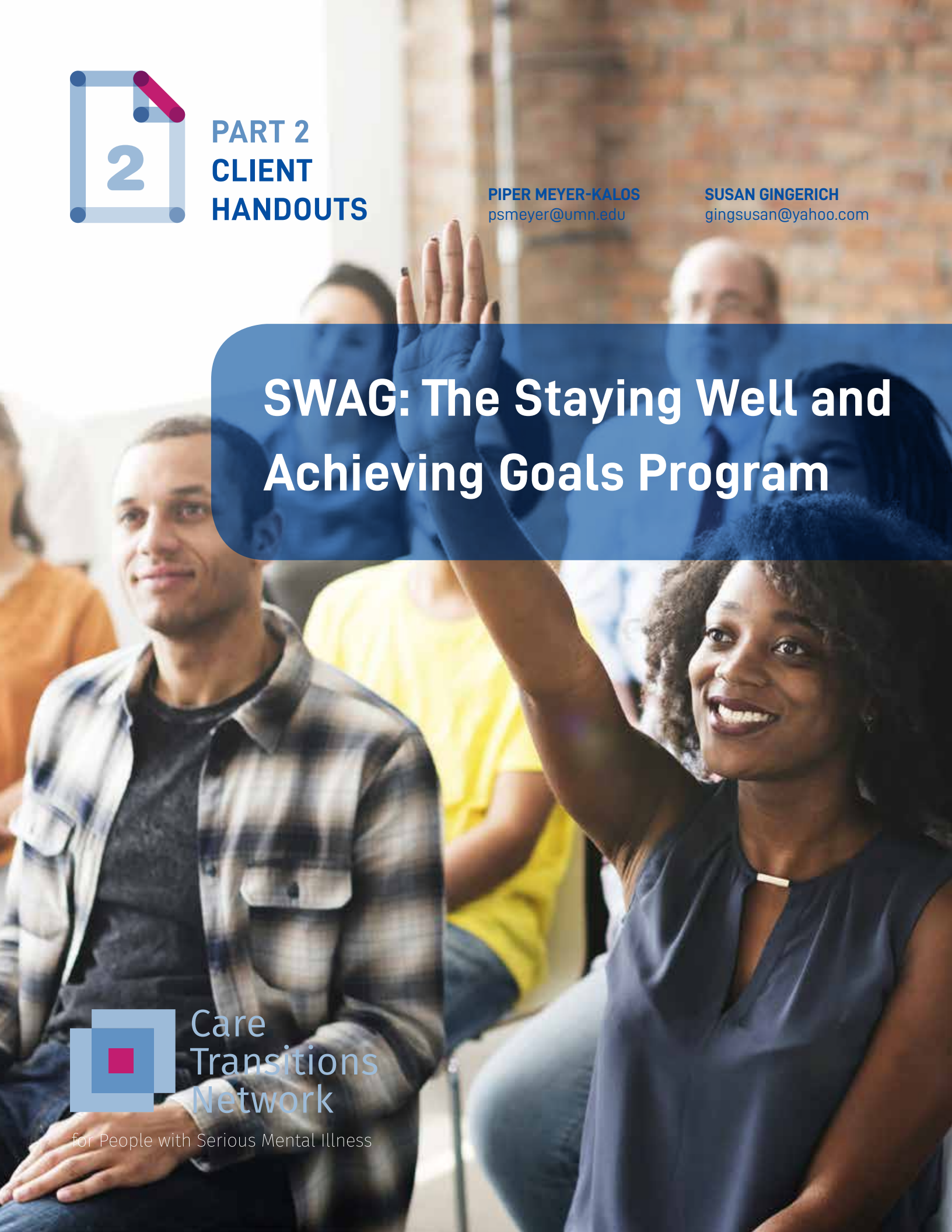

PART 2
CLIENT
HANDOUTS

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SWAG: The Staying Well and Achieving Goals Program

Care
Transitions
Network

for People with Serious Mental Illness

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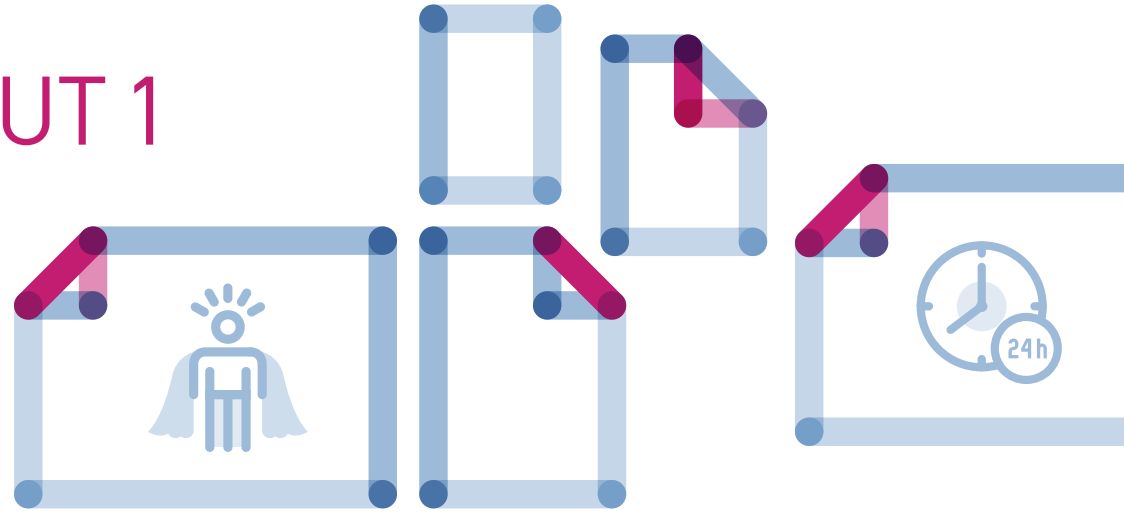
HANDOUT 1



