

Treatment Guide

This toolkit helps caregivers, families, and young people make shared choices about treatment. It is intended to help kids and teens have a voice in their care.



Ohio Minds Matter

Ohio Youth Behavioral Health Resource

Ask Questions Get Answers

Use this toolkit to...



Prepare for healthcare visits.



Think through options.



Make good choices and share them with others.



Learn more about mental health treatments and medications.



Discuss possible side effects and benefits of medication.



Establish a treatment plan that works.

Working Together: Counseling and Medication

Medications can treat the symptoms of mental conditions, but they cannot cure the condition. Medications work together with an overall plan to improve both mind and body through counseling and physical wellness. This includes regular sleep, healthy eating habits, and regular physical activity.



Stress Management and Resilience

Experiencing stressful or traumatic events can negatively impact 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.



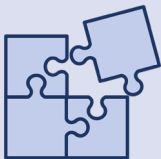
Schedule time to play or relax.



Listen to and understand your emotions.



Talk about your challenges.



Seek out adult role models or mentors.



Connect with friends.



Questions to Ask about Counseling

What should I look for in a therapist?

Could I benefit from counseling?

What do I need to do to make therapy successful?

What happens in counseling?

Are there support groups I can go to?

How much will my family be involved?

Will my conversations be kept private?

What if I don't like my counselor or can't connect with them?

How often should I go?



Medications and Side Effects

About Medication

Medications are available to help lower the intensity of many mental health symptoms, and specifically can improve your concentration, mood, and ability to achieve your goals. Medications don't cure the condition, but can help you feel and function better. Medications work differently for different people. Even with side effects, medications may greatly increase quality of life.

About Side Effects

- Inform an adult about a medicine's negative effects immediately.
- Medications work differently for different people.
- If unexpected changes to your body or mind happen right after starting medication, they might be side effects.

Medication Tips

- Talk to your provider about strategies to help you remember to take medication as prescribed.
- Make sure your prescriber knows all the medications you are taking.
- Read your medication's instructions or ask the pharmacist about interactions with other medications or alcohol/drugs
- Don't take street drugs or pills that are not prescribed to you as they may contain dangerous additives such as fentanyl.
- Most people benefit from therapy/counseling with their medication.



Medications and Side Effects, Keeping 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 healthcare provider. It's important to know when to get help if you don't feel right.



Important Reminder

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

Notes:



Conditions, Medications and Side Effects

Symptoms	Potential Conditions	Medications	Commons side effects	Rare side effects
Hyper, poor attention, act without thinking, poor listening.	Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD)	Stimulants such as methylphenidate or amphetamines Brands: Ritalin, Adderall Non-Stimulant: Atomoxetine, Brand: 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 and ADD	Alpha-agonist such as clonidine, guanfacine Brands: 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)	Antidepressants such as fluoxetine, sertraline and escitalopram Brands: 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)**

Commons medication abbreviations

prn = as needed

qhs = bedtime

qam = every morning

po = by mouth

tid = three times a day

bid = twice a day

* = Tell a nurse or doctor.

** = See a nurse or doctor right away & take medication with you.



Other Medications

Medication Type	Potential Conditions	Common Side Effects	Rare Side Effects
<p>Aripiprazole (Abilify®) Asenapine (Saphris®) Clozapine (Clozaril®) Iloperidone (Fanapt®) Lurasidone (Latuda®) Olanzapine (Zyprexa®) Quetiapine (Seroquel®) Risperidone (Risperdal®) Ziprasidone (Geodon®)</p>	<p>Severe mood disorder such as bipolar disorder or depression Irritability with autism schizophrenia Other</p>	<p>Weight gain Feeling sleepy Dry mouth Constipation Blurred vision Restlessness Nausea</p>	<p>Muscle stiffness* Unusual movement like jerking or twitching* Sudden high fever with confusion* Changes in blood sugar and cholesterol Delay or changes in your period Breast enlargement in any gender</p>
<p>Lithium (Eskalith®)</p>	<p>Severe mood disorder such as Bipolar Disorder or Depression</p>	<p>Tremors, thirsty, urinate a lot Nausea, weight gain</p>	<p>Trouble with kidneys and/or thyroid</p>



**Contact a nurse or doctor right away & have name of medication available.*

It's Important to Remember...

KEEP YOUR HEALTH INSURANCE

Youth and young adults with mental health conditions may be able to receive free health insurance through Ohio Medicaid.

<https://medicaid.ohio.gov/families-and-individuals/coverage/coverage>

- 1** Know your social security number.
Know the contact information for your health plan.
Resources for Ohio's youth and families for complex behavioral needs: [Resources for Members and Families | Ohio Medicaid Managed Care](#)

KEEP TAKING YOUR MEDICINE

Understand how to take your medicine by talking to your healthcare provider and pharmacist about difficulties obtaining medication.

- 2** Access needed medication at low to no-cost through:
 - Free health clinics
 - NeedyMeds [needymeds.org]
 - Prescription Hope [prescriptionhope.org]

KEEP GOING TO YOUR HEALTHCARE PROVIDER

Visit your doctor for regular check-ups.

- 3** Keep a list of healthcare providers, prescriptions, and pharmacies you use.
Call your health plan if you need a new healthcare provider and ensure your current provider transfers your medical records to your new provider's office.

