

Team Solutions

# You and Your Treatment Team

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# You and Your Treatment Team

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## What Is a Treatment Team?

The term “Treatment Team” refers to all the people who work with you to help you recover. Each member of your treatment team has special skills and a role in your recovery, including you. They are called a team because they’re all working with you to help you reach certain goals. You are an important member of the treatment team.

This booklet was written to help you understand who the members of your treatment team are and how you can work with them. Your treatment team will work with you to help you solve problems, reach your goals, and work toward recovery.



## You and Your Treatment Team Work Toward Goals



Your treatment team is made up of people who are trained in different professional areas. They have different kinds of education, experience, and knowledge. And they each use their special skills to help you develop and reach your goals.

The goals that you and your treatment team work on will depend on many things, including:

- How far along you are in the recovery process
- What your personal goals are
- The types of services you need and are receiving
- The treatment setting you're in (in a hospital, residential program, community mental health center, or outpatient mental health treatment program)



### Goals You May Want to Work On

Listed below are some examples of goals that you and your treatment team might agree to work toward. Check the ones you and your treatment team are working on. Add any goals that aren't listed.



- Avoid having a relapse and having to go to the hospital
- Get symptoms under control
- Learn about your illness, how to recover, and how to avoid relapse
- Find a better place to live
- Learn the skills you need to live on your own
- Return to school
- Develop job skills and get a job
- Improve social skills
- Reduce side effects from your medicine
- Stop drinking alcohol or using street drugs
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## How Many People Are on Your Treatment Team?

Each treatment team is different. Some treatment teams have only a few members; others have many. Who's on your team depends on a number of things, including:

- Where you live
- What services you need
- What goals you're working on
- The treatment setting you're in
- The health care system in your area

You probably already know some of the people on your treatment team and what they do. Get to know each person's special skills, talents, and what they can do for you. They are knowledgeable people who are interested in you and want to help. It's a good idea to find out which person to speak to about specific problems, questions, needs, and goals.

On the next several pages, you'll find examples of people who may be on your treatment team. Some of the ways each person may be able to help you are also listed. If you only have a few people on your treatment team, they may be helping you with several things from different parts of the list.



## Who Are the Members of Your Treatment Team?

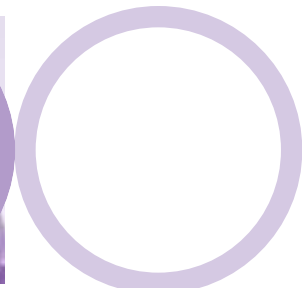
Put a check in the box beside the treatment team members you work with. Write their names in the blank behind their role. As you discover each person's special skills and talents, you might want to add to the list ways they can help you.



**Doctor or Psychiatrist:** \_\_\_\_\_

Your doctor can:

- Discuss your diagnosis and symptoms with you
- Work with you to find the medicines that work best for you
- Tell you how the medicines are likely to help you
- Prescribe your medicine and explain when you should take it
- Talk with you about side effects your medicine could cause
- Talk with you about other treatments you may need
- Explain what to expect for the future, regarding the course of your illness
- Other: \_\_\_\_\_







**Nurse:** \_\_\_\_\_

Your nurse can:

- Answer your questions about your symptoms and treatment, your medicines, possible side effects, and other health problems
- Give your medication by injection if needed
- Other: \_\_\_\_\_



**Therapist:** \_\_\_\_\_

Your therapist may be trained as a psychiatrist, nurse, counselor, social worker, or psychologist. All these professionals are trained to do therapy. They may also have some specialty skills that can be helpful to you.

Your therapist can:

- Listen and help you explore concerns, hopes, feelings, goals, and problems
- Work with you to take certain tests that will provide information about your problems
- Help you choose and work toward goals
- Provide support
- Talk with you about your diagnosis, symptoms, how to recover, and how to avoid relapse
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_



**Pharmacist:** \_\_\_\_\_

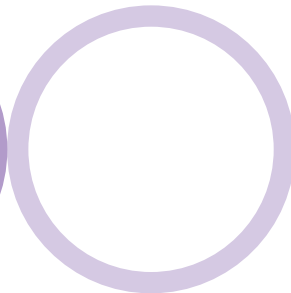
Your pharmacist fills your prescription and does other things such as:

- Explain how to take your medicine correctly
- Tell you what side effects may occur and how to handle them
- Tell you if a nonprescription medicine will cause problems for you
- Make sure the medicines prescribed by different doctors won't cause a bad reaction with each other
- Other: \_\_\_\_\_