INTRODUCTION TO THE STAYING WELL AND ACHIEVING GOALS (SWAG) PROGRAM 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

- 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

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

SOME BASIC FACTS ABOUT THE PROGRAM

1. You will have a series of SWAG meetings with your clinician over the next few weeks or months. The meetings are usually about 45 minutes long. Depending on your schedule, the meetings may be weekly, twice a month or monthly.
2. There are specific topics for each meeting, with lots of opportunities for discussion and questions.
3. In each meeting, you will learn and practice a skill that can help you stay well and make progress toward your goals.
4. Almost every meeting ends with making a plan about how you will practice the skill you learned and how you will take a step toward your goal.
5. We strongly encourage you to tell family, close friends or other members of your treatment team about SWAG and what you learn in the program. You may even want to invite them to one or more of your meetings.

Topics of the SWAG Meetings

1. Introduction to the SWAG Program and Getting to Know You Better
2. Setting a Positive Goal and Staying Well
3. Using Medications as a Tool for Staying Well
4. Coping with Stress as a Tool for Staying Well
5. Making Choices about Alcohol and Drugs
6. Recognizing Early Warning Signs that Symptoms Might Be Returning
7. Completing Your Personal SWAG Plan for Staying Well

LET'S TALK ABOUT IT

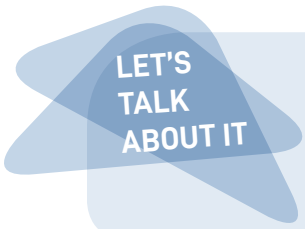
- Do you have any questions about the program so far?
- Who are the supportive people in your life?
- Who would you like to tell about what you would like to learn in SWAG?
- Is there someone you would like to invite to a meeting?

GETTING TO KNOW HOW YOU SPEND YOUR TIME

Everyone spends their time differently. And often they have some things they like about how they spend their time and other things that they would like to be different.

Here are some questions you and your clinician can talk about

1. How do you spend a typical day, starting with getting up in the morning and ending with going to sleep at night?
2. What do you like about how you spend your day? What do you not like so much?
3. What do you like to do for fun? What fun things have you done recently?
4. If you are working, what do you like about your job? Are there some things you don't like about it?
5. If you are going to school, what do you like about your classes? Are there some things you do not like so much?
6. Who would you say are your friends? How much time do you spend with them every week? What do you like to do with them? Are you spending as much time with friends as you would like?
7. What family members do you have contact with? How much time do you spend with them every month? What do you like to do with them? Are you spending as much time with family members as you would like?
8. What do you do for exercise? How much time do you spend on that every week?
9. Do you cook for yourself? What do you like to cook? Would you like to learn to cook more things?
10. Have we missed anything about how you spend your time?



- What do you like best about how you spend your time?
- What are one or two things you might like to be different in how you spend your time?

GETTING TO KNOW YOUR STRENGTHS

Each person is an individual and has different strengths. Strengths include all kinds of abilities, talents and skills. Being aware of strengths helps people feel more confident and optimistic. This is important both for staying well and for taking steps toward goals.

Take a look at the following table with your clinician. As you discuss your strengths together, make a checkmark next to the things that you think are your strengths and give an example of when you used or showed that strength. Your clinician may remind you of some strengths that you forgot or that you don't give yourself credit for. If you agree, check off those strengths, too.

PERSONAL STRENGTHS

Strength	I have this strength
loyalty	
generosity	
politeness	
determination	
spirituality	
love of nature	
sense of humor	
friendliness	
patience	
work skills	
study skills	

Strength	I have this strength
hobbies	
playing sports	
following a sports team	
playing music	
appreciating music	
fixing things	
gardening	
cooking	
cleaning	
sewing or knitting	
other strengths	

LET'S TALK ABOUT IT

- Which strengths did you check?
- What do you think are your top two or three strengths? You can write them on the next page.

MY TOP STRENGTHS

1.	
2.	
3.	

TODAY'S SKILL: RELAXED BREATHING

Being able to relax helps most people get through their day and also helps them use their strengths. Today you are going to learn and practice a basic relaxation skill called "relaxed breathing."

