Staying Well and Achieving Goals

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Learning Objectives

• At the completion of the webinar, participants will:
  • Understand the SWAG program
  • Understand who are appropriate candidates to participate in the SWAG program
• Understand the process of SWAG and how it relates to each person
Agenda For The Webinar

• Goals of SWAG
• Overview and logistics of SWAG
• SWAG Handouts
• Handout 1—Getting to know you
• Feedback from SWAG clinician
• Next Steps
What is SWAG?

• A brief psychoeducational program designed to help people with schizophrenia learn information, strategies and skills to stay well and out of the hospital
SWAG: The Staying Well and Achieving Goals Program

PART 1: CLINICAL GUIDELINES

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PART 2: CLIENT HANDBOUTS

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Goals of SWAG

• Promote recovery and resiliency by building on strengths
• Help clients set and pursue personally meaningful goals
• Increase clients’ understanding of the common causes of relapses and common early warning signs that symptoms may be coming back
• Help clients develop a plan to prevent relapses so they can stay on track with their goals
Three Common Causes of Relapse

• Not taking medication as prescribed
• High levels of stress
• Using alcohol or drugs
Logistics of SWAG

• Designed for individuals with schizophrenia or schizoaffective disorder
• Delivered in 1 to 1 sessions of 45 to 60 minutes
• 7 basic topic areas, each with a handout to use in sessions with clients, and clinical guidelines for practitioners to use in preparing for sessions
• Some clients can complete SWAG in 7 sessions, others will take longer
Structure of Each Handout

• Large print, user friendly
• Broken into small chunks
• Frequent “Let’s Talk About It’s” to give clients an opportunity to process information and apply what they are learning to their own situation
• “Today’s Skill” which involves actively demonstrating a skill and then setting up a role play for the individual to practice the skill
<table>
<thead>
<tr>
<th>Handout</th>
<th>Today’s Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Getting to Know You</td>
<td>Relaxed breathing</td>
</tr>
<tr>
<td>2) Setting a Positive Goal</td>
<td>Following up on goals</td>
</tr>
<tr>
<td>3) Using Medications to Stay Well</td>
<td>Talking to the doctor or nurse</td>
</tr>
<tr>
<td>4) Coping with Stress</td>
<td>Muscle relaxation</td>
</tr>
<tr>
<td>5) Alcohol and Drugs</td>
<td>Having fun and not using</td>
</tr>
<tr>
<td>6) Early Warning Signs</td>
<td>Telling someone about early warning sign</td>
</tr>
<tr>
<td>7) Plan for Staying Well</td>
<td>Sharing your plan</td>
</tr>
</tbody>
</table>
Part 1. Preventing Common Causes of Returning Symptoms

<table>
<thead>
<tr>
<th>What I plan to do to prevent this common cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>My plan for taking medication regularly:</td>
</tr>
<tr>
<td>Keep my pill bottle on my bedside table with a glass of water. Talk to my doctor about the possibility of taking a long-acting injectable medication in the future so I won’t have to remember to take pills every day.</td>
</tr>
<tr>
<td>My plan for coping with stress:</td>
</tr>
<tr>
<td>Talk to my roommate John when I am angry</td>
</tr>
<tr>
<td>Play basketball at the park at least once a week</td>
</tr>
<tr>
<td>Practice muscle relaxation using the app on my phone before bed</td>
</tr>
<tr>
<td>My plan for avoiding substance use:</td>
</tr>
<tr>
<td>Suggest an alternative activity such as watching a movie</td>
</tr>
<tr>
<td>Try out a new walking route to avoid people asking me to use</td>
</tr>
<tr>
<td>Remind my friends that I am trying to stay healthy and lose weight</td>
</tr>
</tbody>
</table>

Part 2. Being Aware of Early Warning Signs

<table>
<thead>
<tr>
<th>My most important Early Warning Signs are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Eating dinner in my room and not with my roommate</td>
</tr>
<tr>
<td>B. Forgetting my appointments for my work, my doctor, and my case manager</td>
</tr>
<tr>
<td>C.</td>
</tr>
</tbody>
</table>

Part 3. Responding to Early Warning Signs

<table>
<thead>
<tr>
<th>Action Step</th>
<th>Details for taking the Action Step</th>
</tr>
</thead>
</table>
| 1. Contact the doctor or other treatment team member | Dr. Smith phone: 333-444-5555  
Crisis phone: 666-777-8888 |
| 2. Get more social support | Ask my roommate to cook dinner with me or shoot some hoops at the park |
| 3. Keep track of the early warning sign until it gets better | Write down on my calendar when I first start having the early warning sign. Mark down every day that I have it and use a scale of 1-5, with 5 being “very distressing.” |
| 4. Stop or reduce the use of alcohol or drugs | Look into joining a basketball league so I am not bored  
Tell my friends I want to be healthy and I am trying to lose weight |
| 5. Use coping strategies | Get some exercise like playing basketball  
Use muscle relaxation with app on my phone a couple of times every day |
| 6. Use a Healthy Lifestyle Strategy | Make sure I get enough sleep  
Set the reminder on my cellphone to remind me to go to bed at 11PM every night |

