

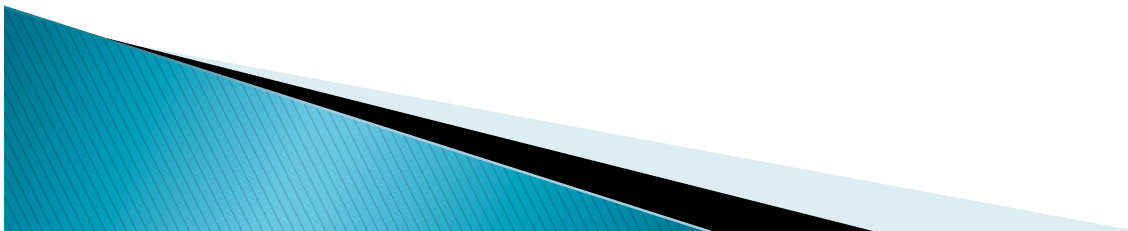
# Living a Meaningful Life with Mental Illness: Defining and Understanding Personal Medicine



Dr. Tami Radohl, PhD, LSCSW  
Assistant Professor  
Social Work  
Park University

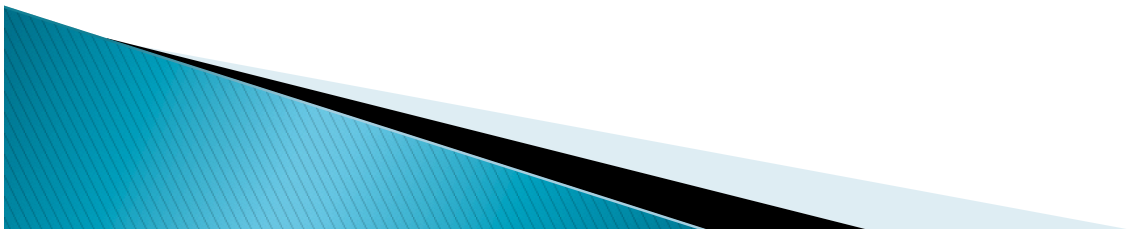
# Learning Objectives

- ▶ Understand the definition and purpose of personal medicine.
- ▶ Understand how personal medicine compliments the core tenets of recovery and living a “meaningful life.”
- ▶ Understand how to apply personal medicine to practice behaviors including engagement, assessment, intervention, and evaluation.



# Overview of SPMI

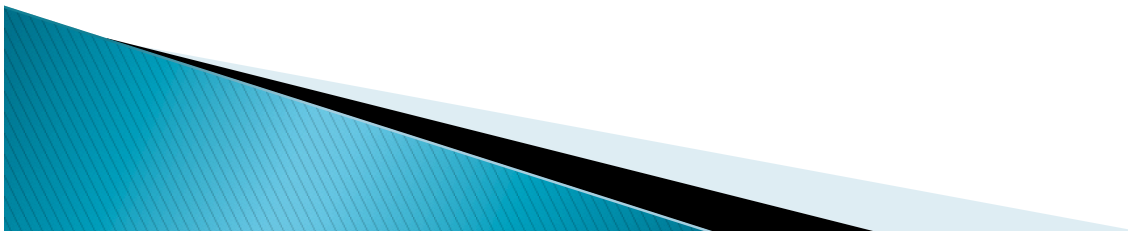
- ▶ Serious and Persistent Mental Illness (SPMI) is a distinction which implies a greater level of severity and chronicity (Department of Health and Human Services, 1999).
- ▶ Diagnoses may include, but are not limited to, schizophrenia, post-traumatic stress disorder, major depression, bipolar disorder, and borderline personality disorder (National Alliance on Mental Illness, 2012).
- ▶ Despite outpatient mental health facilities being the largest providers, in 2013 and 2014, 37% of adults with severe mental illness did not seek out any mental health outpatient, inpatient, or prescription medication treatment (SAMHSA, 2014).



# How do we address gaps in care?

- ▶ Consumers with mental illness desire:
  - the importance of having a voice in and offering contributions to their treatment
  - having an engaging relationship with their providers, feeling listened to
  - being connected to their providers through finding a common ground as a means of participating in their treatment or recovery

(Buck & Alexander, 2006; Ware, Tugenberg, & Dickey, 2004).



# Mental Health Recovery

- ▶ The national consensus statement: “mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential,” (Consumer Mental Health Services, 2004, p. 1).
- ▶ Focuses on consumers thriving in the community rather than maintaining functioning and symptom remission (Anthony, 1993; Kondrat & Early, 2010; Kruger, 2000).
- ▶ As such, practice models offering formalized ways to support recovery and equal partnerships in treatment have been examined throughout the literature.



# Shared Decision Making (SDM)

- ▶ SDM is a partnership between consumers and providers where they work together to weigh risks and benefits of a particular treatment and then collaboratively make decisions about treatment before moving forward. (Charles, Gafni, & Whelan, 1997, 1999).
- ▶ Initially used in 1960s and the right-to-die movement, then cancer treatment in the 1990s.
- ▶ In the last 10 years, SDM has been used in mental health treatment to enhance partnership and collaboration in treatment.



# So how does Personal Medicine fit into all of this?

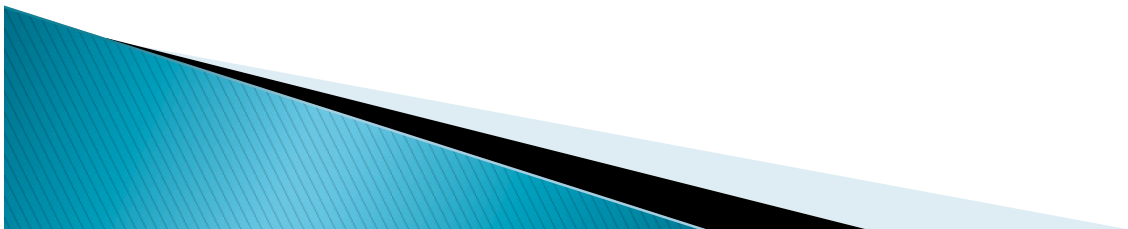
- ▶ Personal medicine (PM) developed within consumer-led mental health recovery and focus groups (Deegan, 2005).
- ▶ Definition: self-initiated, non-pharmaceutical self-care activities that serve to decrease symptoms, avoid undesirable outcomes such as hospitalization, and improve mood, thoughts, behaviors, and overall sense of well-being (Deegan, 2005, p. 31).
- ▶ Examples of PM include playing with a pet, running, spending time with a friend or child, meditation, massage, reading a book, going to church or bible study, listening to music, and playing basketball.
- ▶ Deegan created Common Ground, a computer program to initiate SDM before provider appointments.
- ▶ The Substance Abuse and Mental Health Administration (SAMHSA) adopted personal medicine as part of SDM and mental health recovery definition and policy (2014).





# Current research

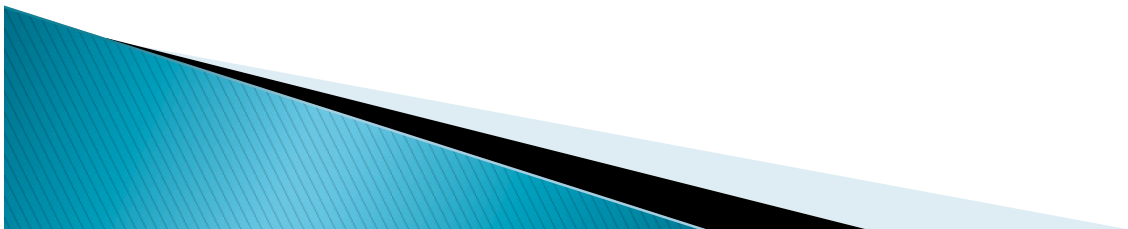
- ▶ Exploratory, qualitative research needed to narrow down definition and understanding of “personal medicine.”
- ▶ Met with 14 consumers who met criteria for Serious and Persistent Mental Illness (SPMI) at a suburban Community Mental Health Center in Kansas City.
- ▶ Naturalistic Inquiry; individual interviews (60 minutes) and member checks.
- ▶ Results published in Special Issue of the Society for Social Work Research (SPMI Edition), June 2016.





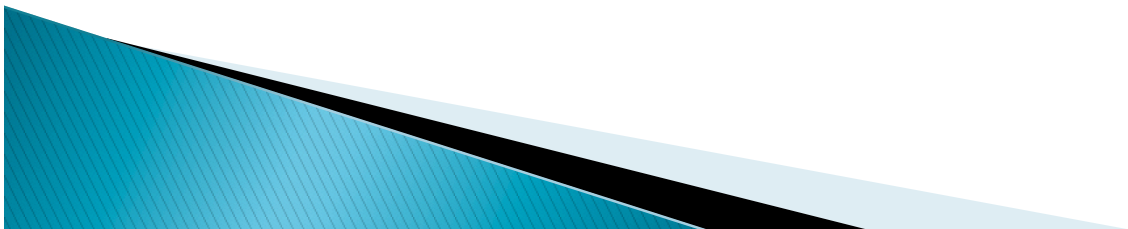
# What did we discover?

- ▶ Shared Decision Making was used inconsistently or not at all by providers at the agency of study.
- ▶ However, personal medicine was being utilized by service providers; PM is a much larger concept and tool than what can be explained by any single modality.
- ▶ Deductive and Inductive Results:
  1. Modified definition
  2. Individuation of personal medicine
  3. The impact of frequent use
  4. The benefits of personal medicine for symptom management.
  5. Meaning or purposes to personal medicine beyond just coping with symptoms or stress management.
  6. Personal medicine appears to tie into everyday functioning and how consumers view their journey through recovery



# New Definition of PM

- ▶ Formal definition: “activities that a person enjoys, and self-care behaviors outside of pill medication that help one handle his or her mental health symptoms and feel good about oneself.” (Radohl, in press)
- ▶ Individualized, brings meaning, and helps with symptoms.
- ▶ Liz: “it means what you do to help yourself ... . It’s a way that you cope with your mental illness ... a toolbox.”
- ▶ Ginny: “I would define it as a way for you to feel good about yourself and for other people in your life to come in with your disease and not be afraid of it.”
- ▶ Mark: “Personal medicine is how [we] try to stay healthy through our symptoms ...without medication being a part of that equation. We use medication to help control the symptoms and it helps, but it doesn’t completely remove the symptoms and the paranoia and things like that.”



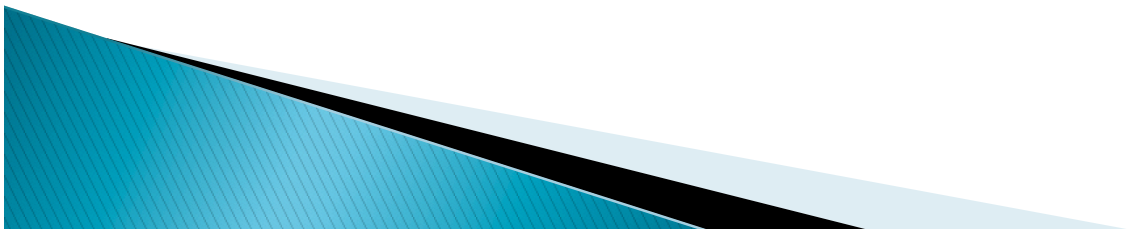
# Meaning

- ▶ Consumers articulated personal medicine as being something that had more purpose than simply symptom management or coping and self-care—personal medicine brought meaning to their lives.
- ▶ Jenny said that personal medicine played a big role in helping her work on “loving herself” and keeping her motivated to keep working hard. She described its importance by suggesting that “It [personal medicine] keeps you going. It gives you motivation ... the skills. They [providers] give you the tools to do things. But personal medicine is like the light that helps you see.”