**Case Manager:** \_\_\_\_\_

Your case manager may be trained as a social worker, counselor, or nurse. He or she might be the person you call when you have a question or problem. Your case manager can:

- Help coordinate your overall treatment
- Connect you with the services you need
- Support you in emergency situations
- Represent you in certain situations
- Help you meet your basic needs (food, housing, financial assistance, transportation, etc.)
- Other: \_\_\_\_\_





**Recreation, Activity, and Occupational Therapists:**

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Recreation, activity, and occupational therapists can help you:

- Create a balanced lifestyle for yourself
- Explore your abilities and interests
- Develop interests, hobbies, and leisure activities
- Learn stress management and relaxation skills
- Explore issues and concerns in creative ways
- Enhance your self-esteem and self-image
- Improve your coordination
- Other: \_\_\_\_\_

**Residential Staff:** \_\_\_\_\_  
\_\_\_\_\_

If you live in some type of group home, the residential staff are the people who work with you at home. They can help you:



- Organize your daily schedule
- Learn independent living skills such as how to cook, do laundry, etc.
- Arrange appointments and help you get to your appointments
- Manage your money
- Be a contributing member of the household
- Get along well with others
- Other: \_\_\_\_\_



**Rehabilitation Staff:** \_\_\_\_\_

If you're involved in a rehabilitation program, the rehabilitation staff can work with you to:

- Identify your skills and strengths
- Choose rehabilitation goals and work toward them
- Learn the skills necessary to be successful in the things you do
- Other: \_\_\_\_\_



**Education Specialist:** \_\_\_\_\_

If you'd like to return to school, an education specialist can help you:

- Evaluate your academic abilities and needs
- Choose a program, college, or university
- Obtain financial aid
- Decide what kinds of classes would interest you
- Enroll in the classes you choose
- Other: \_\_\_\_\_





**Job Coach or Vocational Rehabilitation Staff:**

\_\_\_\_\_

If you're interested in returning to work, your job coach or vocational rehabilitation staff can help you:

- Identify the kinds of work that match your interests, skills, and abilities
- Evaluate your work skills and abilities
- Develop and improve your work skills and abilities
- Enroll in a trade school or technical school
- Learn how to apply for jobs and do well in job interviews
- Other: \_\_\_\_\_





**Other people on your treatment team:**

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**Make a list of how they can help you:**

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**Your family and friends**

Members of your family and friends can also be very helpful to you as members of your treatment team.

They can:

- Offer many types of support
- Provide information about your personal and treatment history
- Help you identify problems
- Help you develop goals
- Represent you in certain situations
- Learn about your illness and how to support your recovery
- Help you in emergency situations
- Other: \_\_\_\_\_



**You**

Although all the other members of your treatment team make important contributions to your recovery process, you are the most important team member.

The purpose of the treatment team is to assist you as you work toward recovery. You can help your team do a better job of helping you by working with them. Some of the things you can do to help your treatment team be more effective are:

- Discuss your needs, ideas, problems, concerns, and goals
- Provide complete and accurate information about your personal and treatment history
- Do all you can to reach the goals you and your treatment team have agreed on
- Learn all you can about your illness, how to recover, and how to avoid relapse
- Do all you can to work toward and maintain recovery
- Other: \_\_\_\_\_



## Meeting With Members of Your Treatment Team

There may be times when it's important for you to meet with members of your treatment team every day. At other times you may need less intensive treatment, rehabilitation, and support from them. The amount of contact you have with members of your treatment team depends on many things:

- Your treatment setting—hospital, respite, residential program, community mental health center
- The program you're involved in—day treatment, outpatient, case management, assertive community treatment, rehabilitation
- The types of services you need—crisis stabilization, symptom remission, skill building
- Your goals—to get out of the hospital, get symptoms under control, develop independent living skills, find a job, return to school, find a better place to live
- Where you are in the recovery process—in crisis; relapsing; getting symptoms under control; developing the skills needed to live, learn, and work effectively





Some treatment teams meet as a group for “Treatment Team Meetings”—others don’t. Even if your treatment team does meet as a group, some members may not be present.

You might want to ask someone on your treatment team if they have meetings. If there are treatment team meetings, you may want to ask if you can attend them. That way, you’ll be able to tell them what you want and need and participate in making decisions about your treatment. Family members may be able to offer additional support—so you may want to ask if a family member can attend the meeting with you.



