

CENTER FOR PRACTICE INNOVATIONS
CONSUMER AND FAMILY PORTAL
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Center for Practice InnovationsSM
at Columbia Psychiatry
New York State Psychiatric Institute
Building best practices with you.

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SCHOOL OR WORK

These video clips, ranging in length from 2-5 minutes, focus on the importance of education and employment and assist the consumer in understanding resources for getting back to work or school and how family and friends can support recovery.

Considering Work

Considering Work is a 4 ½ minute infomercial that focuses on employment. It provides a message of hope and recovery in that individuals diagnosed with mental illness can obtain employment that work that is fulfilling and meets their interests. It introduces the program of Individual Placement and Support (IPS) supported employment approach and the IPS Employment Resource Book.

Melissa 1: Working

Melissa talks about how she successfully finished college and went back to work. Topics covered are returning to school/work.

Ryan 1: Fulfilling My Dream

Ryan discusses overcoming hopelessness, finishing school and returning to work. Topics covered are returning to school/work and how family/friends can support recovery.

Corey 2: One Door Closes, Another Opens

Corey talks about when he first became ill in college and how he was able to return to school and achieve his goals. Topics covered returning to school/work and how family/friends can support recovery.

Tina 2: Living My Everyday Life

Tina talks about her recovery journey and how medication helped her. Topics covered are returning to school/work and the benefit of treatment with medications.

Using the Employment Resource Book

This video clip is a guide for how to effectively use the Employment Resource Book, a resource designed for consumers to use with employment specialists, other practitioners, peer specialists, and on their own. Informed by the principles of the Individual Placement and Support approach to supported employment, the book focuses on three themes: prior to the job search, during the job search, and after getting a job. Each topic is organized to provide important information, personalized activities, and next steps.

DRUGS AND ALCOHOL

These video clips, ranging in length from 2-6 minutes, describe life experiences of those with mental illness and problems with substance use. They demonstrate how integrated treatment can help consumers manage their illness without the use of drugs, alcohol, and/or tobacco.

Dual Recovery

Dual Recovery is a 5 ½ minute infomercial that focuses on individuals experiencing mental health and substance use problems. It explains integrated treatment and makes the point that recovery from both is possible.

Corey 3: When I Wanted to Get Sober

Corey describes how he stopped using drugs and alcohol and how the support of his friends and family are a critical part of his recovery. Topics covered include substance abuse; recovery themes such as how I stopped using drugs and alcohol and how family/friends can support recovery.

Tina 1: Clearing My Mind

Tina talks about how her marijuana use affected her and how she eventually quit using. Topics include how I stopped using drugs and alcohol and how drugs/alcohol affected me.

William 1: Managing My Recovery

William reflects on how he initially treated his symptoms with drugs and alcohol but then learned a better way to manage his illness and experience recovery. Topics covered are how to manage symptoms and how drugs/alcohol can affect a person.

Thomas: Integrated Treatment Helped Me

Thomas talks about his illness and history of substance use. Topics covered are his experiences with non-integrated vs. integrated treatment for his mental health and substance abuse problems, explaining how integrated treatment provided support he needed to begin his recovery.

Becoming Tobacco Free

The 6-minute video includes clips of consumers discussing their journey to becoming tobacco free, the health benefits of quitting, tools to help think through the pros and cons of quitting, what to expect when quitting, and how to get help.

Dual Recovery Action Plan

This educational video describes how mental and emotional health interact with drug and alcohol use, explains what is involved in integrated treatment—an option for recovery and create a dual recovery action plan for you or a family member.

TOBACCO

This 6 minute video clip discusses the health benefits of quitting tobacco, tools to help think through the pros and cons of quitting, what to expect when quitting, and how to get help.

Becoming Tobacco Free

The 6-minute video includes clips of consumers discussing their journey to becoming tobacco free, the health benefits of quitting, tools to help think through the pros and cons of quitting, what to expect when quitting, and how to get help.

WORKING WITH A TREATMENT TEAM

These video clips, ranging in length from 2-5 minutes, address stigma related to taking psychiatric medication. They discuss the benefits and side effects of medications and how consumers can work with their prescriber to make treatment decisions that work for them.