Use the following steps with your clinician to try relaxed breathing. Practicing this skill can help you slow down your breathing, especially your exhaling.

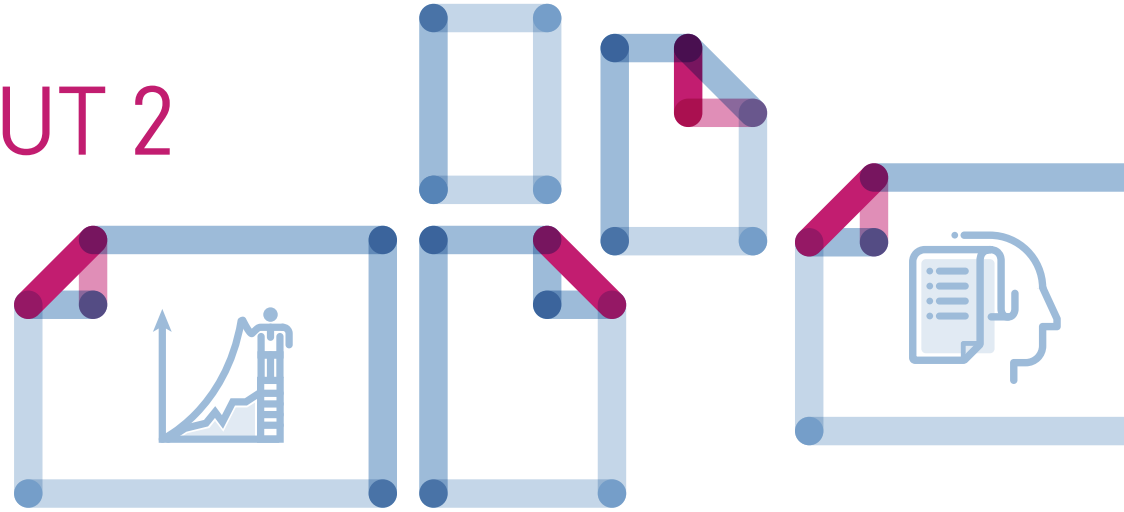
- Choose a word that you associate with relaxation, such as CALM or RELAX or PEACEFUL.
- Inhale through your nose and exhale slowly through your mouth. Take normal breaths, not deep ones.
- While you exhale, say the relaxing word you have chosen. Say it very slowly, like this, "c-a-a-a-a-a-a-l-m" or "r-e-e-e-l-a-a-a-x."
- Pause after exhaling before taking your next breath. If it's not too distracting, count to four before inhaling each new breath.
- Repeat the entire sequence 10 to 15 times.

HOME PRACTICE

It helps if you practice something you have learned in each SWAG meeting at home. The questions on the following chart will help you plan how you will practice relaxed breathing before your next meeting. People get the most benefit from relaxed breathing if they practice it every day.

Day of the week	What time of day will you practice relaxed breathing?	Where will you practice it?	Would you like to practice it with someone? If so, who?

HANDOUT 2



SETTING A POSITIVE GOAL AND STAYING WELL

CHECK-IN

How are things going for you in general?

Were you able to practice the relaxed breathing skill you learned in our last meeting? How did it go?

MAKING A PLAN FOR ACHIEVING GOALS

As mentioned in Handout #1, one of the aims of the SWAG program is to help you set personal goals and make progress toward them. Setting a goal and breaking it into steps gives you a plan for how to get from where you are to where you want to go. Like a map. In this handout, you and your clinician will develop a personal Goal Planning Sheet.

On the next page is an example of a completed Goal Planning Sheet, to give you an idea of what one looks like. On the following page is a blank Goal Planning Sheet that you will complete as you go through this handout with your clinician.

GOAL PLANNING SHEET: Completed Example

NAME: Steven **DATE:** 10/2/17

PERSONAL MEANINGFUL GOAL: Move into my own apartment

Sub-Goals Related to the Personal Meaningful Goal
Place a ✔ after steps achieved. Modify steps or add new steps as needed.

SUB-GOAL 1:
Figure out what I can afford

STEPS:

1. Write down my monthly income
2. Write down monthly expenses
3. Figure out how much is left
4. How much can I spend for apartment, utilities and other expenses?

MODIFIED OR ADDITIONAL STEPS

1.
2.
3.
4.

SUB-GOAL 2:
Locate affordable apartment near a bus line

STEPS:

1. Get bus schedule and map
2. Look at apartment ads on line
3. Reply to ads of places I can afford
4. Set up appointments for apartments in my price range and near a bus

MODIFIED OR ADDITIONAL STEPS

1.
2.
3.
4.

SUB-GOAL 3:
Learn to cook a few meals

STEPS:

1. List what I can already cook
2. List what I need to learn
3. Ask my sister or a friend to teach me new dishes

MODIFIED OR ADDITIONAL STEPS

1.
2.
3.
4.

