



Provider Tools and Materials

Provider Protocol: Using Self-management Tools

Patients with chronic acute mental illness need information to become effective managers of their own health. Patients must take better care of themselves to keep their chronic illnesses under control and need to be trained in proven methods of minimizing complications, symptoms, and disability. Effective self-management means more than telling patients what to do. It means giving patients a central role in determining their care, one that fosters a sense of responsibility for their own health. Using a collaborative approach, health care providers and patients must work together to define problems, set priorities, establish goals, create treatment plans and solve problems along the way. Self-Management support is not didactic patient education, finger wagging, lecturing, or waiting for patients to ask for help. In order to meet this need, it is essential for patients to have the following:

- Information about suicide
- Information regarding their mental health diagnosis
- A variety of self-management tools that allow them to learn in a variety of formats (e.g. websites, books, and community self-help groups which are available digitally or in paper). This allows patients to learn in a format that is best for them.
- Introduction to a cognitive problem-solving approach.
- A Safety Plan

Download and print tools and handouts for patients at henryford.com/mimind/tools

Protocol

1. Self-management strategies should be discussed during the new patient evaluation as well as during subsequent sessions. A Safety Plan, available on henryford.com/mimind/tools, is an essential self-help management strategy.
2. Patients should be given some digital tools, available on henryford.com/mimind/tools (or paper copies printed from henryford.com/mimind/tools) including:
 - If you are thinking about suicide, read this first
 - Community Mental Health Support Groups
 - Crisis and Suicide Prevention Hotlines
 - Self-help Books

Loved Ones can be given:

 - Preventing Suicide: Tips for Parents
 - Understanding and Helping Someone who is Suicidal
3. All patients should be introduced to basic cognitive problem-solving strategies. Dialectical Behavior Therapy (DBT) strategies to focus on in the moment of crisis should include:
 - a. Core Mindfulness: Wise Mind, Nonjudgmental Stance, Urge Surfing, Observe, Describe, Effectiveness

- b. Emotion Regulation: Check the Facts, Opposite Action, Reduce Vulnerabilities, Cope Ahead
- c. Distress Tolerance: Tip, Stop, Distract, Self Soothe, Focus on Cons, Radical Acceptance, Improve
- d. Interpersonal Effectiveness: Dialectical thinking, Dearman, Give, Fast, Validation

4. Strategies may be as simple as:

- a. Identify the problem
- b. List all the possible solutions
- c. Pick one solution
- d. Try it for at least two weeks
- e. If it does not work, try another
- f. If that does not work, suggest that the patient find a resource for other ideas and discuss these with their doctor or therapist.