Francisco: How a Treatment Team Can Help

Francisco describes the challenges he initially faced working with his treatment team, as well as how he eventually developed a better working relationship with them. Topics covered include recognizing when you may be having a first episode psychosis (FEP), approaching your treatment plan using shared decision making and how to work with your treatment team.

Sherri 1: Learning What Helps

Sherri comes to realize how her medication helps her and how to work with her doctor more effectively. Topics covered are medication treatment, how to work with your psychiatrist, dealing with side effects, and how medication can help.

Tina 3: Making Yourself Heard

Tina talks about her journey in finding a doctor that works well with her and meets her needs. Topics covered include making your voice heard in treatment and finding your way to a provider you can work with.

MEDICATION AND MEDICATION SIDE EFFECTS

These video clips, ranging in length from 2-5 minutes, address stigma related to taking psychiatric medication. They discuss the benefits and side effects of medications and how consumers can work with their prescriber to make treatment decisions that work for them.

Considering Clozapine

Clozapine remains the most effective antipsychotic for individuals with schizophrenia and schizoaffective disorder who have not responded to other medications. Developed for individuals who have these diagnoses, *Considering Clozapine* helps people prepare to talk with their prescriber about whether clozapine may be right for them.

Corey 1: Tools for Getting Better

Corey talks about how medication helped him, working through side effects and how his family/friends supported his recovery. Topic covered is how I work with my psychiatrist.

Raquea: Finding What Works

Raquea talks about her experience overcoming stigma, taking psychiatric medication and navigating what treatment works best for her. Topics covered include dealing with side effects, handling stigma, and how medication helps me.

Patrick 2: Getting Active

Patrick talks about learning to become physically active again, with exercise and other activities. Topics covered are medication treatment and dealing with side effects.

SYMPTOM MANAGEMENT

These video clips, ranging in length from 2-5 minutes, describe experiences of those living with mental illness. Consumers can learn about how to recognize first episode psychosis, what to do when experiencing suicidal thoughts and the symptoms of one's illness, and treatment for the experience of trauma.

Ryan 2: Turning Points

Ryan talks about coming to terms with his mental illness. Topics covered are first recognizing if you are having first episode psychosis (FEP), trauma-informed treatment and the experience of FEP and coping with trauma.

Sherri 2: You Are Worth It

Sherri shares what led to her suicide attempt and how her therapist helped her manage her feelings. Topics covered are managing suicidal thoughts and coping with trauma; recovery themes include suicide prevention and treatment for the experience of trauma.

Melissa 2: Dealing with Paranoia

Melissa describes the strategies she uses to help her deal with paranoid thoughts. Topics covered are first episode psychosis (FEP) illness recognition and management and skills training; the recovery theme is how I manage my symptoms.

Tina 4: Managing My Anger

Tina talks about skills she developed in therapy to help control her anger. Topics covered include skills training and how to manage anger and symptoms of mental illness.

William 2: Knowing What It's Like

William talks about the power of family and peers in supporting his recovery. Topics covered are coping with trauma, managing personal relationships, and how my family/friends support my recovery; recovery themes include medication treatment, family support, and treatment for the experience of trauma.

FAMILY AND COMMUNITY SUPPORT

These video clips, ranging in length from 2-5 minutes, feature family members discussing their experiences with their loved one's mental illness. Medication treatment, community support, and recognizing first episode psychosis are among the topics discussed, all from a parent's perspective. In addition, these clips demonstrate the value of support via peers, family and friends and its impact on a consumer's recovery.

Barbara 1: When My Son Became Ill

Barbara talks about when her son first became ill. Topics covered are experience of are first episode psychosis (FEP) and how my family/friends support my recovery.

Linda 1: Finding Supports: A Parent's Story

Linda describes how she found support when her son was first diagnosed with mental illness. Topics covered are connecting with supports in the community and how my family/friends support my recovery.

Barbara 2: Understanding My Son's Illness

Barbara talks about how she found information she needed when her son became ill. Topics covered include learning about psychiatric medication; the recovery theme is medication treatment.