GOAL PLANNING SHEET: Review weekly

NAME: **DATE:**

PERSONAL MEANINGFUL GOAL:

Sub-Goals Related to the Personal Meaningful Goal

Place a ✔ after steps achieved. Modify steps or add new steps as needed.

SUB-GOAL 1:	SUB-GOAL 2:	SUB-GOAL 3:
STEPS:	**STEPS:**	**STEPS:**
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
MODIFIED OR ADDITIONAL STEPS	**MODIFIED OR ADDITIONAL STEPS**	**MODIFIED OR ADDITIONAL STEPS**
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.

SELECTING A PERSONAL GOAL

Everyone has different goals or things they want to do in their life. Here are some common goals that you can review with your clinician:

- Getting a job or keeping a job.
- Going back to school or finishing school.
- Having friends and spending time with them.
- Having close relationships, like a boyfriend, girlfriend or partner.
- Getting along better with family members.
- Learning how to cook or how to cook more dishes.
- Living on your own.
- Improving your physical health.
- Improving your fitness.
- Having more fun activities.
- Spending more time on hobbies or interests.

You can look at the completed Goal Planning Sheet to see an example of defining a long-term goal.

LET'S TALK ABOUT IT

- Which of the goals on the list are important to you?
- Do you have some goals that are not listed? What are they?
- What is your MOST IMPORTANT goal? Which one means the most to you? Be as specific as possible in defining your goal.
- How would life be better if that goal was accomplished?

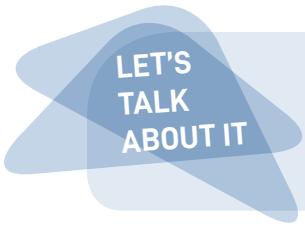
Now, turn to the blank Goal Planning Sheet and fill in your name and fill in the blank near the top of the page with your personal meaningful goal.

BREAKING DOWN YOUR SUB-GOALS INTO STEPS

It helps to break down sub-goals into small steps. This is like a "to-do" list that keeps you on track making progress toward your goals. Small steps can add up to significant accomplishments.

In planning steps, it is helpful to think about the details of how you will accomplish the steps, including exactly what you will do, when and where you will do it and whether it would be useful to have someone help you.

You can look at the completed Goal Planning Sheet to see an example of breaking down a sub-goal into steps.



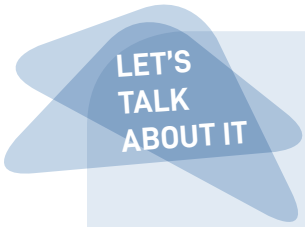
- Earlier in this handout, you broke down your goal into three sub-goals. How can you break down at least one of the sub-goals into small steps? Be as specific about the steps as possible.

Now turn to your Goal Planning Sheet and fill in the blanks for the steps of one or two sub-goals.

STAYING WELL SO YOU CAN ACHIEVE YOUR GOALS

In order to make progress on the goal you set on your Goal Planning Sheet, it's very important to stay well so that you can put all your energy into achieving the goal. By staying well, we mean not having relapses, which means keeping mental health symptoms from coming back or getting worse. When symptoms come back or get worse, it can take a lot of energy and may require doctor's visits, an increase in medication or a stay in the hospital. By doing things to stay well, you can save your energy and concentration for achieving your goals.

For many people, having symptoms return also gets in the way of doing things they want to do and having the kind of life they want.



- Can you think of an example of a time when symptoms came back or got worse and it stopped you from doing things that you wanted to do? What sort of things?
- How do you think your life would be different if you were able to stay well and not have to deal with symptoms coming back or getting worse?

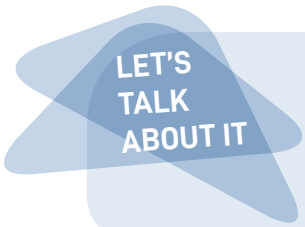
LEARNING ABOUT COMMON CAUSES OF SYMPTOMS COMING BACK OR GETTING WORSE

There are three common causes of symptoms coming back or getting worse, they are:

- Not taking medications regularly.
- Difficulty managing high levels of stress.
- Using substances like alcohol and drugs.

You can go a long way toward staying well by avoiding or preventing these three common causes. SWAG Handouts #3, #4 and #5 give information and strategies and skills that you can use to prevent each of the common causes.

You can look at the completed Goal Planning Sheet to see an example of breaking down a sub-goal into steps.



- Can you think of an example of a time when one or more of the common causes led to your symptoms coming back or getting worse?
- What happened?

TODAY'S SKILL: FOLLOWING UP ON YOUR GOAL

Obviously, having a Goal Planning Sheet does not work if you never look at it or follow the steps on it.

To follow-up on your goal, it usually helps to:

1. Keep your Goal Planning Sheet in a place you can easily find it. For example, some people post it in their room, keep it in a folder in a desk drawer or fold it up and put it in their wallet. Other people take a picture of it with their cell phone and store it on their phone.
2. Review your Goal Planning Sheet every week. Pick a step under one of the sub-goals that you can do during the coming week.
3. Figure out the details of how you will complete the step, including:
    a. Exactly what will you do?
    b. When will you do it?
    c. Where will you do it?
    d. Who do you want to ask to help you?
4. When you complete the step, check it off to give yourself a sense of accomplishment.
5. Select the next step that you can accomplish and plan how you will do it.
6. KEEP REPEATING steps 1-5.

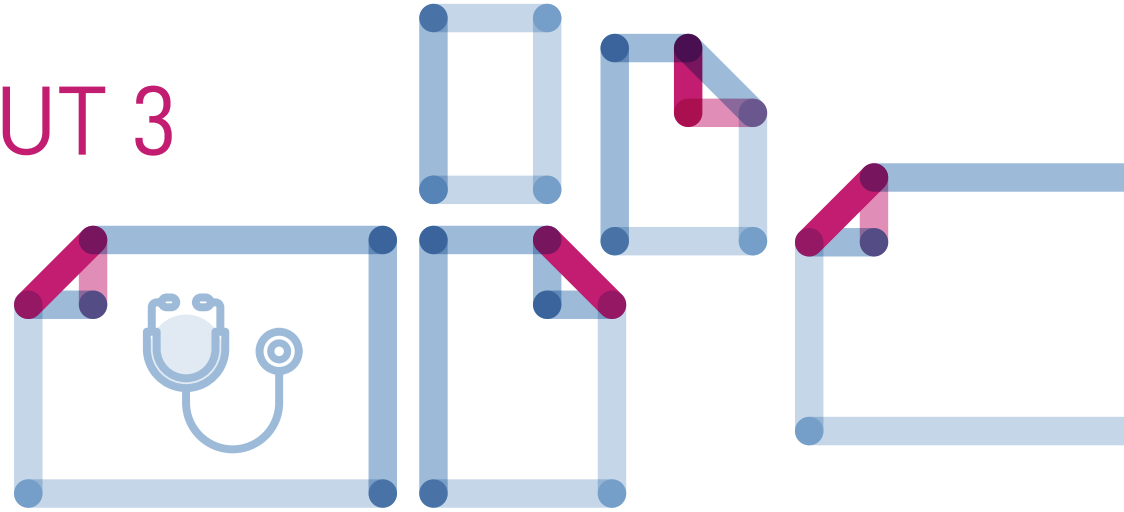
Take time now to plan with your clinician how you will follow up on the goal you set in this meeting. You can use the following worksheet.

Plan for Following Up On Your Goal	
1. Where will you keep your Goal Planning Sheet?	
2. What step do you plan to complete this week?	
3. Details a. Exactly what will you do? b. When will you do it? c. Where will you do it? d. Who do you want to ask to help you?	

HOME PRACTICE

Follow through on the plan you made in today's meeting for keeping your Goal Planning Sheet in a place you can easily find it and taking a step toward your goal.

HANDOUT 3



USING MEDICATION AS A TOOL FOR STAYING WELL

AVOIDING COMMON CAUSES OF SYMPTOMS COMING BACK

CHECK-IN

How are things going for you in general?

Were you able to take a step toward your goal? How did it go?

As mentioned in Handout #2, it's very important to stay well so you can put all your energy into achieving your goals and enjoying your life. Also, in Handout #2, you learned about the three most common causes of symptoms coming back or getting worse, which are:

- Not taking medications regularly.
- Difficulty managing high levels of stress.
- Using substances like alcohol and drugs.

You can go a long way toward staying well by avoiding or preventing these three common causes.

In today's meeting, we will focus on the first common cause of symptoms coming back, which is not taking medication regularly.

Medication has been found to be helpful in two important ways:

1. Reducing symptoms.
2. Minimizing the chances of symptoms coming back in the future.

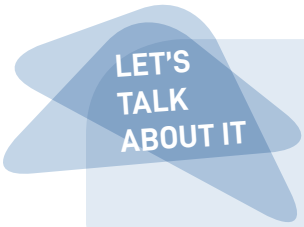
TAKING MEDICATIONS TO REDUCE SYMPTOMS

Medications can help reduce the severity of symptoms and sometimes get rid of them. The medications we are talking about today are called "antipsychotic medications," and they are designed to help reduce sensory or perceptual symptoms (such as hearing voices or seeing or smelling things that are not there), paranoia and confused thinking. Sometimes medicine helps people quite rapidly. They are able to relax, think more clearly and feel less distressed in a few days. However, sometimes it may take a few weeks before the symptoms are reduced significantly.

TAKING MEDICATIONS TO KEEP SYMPTOMS FROM COMING BACK

Taking medication on a regular basis helps prevent a return of symptoms.

Taking medication is not a cure for symptoms and there is no guarantee that you will not have an episode again. However, for most people, taking medication on a regular basis significantly reduces the risk of symptoms coming back, which can lead to a lot of distress and may even require a trip to the emergency room or the hospital. That's why it is very important not to stop taking medication, even if you are feeling better, without checking with your doctor or nurse first.



- Do you take medications to help control your symptoms?
- Have you ever stopped taking your medications? If yes, why did you stop?
- What happened?

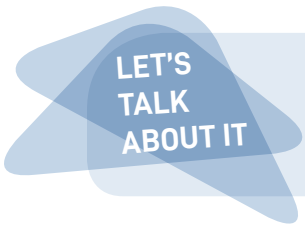
EXAMPLES OF ANTIPSYCHOTIC MEDICATIONS

Antipsychotic medications are very effective at treating psychosis. There are many different types and dosages, depending on the needs of the individual. For most people, low doses of these medications can reduce symptoms.

The older antipsychotics include haloperidol (brand name Haldol), fluphenazine (brand name Prolixin) and chlorpromazine (brand name Thorazine). The newer antipsychotics are listed below in alphabetical order.

NEWER ANTIPSYCHOTICS	
Chemical Name	**Brand Name**
aripiprazole	Abilify
asenapine	Saphris
clozapine	Clozaril
iloperidone	Fanapt
lurasidone	Latuda
olanzapine	Zyprexa
quetiapine	Seroquel
risperidone	Risperdal
ziprasidone	Geodon

Antipsychotic medications can be taken orally as pills and some can be taken as long-acting injections. Taking medications by injections has a couple of advantages. It takes away the problem of remembering to take the pills every day and the medications last a long time between injections – most last a month but some last up to three months.



- Are you currently taking one of the medications listed in the table? Which one?
- Have you taken any of the other medications listed? Which ones?

WHAT ARE THE BENEFITS OF TAKING THESE MEDICATIONS?

As mentioned earlier, antipsychotic medication can help reduce the following symptoms:

- Hearing voices.
- Seeing things that other people don't see.
- Feeling or smelling something that is not there.
- Believing that people are against you or want to hurt you when they don't (sometimes called "being paranoid").
- Believing that you have special powers or can do impossible things.
- Confused thinking.
- Disorganized thinking.

Medication can also help people relax, sleep better and focus more on their goals and other things that are important to them.

LET'S TALK ABOUT IT

- Which symptoms on the list do you have sometimes?
- Which ones are helped by taking medication?

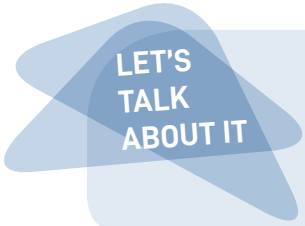
POTENTIAL SIDE-EFFECTS OF THESE MEDICATIONS

These medications, like many other medications, including over-the-counter medications like aspirin, can potentially cause side-effects. Not everyone experiences side-effects, however, for those who do, the types and seriousness of the side-effects vary.

Common side-effects of the newer antipsychotic medications include:

- Weight gain
- Drowsiness
- Dizziness
- Restlessness
- Dry mouth
- Constipation
- Blurred vision
- Sexual side-effects
- Increased blood sugar

Many side-effects go away over time. However, it is important to tell your doctor or nurse right away if you have any side-effects. Your doctor or nurse is very concerned about you getting the best results from your medication with the fewest possible side-effects. There are lots of things they can do to help with side-effects.

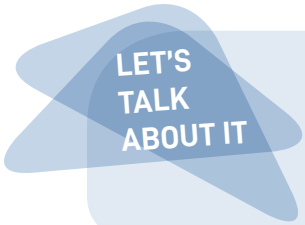


- Have you ever had side-effects from the medications you take? Which ones?
- Did you talk to your doctor or nurse about the side-effects? What suggestions did they give you?

STRATEGIES FOR TAKING MEDICATION REGULARLY

If you take medications in the form of pills it can be challenging to remember to take them on a regular basis. Here are some strategies you can use that other people have found helpful:

- Take medications at the same time every day.
- Use cues and reminders (calendars, cell phone alarms, pill organizers).
- Ask someone in your life to remind you in a friendly way.
- Program your cell phone.
- Keep your medications next to an item that you use daily (like the coffee pot or your cell phone charger).



- Do you use strategies for remembering to take your medications regularly? Which ones?
- Are there any strategies on the list that you would like to try?

TODAY'S SKILL: TALKING TO YOUR DOCTOR OR NURSE

It is important to talk to your doctor or nurse on a regular basis. Ask them any questions that you may have. Here are some examples of questions that you may want to ask:

1. What are the benefits of taking medication?
2. How long does the medication take to work?
3. Will it interfere with things that I want to do, such as working or going to school?

It's also important to talk to your doctor or nurse about how you are feeling. Here are some examples of things you may want to tell them:

1. Any symptoms you're experiencing. The ones that are getting better. The ones that are not. How severe they are.
2. Any side-effects you're experiencing. The ones that are getting better. The ones that are not. How severe they are.

With your clinician, prepare for your next meeting with your doctor or nurse. Pick a question you would like to ask and a symptom or side-effect that you would like to tell them about. You can then practice what you would say in the meeting. Your clinician can take the first turn by showing how they would talk to the doctor or nurse. Then you take a turn and practice how you would do it.

