

# HEAD START

WHERE PEOPLE WITH SCHIZOPHRENIA CAN ACHIEVE THEIR ASPIRATIONS

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ALL ABOUT ME

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Head Start is a patient support programme developed and funded by the Otsuka/Lundbeck Alliance in collaboration with SANE and an expert Steering Committee (brought together by the Otsuka/Lundbeck Alliance)

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# WELCOME TO HEAD START



- Welcome to Head Start, a programme designed to help you develop the skills to come to terms with a diagnosis of schizophrenia or psychosis, learn to thrive and live life to your fullest potential
- Delivered by your local health service, Head Start is a collaboration between you, mental health charity SANE, mental health experts and the Otsuka/Lundbeck Alliance (who have funded the programme)
- Head Start offers a series of flexible modules that you can choose to work through at your own pace, with the support of your healthcare professional, at any stage of your experience with schizophrenia or psychosis



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## WHAT IS THIS MODULE ABOUT?

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This is the first module of Head Start and the one that will help you to determine what you want to get out of the programme. It will help to shape which modules can assist you in achieving this.



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## MODULE OBJECTIVES

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- Identify and profile your individual expectations, goals and aspirations
- Take the time to understand your hopes, fears and needs in order to build an action-orientated practical plan for Head Start
- Work with your healthcare team to determine which modules and activities are suitable for you



## ACTIVITY ONE

### *A picture of where you are right now*

Spend a bit of time with your healthcare professional going through the below questions. They are designed to help to build a picture of your daily life, routine and how you spend your time. This will hopefully give you an idea of where you are in your life and help you to map out where you want to be. You don't need to provide answers to anything that makes you feel uncomfortable and you are encouraged to be as honest as you can.

Living/working	Yes	No	Notes
Where do you live? (e.g. a house or flat)			
Do you live with others or by yourself? If you live with others, how would you describe your relation to them?			
Do you prepare your own meals?			
Do you have access to any open space near where you live?			
Are you working, a student or a volunteer?			
Social/relationships	Yes	No	Notes
Do you have any hobbies or interests?			
Do you have a stable set of friends or a support network of people around you?			
Are you in a relationship?			
What is your current mood/ motivation?			
What drives your current mood/ motivation?			

Physical medical	Yes	No	Notes
How often do you exercise each week? (e.g. never, under an hour, up to two hours, more than two hours)			
Do you often walk anywhere? (e.g. to the shops, to work, to visit someone)			
Have you had your annual health assessment?			
What treatments or therapies are you taking? This includes non-medical treatments (e.g. talking therapy)			
Do you feel knowledgeable about your treatment/therapy options?			
Financial	Yes	No	Notes
Do you pay rent/mortgage?			
Do you receive any benefits?			
Are you responsible for your own spending?			
Have you ever been in debt/do you owe any money?			
Do you feel on top of your finances and benefits?			



## ACTIVITY TWO

### *Where you want to be*

Fill in the below table with your healthcare professional, ticking which box you agree with most. You can add your own submissions below as well.