Linda 2: Advice from a Parent

Linda talks about when her son first became ill and how she learned the signs of mental illness. The topics include a parent's perspective in recognizing and managing a first episode psychosis (FEP).

Ryan 3: Finding Inspiration

Ryan talks about the profound impact peers have had on him during his recovery journey. Topics covered are how peers, family/friends support can support recovery.

Patrick 1: Reconnecting With Friends

Patrick recalls how he reconnected with his friends after his first hospitalization. Topics covered are connecting with supports in the community and how my family/friends support my recovery; recovery themes include family/friends support and are first episode psychosis (FEP) illness recognition and management.

MOTIVATIONAL INTERVIEWING

These video clips, 3-minutes in length, feature two providers discussing motivational interviewing as a useful approach when working with consumers who are embarking on changing behavior.

Pat: Motivational Interviewing Helps People

Pat describes the importance of taking a non-confrontational stance with people who are struggling with behavior change, called Motivational Interviewing. Motivational Interviewing is a technique used by behavioral health providers in helping individuals understand why someone might not be ready for change to change and how they can identify resources they already have to overcome barriers to change.

Saara: Motivational Interviewing and Harm Reduction

Saara stresses the importance of reducing harm in connection to a behavior that the consumer might not be ready to change. She describes several techniques for exploring harm reduction with a special emphasis on decisional balance. She and Andrew demonstrate how decisional balance works through exploring Andrew's own beliefs regarding a harmful behavior.

SHARED DECISION MAKING

These videos, ranging in length from 8-12 minutes, feature mental health recovery movement advocate Pat Deegan, PhD who discusses how Shared Decision Making (SDM) can support the voices of individuals and families for more person-centered care.

SDM: Introduction

Psychologist, researcher, and mental health recovery movement advocate Pat Deegan introduces this 7-part series of videos on the subject of Shared Decision Making (SDM). Pat gives an overview of the series to both consumers and providers, describing SDM's origins in medical use and details of its process, tools

for successful collaboration in SDM, and the importance of SDM's role in the redesign of behavioral health practice.

SDM: Chapter 1-What is Shared Decision Making?

Pat defines SDM as a collaborative process that allows individuals and their care teams to make decisions together. She reviews basic components of SDM, clinical situations in which it does and does not apply, and how SDM helps increase satisfaction with choices and sense of engagement in care.

SDM: Chapter 2-SDM in Behavioral Health

Pat focuses on how SDM fits into the changing behavioral health landscape of the 21st century. She describes the various types of decisions that are shared between consumers and their providers, understanding benefits and risks of decisions and ethical considerations for providers during the SDM process.

SDM: Chapter 3-SDM for Young People

Pat demonstrates how SDM can be especially effective for young people, providing them with pathways into possible futures, encouraging them to self-advocate, and showing that recovery is possible. She discusses important considerations when using SDM with young people, such as how to work collaboratively during periods of medication discontinuation; decision making with parents/caretakers, providers, and young consumers; and using tools to help reconcile difficult decisions.

SDM: Chapter 4-Decision Aids

Pat describes "decision aids", a key element of the SDM process. She explains how decision aids can help people sort out their values and preferences and understand the options available to them as they participate in SDM. Decision aid exercises and tools are identified, including values clarification exercises, issue cards, and the Option Grid for Employment.

SDM: Chapter 5-Doing Shared Decision Making

Pat outlines the formal practice of SDM as conducted by trained clinicians. She explains how infrastructure is necessary to inform clinicians doing the work of SDM. She also discusses SDM preparation strategies, basic steps and terms decision aid libraries, and reflective listening techniques that can, in combination, effectively support clinicians during the SDM process.

SDM: Chapter 6-You are Part of the Team

Pat focuses on the critical role the consumer plays in the SDM process, emphasizing that SDM means having a voice and a choice in one's treatment, as another expert in the room. In addition to explaining what a consumer can expect with the SDM process, this video offers suggestions for questions to ask one's providers, as well as decision aids to inform decisions that best suit the consumer's recovery journey.