HOME PRACTICE

It helps to practice something you learn in every SWAG meeting. Part 1 will help you practice something from your session today.

Part 1: Today you practiced how to talk to your doctor or nurse, including asking them questions and telling them about a symptom or side-effect. If you are meeting with your doctor or nurse in the next week, ask them the questions and tell them the information as you practiced in the meeting. If you are not meeting with your doctor or nurse in the next week, practice with someone else how you might ask the questions and tell them the information. You can use a friend or family member for this. Or you can practice while looking in the mirror.

It is also important to continue to take steps toward your positive goal. In Part 2, write down which step you are going to work on over the next week.

Part 2: Look at your Goal Planning Sheet and identify a step you can take toward your goal this week.

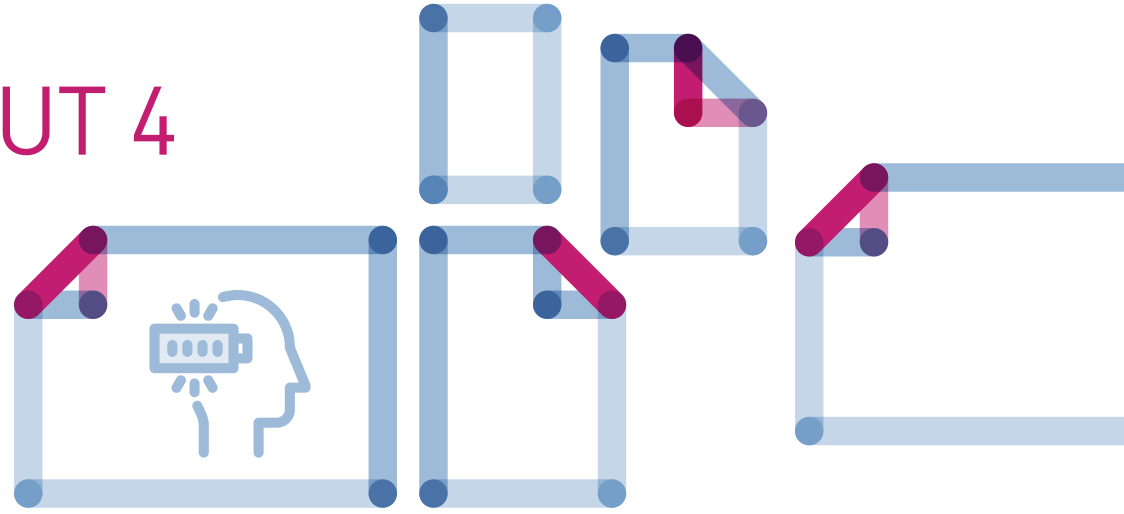
a. What step are you going to work on toward your goal this week?

b. When can you take this step?

c. Where could you do this step?

d. Would it help to have someone do the step with you?

HANDOUT 4



COPING WITH STRESS AS A TOOL FOR STAYING WELL

CHECK-IN

How are things going for you in general?

Were you able to practice one of the strategies or skills you learned in our last meeting? How did it go?

Were you able to take a step toward your goal? How did it go?

AVOIDING COMMON CAUSES OF SYMPTOMS COMING BACK OR GETTING WORSE

We have been talking about the three most common causes of symptoms coming back, which are:

- Not taking medications regularly.
- Difficulty managing high levels of stress.
- Using substances like alcohol and drugs.

Today we are focusing on the second common cause, which is having trouble coping with high levels of stress. We will focus on how to improve the way you cope with stress.

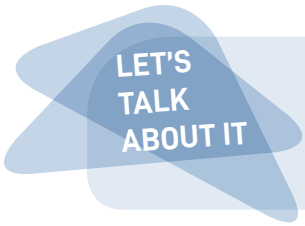
LEARNING ABOUT STRESS

Everyone has some stress in their lives. It can come from a lot of different things:

- Living situation
- Relationships
- Work
- School
- Boredom
- Finances
- Legal problems
- Problems related to alcohol or drug use

Symptoms

- Problems with sleep
- Depression
- Changes in mood
- Nervousness
- Hearing voices
- Bothered by paranoia (such as believing people are out to get you)



- Which of these types of stress are a problem for you?
- Are you feeling stress from anything else going on in your life?

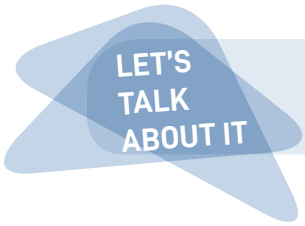
HOW CAN YOU IDENTIFY SIGNS OF STRESS?

Stress can affect your physical health and emotions as well as your thoughts, behavior and mood. Recognizing your personal signs of stress can help you do something about it. We have listed some of the most common signs of stress in the following checklist.

Think about some recent times when you were under stress. Then, review the following list and place a checkmark next to the signs of stress that you experienced.