## Preparing for Appointments With Members of Your Treatment Team

There may be times when you have an appointment to talk with one or more members of your treatment team. Here are some things you can do to help yourself prepare for appointments and feel your best:



- Make a list of questions and issues you want to discuss. (See pages 19 to 21 for examples of questions and topics you may want to use for your list.) Take your list to the appointment. You may also want to bring a pad and pen so that you can write down the answers to your questions.
- Get a good night's sleep the night before the meeting so you'll feel rested and alert the next day.





- Plan ahead—schedule enough time to get to your appointment early. You'll feel less anxious if you don't have to rush. Arrive about 15 minutes before the appointment is scheduled to begin. During that time, read over your list of questions and issues.
- If someone is coming to meet you where you are, plan ahead so you're ready for them about 15 minutes before they arrive. Read over your list of questions and issues during that time.
- After you've reviewed your list, take some time to relax. Sometimes people feel nervous about meeting with their doctor, case manager, or other members of their treatment team. Remember that they are meeting with you to find out what you want and need—they want to help you recover.
- Take notes. Reading the notes later can help you remember important suggestions, instructions, and agreements.



## Working Together

Meeting with members of your treatment team and sharing ideas can bring you closer to your goals. But sometimes, if people don't work well together, meetings can end before important issues are settled. To get the most out of your meeting or appointment, use some of the ideas listed below:

- Talk about what's on your mind
- Listen to their opinions and suggestions
- Ask them questions
- Answer their questions
- Discuss your goals
- Share your ideas
- Consider their ideas
- Express your concerns
- Talk about your progress
- Discuss any problems
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_



## What Would You Like to Discuss?

You may find it helpful to make a list of things you want to talk about during your appointments or meetings. You can refer to the list each time you plan to meet with your doctor, case manager, or other member of your treatment team.

Examples of some topics and issues you might want to discuss are listed below. **Look them over and check the ones that fit your situation.** Not all of them will be important to you:



### 1. Ask for help getting basic needs met

- Finding a better place to live
- Having enough money to live on
- Having transportation
- Having enough food to eat
- Having enough clothing and proper clothes for the weather
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_



### 2. Discuss health problems or medication side effects

- Health problems: \_\_\_\_\_
- Side effects: \_\_\_\_\_
- Other: \_\_\_\_\_



3. Talk about worries, problems, or concerns

- Disagreements with your family
- Symptoms that are hard to cope with
- Worries:

\_\_\_\_\_

- Problems:

\_\_\_\_\_

- Concerns:

\_\_\_\_\_

4. Ask questions about mental illness and medication

- “What is my diagnosis?”*
- “What are the causes of my illness?”*
- “What cures or treatments are available?”*
- “What is the purpose of each of my medicines?”*
- “What are the possible side effects of my medicines?”*
- “What can I do to recover?”*
- “What will happen if I drink alcohol or use street drugs?”*
- “How long should I take the medicine?”*
- “What will happen if I quit taking my medicine?”*
- Other: \_\_\_\_\_





5. Discuss plans, goals, progress, setbacks, successes, ideas, and dreams

- Going back to school
- Getting a job
- Finding activities to occupy your time
- Doing volunteer work
- Recent successes and progress you've made
- Joining a support group
- Other: \_\_\_\_\_



6. What other topics would you like to discuss with your team?

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## Knowing Whom to Call for Specific Questions and Problems

Asking the right person for help is one of the keys to success. Each person on your treatment team has special training in certain areas. The box below has some of the topics you may have marked on the list of things to discuss with your team. Find out who is the best person to talk to about each topic. Write his or her name and phone number below:

| Topic   | Person and his/her phone number      |
|---|--------------------------------------|
| Basic needs (e.g., food, clothing, shelter, transportation) | Person: _____<br>Phone number: _____ |
| Health problems or side effects from your medicine          | Person: _____<br>Phone number: _____ |
| Problems, worries, or concerns                              | Person: _____<br>Phone number: _____ |
| Information about mental illness and your medicine          | Person: _____<br>Phone number: _____ |
| Plans, goals, ideas, and dreams                             | Person: _____<br>Phone number: _____ |
| Other: _____<br>_____                                       | Person: _____<br>Phone number: _____ |
| Other: _____<br>_____                                       | Person: _____<br>Phone number: _____ |
| Other: _____<br>_____                                       | Person: _____<br>Phone number: _____ |



## Choosing the Right Time and Place

Deciding what you want to discuss and knowing whom to talk to is only part of what you need to think about. You also need to decide where, when, and how to mention the topic to the person.



