

HEAD START

WHERE PEOPLE WITH SCHIZOPHRENIA CAN ACHIEVE THEIR ASPIRATIONS



LIVING WITH SCHIZOPHRENIA: CHOICES IN YOUR TREATMENT



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)



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



WHAT IS THIS MODULE ABOUT?

Conversations about treatment can often be daunting – because there are so many options available. But what’s important is that you get the right support for your needs. This could be a combination of counselling, social support, education or medication, which are all forms of treatment. While there are benefits and considerations for each, there will be something optimal for you, and there’s so much to be gained by being part of the conversation.



MODULE OBJECTIVES

- Outline the treatments available and highlight the benefits and considerations of each to enable informed decision-making
- Provide protected thinking time to weigh up your options and what is suitable to meet different needs



WHAT CAN I ACHIEVE BY COMPLETING THIS MODULE?

This module is designed for those interested in treatment options and knowing more about how they can work for you. By completing this module you will have a better understanding of what you want from treatment and what questions you can ask to learn more.



YOUR ACTION PLAN

Before we get started

It's really useful to get an understanding of your needs. You will be given a similar set of statements at the end of the module to track progress.

1. I understand why treatment is important



2. I know about the different types of treatment available to me



3. I know what I want from treatment



4. I feel comfortable asking questions about treatment and medication



5. I understand why different medication may be suited to different needs and lifestyles





GOAL SETTING:

Goal setting is a really important part of any journey as it helps to gain clarity on what you hope to achieve and how much progress you have made. With the help of your healthcare professional, try to write three things you would like to get out of this module, or three questions you would like explained about treatment:

1.

2.

3.



FOR YOUR BACKGROUND:

There are different forms of treatment that can help to reduce acute episodes of schizophrenia or psychosis – the most common can be divided into two groups: psychological treatment and antipsychotics (more commonly known as medication). Psychological treatments include cognitive behavioural therapy (CBT), family therapy and arts therapy. Medication is one form of treatment that may be prescribed by your healthcare professional. With your healthcare professional's advice you can discuss your medication and how long it should be taken in order to help:

- avoid difficulties associated with an episode, such as: hallucinations, delusions and time where you need to be in hospital
- empower you to achieve daily and long-term life goals

Taking your medication is an ongoing process. When taken as your healthcare professional advises, medication can help decrease chances of:

- a new episode
- needing to spend time in hospital

We appreciate it can be difficult to keep it up – it's only human to forget something every now and again. To help with this problem there are different delivery methods for schizophrenia medication.



ACTIVITY ONE

What you want from a treatment

Every person's experience with schizophrenia is different and therefore different treatment will be suitable for different people, which is why there are a range of options and a host of things to consider before deciding which is right for you.

Thinking about where you are right now in your life, what outcomes do you want to get from your treatment?

Please tick all that apply.

- Reduction in voices/hallucinations
- Improvement in social functioning, e.g. socialising with friends, building relationships, emotional connections
- Improvement in cognitive functions, e.g. processing information, focusing, memory
- Improvement in physical functioning, e.g. sexual libido, agitated body movements, aggression
- Reduction in relapse/likelihood of needing to go into hospital

Other...please write

Different medication offers different features and benefits depending on an individual's needs and lifestyle. Please look at the list below and tick the features that meet your needs right now.

- Doesn't need to be taken every day
- Can be forgotten about for a month/I don't need to worry about taking it
- Must be taken everyday
- Can be taken at home by myself
- Can be taken with a healthcare professional supporting me
- Can be taken in a hospital setting
- Is less associated with weight gain
- Reduces my chances of needing hospitalisation due to relapse
- Helps me get back to daily functioning
- Can reduce voices/hallucinations
- Is easy to administer
- Has low side effects

Other...please write



ACTIVITY TWO

Conversation starters

Before heading into your next consultation, have a think about the questions that might have been at the back of your mind or anything you've wanted to know about your treatment but haven't asked. Here are a few frequently asked questions that could provide you with useful conversation starters:

- What are the likely side effects of different medications?
- What are some tips to help me remember to take my daily medication?
- How can we better work together to achieve my treatment goals?
- How can I be more involved in decisions about my care?
- Do you think I'm on the right treatment plan for my needs?

It's important to remember that "treatment" and "medication" are not the same. Medication is a type of treatment that may form part of a wider treatment plan along with other treatment options, a few examples of which are given here:

- Psychological therapies (e.g. CBT)
- Support groups
- Social care
- Additional professional support (e.g. carers)

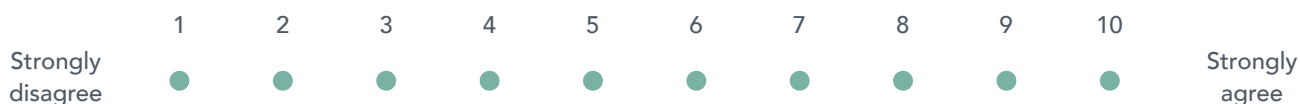
A treatment plan aims to provide holistic support across different areas of your wellbeing. For example, this could relate to physical health, relationships and living arrangements. Although it can be beneficial, medication is not normally the sole focus of treatment. If you have an existing care plan a treatment plan should be considered alongside this.



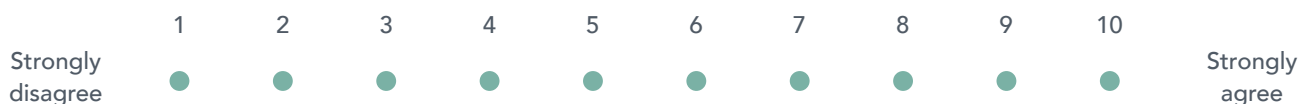
MODULE EVALUATION

Congratulations on completing this module! If you enjoyed these activities, why not speak to your healthcare professional about trying one of the other modules in this series? In the meantime, please complete the module evaluation so we know how you got on.

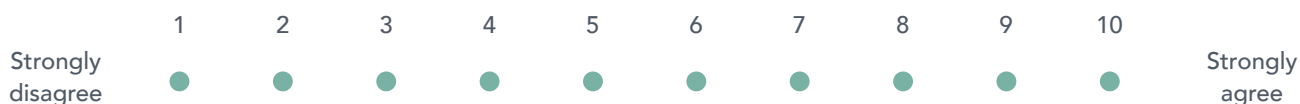
1. This module helped me meet the goals I set at the beginning



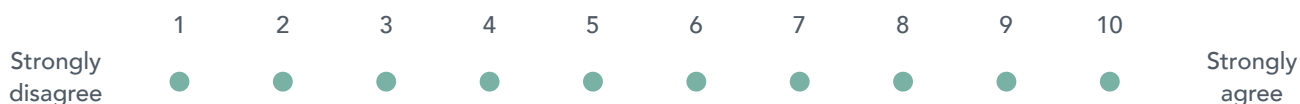
2. I have a better understanding of why treatment is important



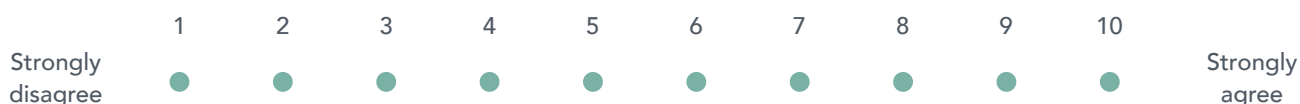
3. I know more about the benefits and considerations for different treatments available and how they may be suited to different needs and lifestyles



4. I have a better understanding of what I want from treatment



5. I feel more confident asking questions and getting involved in decisions about my care



Healthcare professional comments:

Date of completion: