

## Minds Matter

# TOOLKIT

for You & Your Household

## About Ohio Minds Matter

Ohio Minds Matter is a resource for health experts, family members, caregivers, and young people to meet the needs of youth with mental health conditions.

## About This Toolkit

This toolkit encourages caregivers, families, and young people to make shared choices about treatment. It can help kids and teens have a voice in their care. It can also guide family members, caregivers, and foster parents in getting children and teens the right care to have great health outcomes.

Professionals, like doctors and social workers, can share this toolkit to support their patients and clients. For more resources, visit <http://www.ohiomindsmatter.org>.

## Use This Toolkit To...

1

**Make personal, informed decisions about care and treatment.**

- Prepare for doctor visits.



- Think through your options.



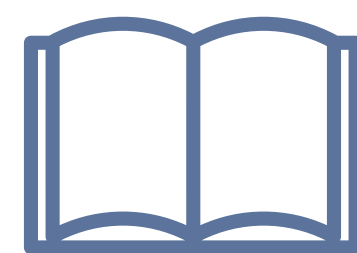
- Make good choices and share them with others.



2

**Understand treatment options, including counseling and medication.**

- Learn about mental health treatments and medications.



- Discuss possible side effects and benefits of medications.



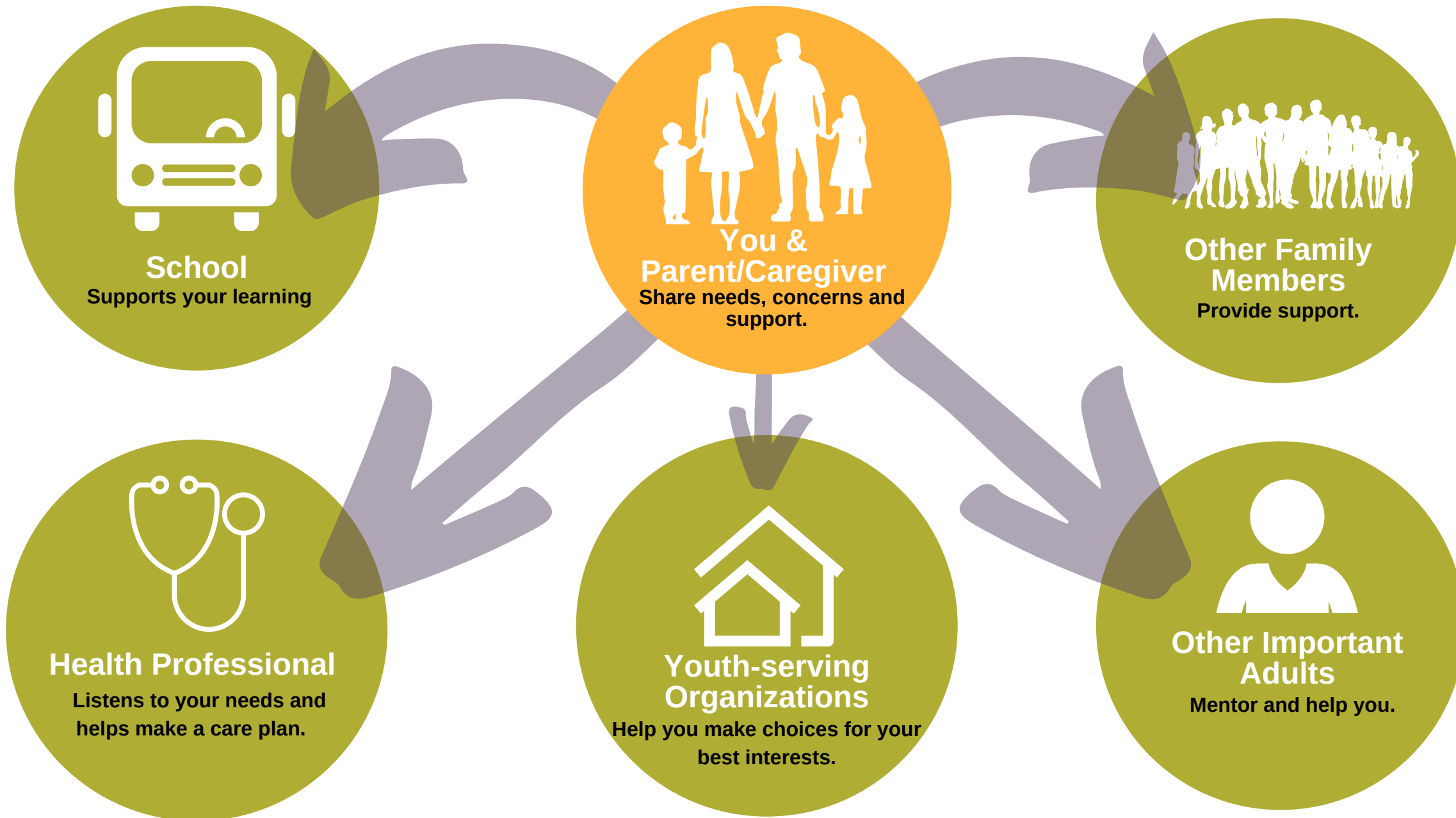
- Establish a treatment plan that works for you.



Personal Decision Guide

Plan for Your Care

Your Decision Team: Make the best choices together.



List your Decision Team.

1	
2	
3	
4	
5	

Prepare for your visit. Be ready to describe the following.

- A typical day.
- Medications you have already tried or know about.
- Any blood relatives with mental health conditions.
- Anyone who is important in your life.
- Any alcohol or drug use during the mother's pregnancy.
- Sickness or disability.
- Recent changes, stressful or traumatic events in your life.

List some goals for your visit.

1	
2	
3	

For Follow-up Visits

Think about it...

- How is it going since your last visit?
- Are you seeing a counselor?
- Do you have support at home?
- Are you taking the right medication dose?
- Have you missed any school or activities?
- Are you getting enough sleep, exercise, and the right nutrition?

What behaviors concern you or others the most?

<input type="checkbox"/> Low attention	<input type="checkbox"/> Hyper	<input type="checkbox"/> Depressed or sad
<input type="checkbox"/> Difficulty listening	<input type="checkbox"/> Moody	<input type="checkbox"/> Worried or stressed
<input type="checkbox"/> Angry	<input type="checkbox"/> Difficulty expressing feelings appropriately	<input type="checkbox"/> Nicotine, alcohol or drug use
<input type="checkbox"/> Other: _____		

Identify your wants and needs.

- Do you want to talk to the doctor about deeper issues before trying medication?
- Are you open to changing your diet, schedule or activities before trying medication?
- Do you need more support before making a decision about treatment?

It's OK to...

<b>1</b> Voice your own opinion, or ask to speak to the doctor alone.	<b>2</b> Request a lower dose of medication, or understand why medication is needed at all.	<b>3</b> Ask the reasons for treatment and what it will do.	<b>4</b> Find out long-term effects of treatment.	<b>5</b> Get a second opinion.
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## Treatment Guide

Get The Care  
You Need

### Ask questions. Get answers.

Have you had a complete evaluation?  Yes  No    Should you see a specialist?  Yes  No

Is there a diagnosis?  Yes  No

If yes, what is it? \_\_\_\_\_

#### List your treatment options.

1	
2	
3	

## Know Your Options

Medications can treat the symptoms of mental conditions, but they cannot cure the condition. Your success likely depends on your ability to **take charge** of your care, **ask questions** and **commit to whole-health treatment** options that don't rely on medication alone— like counseling and activities that manage stress and build resilience.

## Stress Management & Resilience

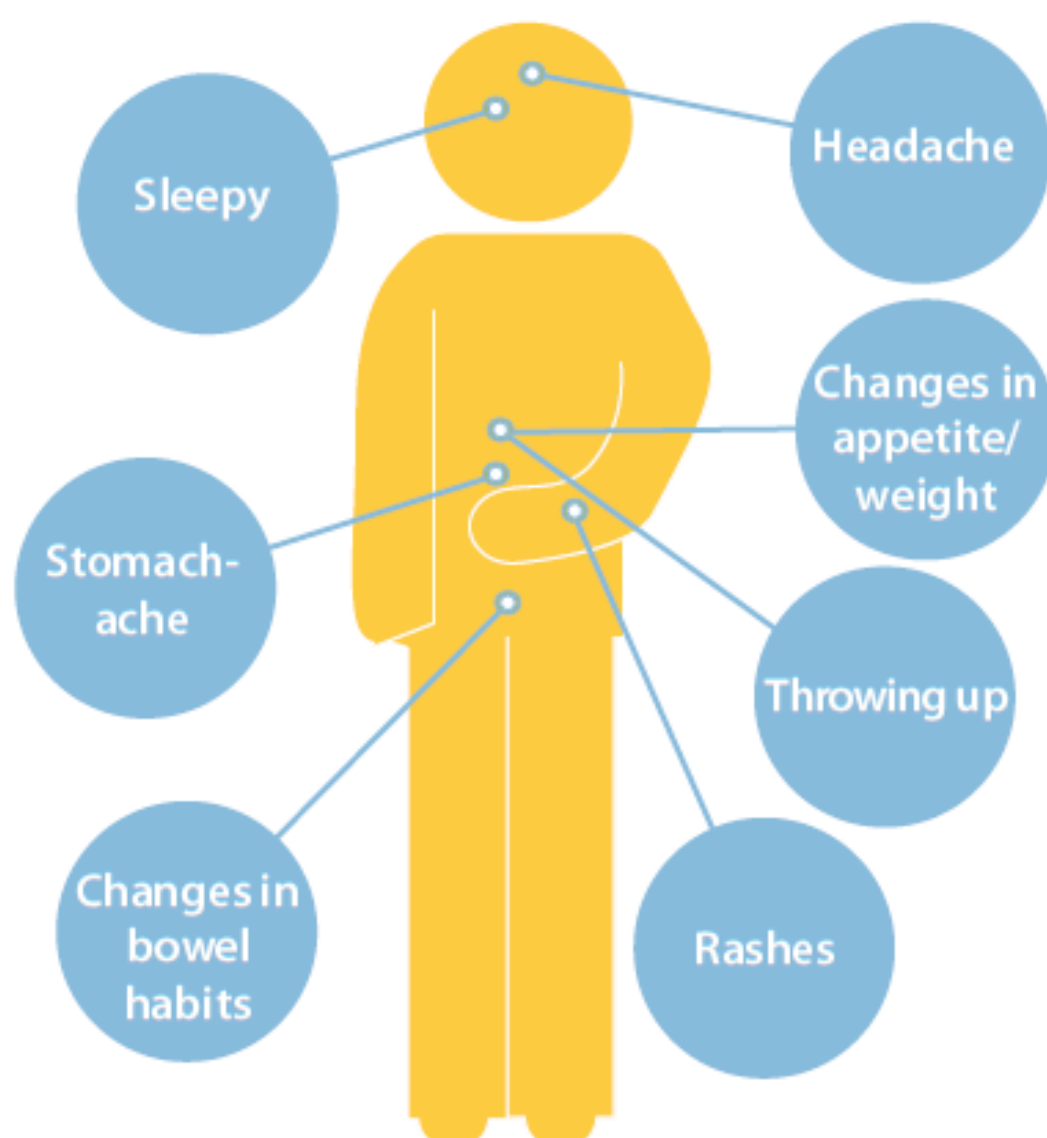


Experiencing stressful or traumatic events can negatively impact your mental health and make it harder to manage everyday challenges. You can increase your ability to manage stress and build resilience against future stress through the following activities.

- Establish routines.
- Schedule time to play or relax.
- Diversify your experiences.
- Identify and label your emotions.
- Talk about your challenges.
- Seek out adult role models or mentors.
- Connect with friends.
- Schedule time to play or relax.

## About Medication

Any medications can cause common, general side effects, like...



## Questions to Ask about Counseling



- What should I look for in a therapist?
- What do I need to do to make therapy successful?
- Are there support groups I can go to?
- Will my conversations be kept secret?
- How often should I go?
- What if I don't like my counselor or can't connect with them?

## About Side Effects

- Some side effects go away with time.
- If they happen right after starting medication, they might be side effects.

## Medication Tips

- There may be other uses for medications, which is called "off-label" use.
- You should have therapy/counseling with your medication.
- Don't take street drugs or pills that are not prescribed to you.
- Understand the possibility of addiction with certain medications.
- Inform an adult about a medicine's negative effects immediately.



- Medications treat the symptoms of mental conditions.
- Medications don't cure the condition, but can help you feel and function better.
- Medications work differently for different people.
- Use caution. Medications can react with each other.

## Continued Care Guide

## Keep Track of Your Care

Common side effects are listed below by medication type and potential mental health conditions, but there may be other side effects you want to discuss with your doctor. It's important to know when to when to get help if you don't feel right.

### Medication Side Effects Watch List

Medication Legend/ Key		
<b>bid</b> = twice a day	<b>prn</b> = as needed	 = Tell a nurse or doctor.
<b>I</b> = one	<b>hs</b> = bedtime	 = See a nurse or doctor right away & take medication with you
<b>ii</b> = two	<b>po</b> = as needed	
<b>iii</b> = three	<b>tid</b> = three times a day	

Symptoms	Potential Conditions	Medications	Common side effects	Rare side effects
Hyper, poor attention, act without thinking, poor listening	Attention Deficit Hyperactivity Disorder (ADHD)	<b>Stimulants</b> such as methylphenidate or amphetamines <b>Brands:</b> Ritalin, Adderall <b>Non-Stimulant:</b> Atomoxetine, Strattera	Light-headed Dry mouth/eyes	High blood pressure and heart rate Strange feelings on skin or seeing/hearing things that aren't there Mania (super hyper or moody)
Hyper, poor attention, act without thinking, poor listening	ADHD	<b>Alpha-agonist</b> such as clonidine, guanfacine <b>Brands:</b> Kapvay, Intuniv	Dizziness Sweating Sleeping problems	Trouble with liver or kidneys Changes in blood pressure
Depressed or sad, moody, worries a lot	Depression, Anxiety, PTSD, and Obsessive-Compulsive Disorder (OCD)	<b>Antidepressants</b> such as fluoxetine, sertraline and escitalopram <b>Brands:</b> Prozac, Zoloft, Lexapro	Loss of appetite Difficulty falling asleep	Depression worsens or suicidal thoughts, changes in heartbeat, body temperature or muscle tone, activation (repeated physical actions)
Extreme moods or behavior changes, racing thoughts, changes in sleep habits	Bipolar disorder	<b>Mood Stabilizers*</b> such as lithium <b>Brands:</b> Eskalith  such as valproic acid <b>Brands:</b> Depakote <small>*Regular blood work is needed</small>	Tremors, thirsty, urinate a lot  Nausea, tremors, weight gain	Trouble with kidneys and/or thyroid  Easy to bruise/bleed, trouble with liver and/or pancreas, confusion

### Less Common Medications

Medication Type	Potential Conditions	Common Side Effects	Rare Side Effects
Aripiprazole (Abilify®) Asenapine (Saphris®) Clozapine (Clozaril®) Iloperidone (Fanapt®) Lurasidone (Latuda®) Olanzapine (Zyprexa®) Quetiapine (Seroquel®) Risperidone (Risperdal®) Ziprasidone (Geodon®)	Schizophrenia  Bipolar  Irritability with autism  Other *	Weight gain Feeling sleepy Dry mouth Constipation Blurred vision Restlessness	Muscle stiffness Unusual movement like jerking or twitching Changes in blood sugar and cholesterol Delay or changes in your period Breast enlargement in boys or girls Sudden high fever with confusion

\*There may be other uses for medications which is called "off-label."

#### 1 Keep Your Health Insurance.

- Youth and young adults with mental health conditions may be able to receive free health insurance through Ohio Medicaid.
  - [medicaid.ohio.gov/forohioans/programs/](http://medicaid.ohio.gov/forohioans/programs/)
- Know your social security number.
- Know the contact information for your health plan.

#### 2 Keep Taking Your Medicine.

- Understand how to take your medicine by talking to your doctor and pharmacist.
- Access needed medication at low to no-cost through:
  - Free health clinics.
  - NeedyMeds [[needymeds.org](http://needymeds.org)]
  - Partnership for Prescription Assistance [[pparx.org](http://pparx.org)]
  - Prescription Hope [[prescriptionhope.org](http://prescriptionhope.org)]

#### 3 Keep Going the Doctor.

- Visit your doctor for regular check-ups.
- Keep a list of doctors and prescriptions.
- Keep a copy of your medical records from the doctor's office in case you have to change doctors or seek supplemental care.
- Call your health plan if you need a new doctor and ensure your current doctor transfers your medical records to your new provider's office.



### DANGER

Keep taking your medications and going to counseling. If you stop without talking to a doctor, it can disrupt your school, work, personal relationships and housing.