# Individuation and Symptom Management

- ▶ Personal medicine is very individualized, with slight variations for each person.
- ▶ Instead of a concrete term used within a therapeutic tool or framework, personal medicine is a fluid, purposeful set of activities or behaviors that are integrated into recovery or daily functioning
- ▶ Frequency of use varied among consumers.
- ▶ Consumers who reported better managing their symptoms and enjoying life tended to use personal medicine more often or had it built into their routine



# Consumer examples

- ▶ Sara used personal medicine to remind her “not to use [substances] again”
- ▶ Amanda, Josh, and Mark shared that personal medicine is something they use on their own, rather than with their providers.
- ▶ Mark reflected, “It works for me, but I see other people that come in here and I can tell it wouldn’t work for them.”
- ▶ Betty mentioned how Yoga is personal medicine—it is more than just relaxation. It is also a part of “who she is.”



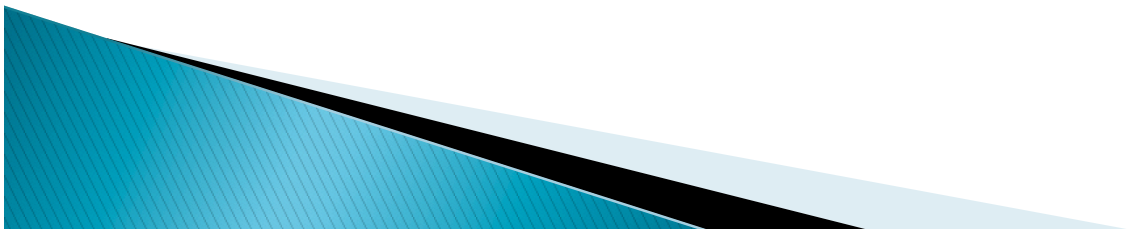
# Cognitive shift?

- ▶ However, the concept of personal medicine may have helped consumers to think about using these resources in a new way.
- ▶ Similar to approaches in cognitive theory and restructuring (Beck, 2011), consumers were able to recognize positive assets to their recovery and strategically apply them in ways that benefited treatment, and that increased enjoyment and meaning to their day-to-day lives.
- ▶ In turn, they were able to witness how they might contribute to their own symptom management.



# Differentiation of coping, self-care, and PM

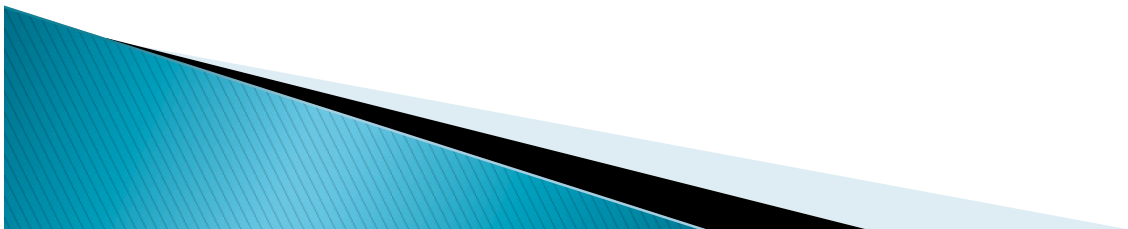
- ▶ Of course, consumers most likely had personal resources, behaviors, activities, or skill sets in place before learning about PM
- ▶ The introduction of the concept of personal medicine may not have necessarily generated any new behaviors or activities.
- ▶ They may have been using coping strategies or self-care as personal medicine.
  - Consumers report a distinction between coping, self-care, and personal medicine
  - For some, personal medicine is a tool to help them cope with symptoms or get through each day; for others, personal medicine may help them get up in the morning and stay healthy so they feel good about themselves.





