be able to be with your girlfriend again
- Meds may help you return to work
- Meds may help you sleep at night



67

Rx



68

Submitting Questions

Questions may be submitted throughout the Webinar. The presenters will answer as many questions as time permits during the Q & A portion, and will continue the dialogue/respond to questions in the interactive forum of the Community Care Recovery Institute Web site www.recoverylearning.com following the Webinar.

To submit your question: Click on the Question Mark icon (?) on the floating toolbar (as shown at the right). This will open the Q&A window on your system only. Type your question into the small dialog box and click the Send Button.

Q&A icon



69

Following the Teleconference

To listen to **archived teleconference presentations** check out the *Community Care Recovery Institute Web Site*: www.recoverylearning.com and for this presentation you may also find the archive at www.ccbh.com

Please complete the **evaluation form** which you will receive electronically following the teleconference. Your feedback is very important in helping develop future teleconference presentations.

You may download a **Training Certificate** from the What's New section of the *Community Care Recovery Institute Web Site*: www.recoverylearning.com



70

For More Information

For more information regarding the presentation, contact:

Virginia Suplee, LCSW, Manager of Recovery Initiatives, Community Care, supleevd@ccbh.com

For logistical questions, contact:

Pam Rainer, LMSW, Session Moderator, Advocates for Human Potential, Inc. rainer@ahpnet.com

For continued dialogue/questions with the presenters:

Visit the *Interactive Forum* of our web site at: www.recoverylearning.com

Thank you for participating in today's teleconference and for completing your evaluation form. We appreciate your feedback.



71