For example, suppose you need to talk with your case manager about your treatment plan. You walk into a cafeteria and see your case manager eating lunch with someone you don't know. **Would it be appropriate for you to discuss your treatment plan with your case manager at this time? Why or why not?**

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Most people would say this is not the right time or place to have this discussion, for two reasons: First, you would be interrupting your case manager's lunch; and second, the cafeteria is not a very private place to have this kind of discussion.



This is a good example of choosing a good topic and asking the right person, but discussing it at the wrong time, in the wrong place. **What would be a better time and place to discuss your diagnosis with your case manager?**

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Remember that choosing the right time and place is as important as deciding what to discuss and knowing with whom to talk.

## Choosing a Good Approach

Once you've decided on the topic, person, time, and place to discuss concerns, you need to choose an approach. How you ask for help is just as important as what you ask and who you ask. Think about a good way to mention the topic.

Under each topic are examples of ways you could mention specific issues, problems, ideas, or concerns. Look them over and use the ones that fit you and your situation. Not all of them will suit you.

### Ask for Help Getting Basic Needs Met



- **I need help finding a better place to live because**

\_\_\_\_\_

**Will you work with me on that? If not, who might be able to?**

\_\_\_\_\_



- **I'm having trouble paying for my expenses and I've run out of money and food. Is that something you can help me with? If not, who's the person to talk to about it?**

\_\_\_\_\_



- **I don't have any way of getting around. Are you able to help me solve that problem? If not, who could work with me on it?**

\_\_\_\_\_

- **I don't have a winter coat. Can you help me get one? If not, who can?**

\_\_\_\_\_

- **Other:**

\_\_\_\_\_

### Talk About Health Problems or Side Effects From Your Medicine



- I'm having some health problems. Are you the right person to talk with about them?
- I'm having some problems that I think are side effects of my medicine. Is that something you can help me with?
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

### Talk About Worries, Problems, or Concerns



- My children and I are having a big disagreement about \_\_\_\_\_ . Is that something we can discuss now?
- I'm having a lot of trouble coping with some of my symptoms. Is that something you can help me with?
- I'm really worried about \_\_\_\_\_  
\_\_\_\_\_ and I'd like to talk with you about it. Is now a good time?
- I'm having problems with \_\_\_\_\_  
\_\_\_\_\_ and I need your help. Is this a good time to talk?
- I'm concerned about \_\_\_\_\_  
\_\_\_\_\_ .  
Do you have time to talk about it now?

### Ask Questions About Mental Illness and Your Medicine

I have a lot of questions about mental illness and my medicine. Do you have time to discuss some of them with me now? Would you like to look at my list of questions?



- **What is my diagnosis?**

\_\_\_\_\_

- **What caused my illness?**

\_\_\_\_\_

- **Can my illness be cured? What can I expect for the future?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- **What can I do to help get my symptoms under control?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



- **What's the name and purpose of each medicine I take?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



- **What side effects should I expect from these medicines?**

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- **How long should I take these medicines?**

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- **What will happen if I stop taking them?**

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- **What will happen if I drink alcohol or use street drugs while I'm taking these medicines?**

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- **Other question:**

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- **Other question:**

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### Discuss Plans, Goals, Progress, Ideas, and Dreams



- I've been thinking about going back to school. I'd like to discuss it with you and get your ideas.
- I think I'm ready to get a job. Can we add that to the list of goals we're working on?
- I'm really bored at home. Whom can I work with to find some things to occupy my time?
- I want to do some volunteer work. What do you think about the idea? Could you help me find volunteer work?
- I'm really doing well with \_\_\_\_\_ this week. It's been a terrific boost to my self-confidence. I'd like to take some time to talk with you about it. What's a good time for you?



- I heard there are support groups in the area. Can you suggest one that I could join?

• I'd like to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How does that plan sound to you?

### How Can You Mention the Other Topics You Want to Discuss?



**On the lines below, write how you would ask for information about the other topics you want to discuss. You may have listed some of these topics in the chart on page 22.**

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If you have a long list of topics to discuss, cover the most important issues first. Save your list and discuss a few of the most important issues each time you talk with a team member.

## Working With Your Treatment Team

The members of your treatment team have a job to do—to find out what you need and help you get it. They are ready to support you in your recovery and help you reach your goals. But they need to know what your goals are and if anything is preventing you from reaching your goals.

If you have a problem that you can't solve on your own, speak to one or more members of your treatment team. They have the experience to help you get what you need. Family members and friends can help too. Working with your treatment team and becoming an active member of the team will help you succeed as you reach for your goals and dreams.