My Signature Date  
Clinician Signature Date
Structure of URL Sessions

1. Check-in (1-2 minutes)
   a. Setting an agenda (5 minutes)
   b. Review of the previous session (5 minutes)
   c. Review of the home practice assignment (5-10 minutes)
   d. Following up on client’s goals (5-10 minutes)

2. Teaching materials from the handout for the day, including practicing a new skill (20-30 minutes)

3. Developing a new home practice assignment (5-10 minutes)
Advantages of Using a Structured Approach and Handouts

• Gives practitioner a guide for important information to cover
• Provides discussion questions and activities that keep sessions lively and interesting
• Provides predictability to clients
• Saves time for practitioners (don’t have to invent topics or client-friendly wording)
• Keeps both clients and practitioners on track
How Not To Use Handouts

• May be used incorrectly by just reading to the client or by asking him or her to take the handout home and read it
• May be used rigidly, without taking time to tailor contents and style of delivery to the individual client
Handouts Must Be Used Flexibly: 3 Examples of Methods

• Practitioner gives handout to the client at the beginning of the session and takes turns reading aloud, with frequent pauses

• Practitioner uses educational handout to guide session, primarily employing a conversational approach to sharing information

• Practitioner can put away the handout with clients who are reluctant to use written materials at all or who have low reading ability
  • May use handout (or list of topics) to guide session without giving a copy to client or directly reading from it
  • Can give handout to client at end of session if client is interested and agrees
How You Use Handouts Depends on the Client

• Reading level
• Comprehension level
• Severity of symptoms
• Willingness to talk about mental health challenges they experience
• Previous experience with recovery or resiliency programs
Handout 1 – Getting to Know You

• Building therapeutic relationship
• Explain the SWAG program
• Elicit information about spend time or different areas of a person’s life
• Identify personal strengths and resources
• Relaxed breathing to help with distress
Introduction to the Program for Staying Well and Achieving Goals (SWAG), and Getting to Know You Better

Welcome to the SWAG Program!

The name of the program has two meanings. First, SWAG stands for Staying Well and Achieving Goals. Second, it refers to the word “swag”, which has come to mean looking good, having self-confidence, and having a personal style. This program aims to promote people’s confidence and their ability to express themselves, especially in how they achieve their goals.

The Agenda for Today’s Meeting Is:

- Learning about the program
- Getting to know you better and what is important to you
- Learning a skill that you can use right away

The Goals of This Program Are:

- To help people learn information, strategies and skills to stay well and out of the hospital
- To help people set personal goals and make progress toward them

Some Basic Facts about the Program are:

1. You will have a series of SWAG meetings with your clinician...
# Personal Strengths

<table>
<thead>
<tr>
<th>Strength</th>
<th>I have this strength</th>
<th>Strength</th>
<th>I have this strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>loyalty</td>
<td></td>
<td>hobbies</td>
<td></td>
</tr>
<tr>
<td>generosity</td>
<td></td>
<td>playing sports</td>
<td></td>
</tr>
<tr>
<td>politeness</td>
<td></td>
<td>following a sports team</td>
<td></td>
</tr>
<tr>
<td>determination</td>
<td></td>
<td>playing music</td>
<td></td>
</tr>
<tr>
<td>spirituality</td>
<td></td>
<td>appreciating music</td>
<td></td>
</tr>
<tr>
<td>love of nature</td>
<td></td>
<td>fixing things</td>
<td></td>
</tr>
<tr>
<td>sense of humor</td>
<td></td>
<td>gardening</td>
<td></td>
</tr>
<tr>
<td>friendliness</td>
<td></td>
<td>cooking</td>
<td></td>
</tr>
<tr>
<td>patience</td>
<td></td>
<td>cleaning</td>
<td></td>
</tr>
<tr>
<td>work skills</td>
<td></td>
<td>sewing or knitting</td>
<td></td>
</tr>
<tr>
<td>study skills</td>
<td></td>
<td>other strength:</td>
<td></td>
</tr>
</tbody>
</table>

**Let’s Talk About It:**

- Which strengths did you check off?
- What do you think are your top two or three strengths? You can write them below

**My top strengths:**

1.  
2.  
3.  

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*Care Transitions Network for People with Serious Mental Illness*
Feedback from a SWAG Clinician

• Having a manual that clients were able to read along with and provide homework activities made the process more seamless.

• Clients were very involved in the program, enthusiastic about completing the homework and improving their diligence.

• Consultation training calls provided strong support for clinicians and validated the work therapists were doing.

• I loved using the SWAG program! It really helped to focus and structure my sessions with several clients who have schizophrenia/schizoaffective disorder. Sometimes it is difficult to feel that talk therapy is productive with clients with these disorders, and I really felt that SWAG helped me to have productive, fruitful sessions. It brought up great conversations with my clients. I liked the concrete skills a lot, especially in the stress management module.
Next Steps

• Spread the word about the SWAG psychoeducation program to other members of your clinic.

• Encourage your colleagues to watch the archived recording of this presentation as an introduction to SWAG.

• Please contact us for upcoming opportunities for SWAG training.

  • Submit your program’s contact information by using this link.
  • Contact Megan Walsh at mwalsh9@northwell.edu with any additional questions.
Poll Question
Questions
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Thank you!

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CareTransitions@TheNationalCouncil.org

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