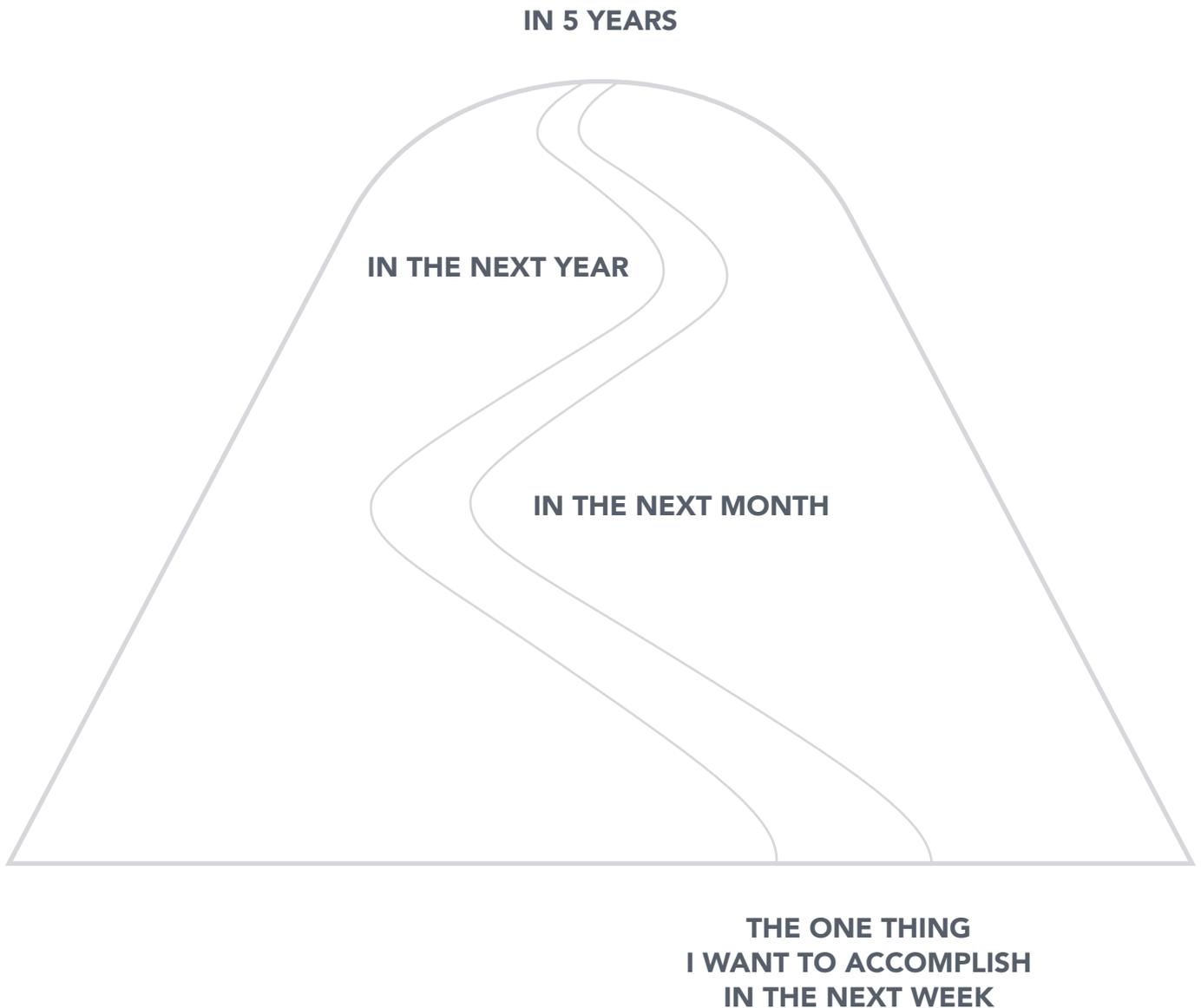
I would like to...	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
meet new people/ make new friends					
connect more with my family/close people around me					
take up a new hobby					
increase my physical fitness					
feel more hopeful about the future					
feel more confident in managing stress and anxiety					
learn something new					
enrol for an educational course					
take part in paid or voluntary activities					
live more independently					
feel more confident speaking to others					
be better at budgeting/ have more control over my finances					
improve the symptoms I experience					



## ACTIVITY THREE

### *The one thing*

Goals are what take us forward in life. Setting realistic goals, both short- and long-term, is the first step in achieving them, as it allows us to prioritise what is most important to us right now and to frame the steps that we need to take to reach our goals. Now imagine you are stood at the bottom of a hill and getting to the top is the ultimate goal that you would like to achieve in the next 5 years. Thinking about your answers to the previous questionnaires and other aspects of your life, what short-, medium- and long-term goals do you have that will allow you to take the necessary steps to reach the top of the hill?



These steps can be as small or as big as you want – nothing is insignificant. Examples could include:

'REDUCING/DISPELLING  
NEGATIVE THOUGHTS'

'MANAGING STRESS'

'FEELING MORE AWAKE AND ALERT'

'FEELING MORE CONFIDENT'

'REDUCING DEBT OR BECOMING  
BETTER AT MANAGING FINANCES'

'HAVING A RELATIONSHIP'

'STARTING EMPLOYMENT'



## ACTIVITY FOUR

### *Building SMART goals*

Goals are easier to achieve when they are SMART (specific, measurable, attainable, relevant and timely). Work with your healthcare professional to fill out the below. This activity is designed to help formulate an action plan for you to work on together with your healthcare professional. Consider what other modules in Head Start might be relevant to help you. Please also use the template provided at the back of this module if you find it more useful.



**Specific:** describe the goal

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**Measurable:** how will you track progress?

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**Attainable:** who can help you achieve the goal? How can they help you?

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**Relevant:** list the skills, behaviours and key steps you need to realise the goal

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**Timely:** when will you complete different elements of the goal?

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## ACTIVITY FIVE

### *Time for you*

If there is anything else you would like to discuss and/or put forward regarding what is important to you and what you would like to get out of Head Start please note it below.

This could be a personal aspiration and can be as small or as big as you like.

**Write your ideas here:**

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**Healthcare professional comments:**

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**Date of completion:**

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# TEMPLATE GOAL SHEET



This week my goal is to:

**Action plan:** Small steps I can take to help me reach this goal

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**