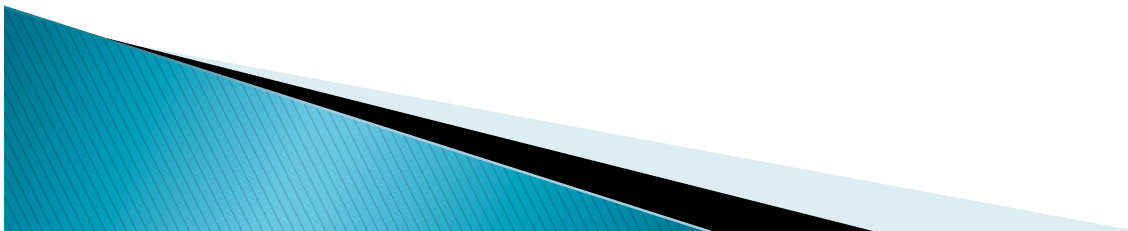
# Practice implications

- ▶ Consumers explained how personal medicine was a gauge for how they were currently doing. Providers may use this in the same capacity.
- ▶ Providers may help generate ideas for personal medicine if needed.
  - While personal medicine may be an individualized concept, there is a social component to personal medicine that should not be overlooked.
- ▶ Personal medicine is not something to simply rely on to get better, but rather something that is integrated into daily functioning, routines, and life goals for the purpose of overall wellness.



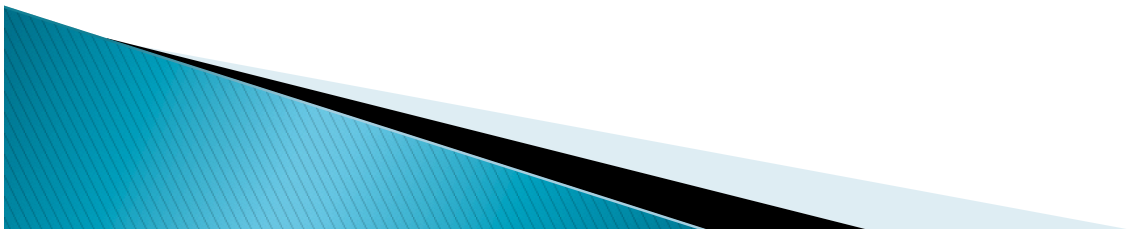
# Large Group Application:

- ▶ Engage:
- ▶ Assess:
- ▶ Intervention:
- ▶ Evaluation:



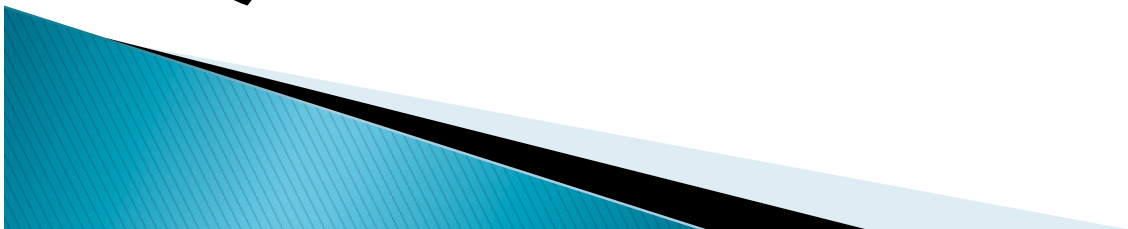
# Quiz!

- ▶ Let's see if we met the core learning objectives for today!
- ▶ Make sure you are connected to Wi-Fi!
- ▶ Create a catchy screen name—prizes for the top 3!
- ▶ <https://play.kahoot.it/#/lobby?quizId=40732b7f-aa30-445e-918d-e236d8c411c5>



# Conclusion

- ▶ Personal medicine is a concept that can be used across agencies (e.g. case managers, therapists, and psychiatrists).
- ▶ Limitations: Challenges in interviews due to symptomology
- ▶ More research is needed to explore future development of personal medicine (and shared decision making)
- ▶ Quantitative studies would be useful to explore efficacy in mental health recovery
- ▶ Questions?



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