- ☐ Headaches
- ☐ Sweating
- ☐ Increased heart rate
- ☐ Back pain
- ☐ Change in appetite
- ☐ Difficulty falling asleep
- ☐ Increased need for sleep
- ☐ Trembling or shaking
- ☐ Stomach aches
- ☐ Dry mouth
- ☐ Problems concentrating
- ☐ Anger over relatively minor things
- ☐ Irritable
- ☐ Anxious
- ☐ Feeling restless or "keyed up"
- ☐ Tearful
- ☐ Forgetful
- ☐ Using alcohol or drugs (or wanting to)

Other: _____



- What signs of stress did you check? These are your personal signs of stress.

STRATEGIES TO ADDRESS STRESS

Everyone has some stress in their lives. It can come from a lot of different things: There are many things that people can do to address common situations that regularly cause stress. Here are some examples:

1. Developing a routine of doing activities that you enjoy.

Having activities that you enjoy on a regular basis helps prevent stress from building up. Enjoyable activities also help you avoid boredom. Different people enjoy different things, so it's important to find out what you like doing.

2. Building a strong support system.

It's helpful to have a support system of people who are encouraging and supportive. You can do fun activities with them to avoid stress. If you start to experience stress, you can talk to them about your feelings, which will help reduce stress. And sometimes people in your support system have good ideas about how to handle a stressful situation.

3. Making a plan for dealing with problems that cause stress.

For example, if you are often stressed because you can't find your keys, you can try putting a key holder on the wall next to the door and hang your keys there all the time. If you are often stressed by being late to work, you can try getting up earlier and leaving for work earlier. If you are often stressed by going to social events because you don't know what to talk about, make a plan in advance for topics you can talk about to people at the event

LET'S TALK ABOUT IT

- Which of these three strategies do you think could be helpful for you?
- How could you try one of these strategies this week?
- Who would you feel comfortable talking to if you feel under stress?

STRATEGIES TO COPE WITH STRESS

Some stressful situations cannot be avoided or prevented. However, you can develop ways of dealing with stress so it is less unpleasant or disruptive. Some examples of strategies for coping with stress include:

1. Talking about your feelings or writing them down in a journal.

Holding in your feelings or keeping them bottled up can be very stressful. Whether your feelings are positive, like being excited about a new job, or negative, such as being angry at how someone else has behaved, it helps to have an outlet for them. You can talk to someone you trust like a family member or a friend or you might find it helpful to keep a journal of your thoughts and feelings.

2. Using positive self-talk.

Positive self-talk helps you respond to stress by reminding you of your strengths and your ability to handle situations. You can say things to yourself like, "This may be a hard time, but I can get through this," or "I can handle this," or "There are lots of people who care about me and stand behind me."

3. Using relaxation strategies.

There are many relaxation strategies that help people keep stress from building up. Some examples are relaxed breathing, muscle relaxation and imagining a peaceful scene. Practicing relaxation strategies regularly, such as every day, helps keep stress from building up. You can also use a relaxation strategy when something stressful happens to help you cope more effectively.

LET'S TALK ABOUT IT

- Which of these three strategies do you think would be helpful to you?
- If you were going to use a relaxation strategy, which one sounds best to you?
- Do you use any other coping strategies that are not listed?

PRACTICING A SKILL: MUSCLE RELAXATION

Relaxation skills can be very effective at reducing stress. Learning how to use a relaxation skill takes practice, like any other skill, like bowling or playing a musical instrument. Practicing relaxation skills every day can make you an expert and prevent stress from building up.

Let's discuss a relaxation skill and try it out together. The goal of muscle relaxation is to gently stretch your muscles to reduce stiffness and tension. The exercises start at your head and work down to your feet. You can do these exercises while sitting in a chair.

STEPS

Shoulder shrugs. Lift both shoulders in a shrugging motion. Try to touch your ears with your shoulders. Let your shoulders drop down after each shrug. Repeat 3-5 times.

Overhead arm stretches. Raise both arms straight above your head. Interlace your fingers, like you're making a basket, with your palms facing down (towards the floor). Stretch your arms towards the ceiling. Then, keeping your fingers interlaced, rotate your palms to face upwards (towards the ceiling). Stretch towards the ceiling. Repeat 3-5 times.

If it is not comfortable to do this step with your arms overhead, try doing it with your arms reaching out in front of you.

Stomach relaxation. Pull your stomach muscles toward your back as tight as you can tolerate. Feel the tension and hold on to it for 10 seconds. Then, let go of the muscles slowly and let your stomach relax, further and further. Then, focus on the release from the tension. Notice the heavy, yet comfortable sensation in your stomach.

Knee raises. Reach down and grab your right knee with one or both hands. Pull your knee up toward your chest (as close to your chest as is comfortable). Hold your knee there for a few seconds before returning your foot to the floor. Reach down and grab your left knee with one or both hands and bring it up toward your chest. Hold it there for a few seconds. Repeat the sequence 3-5 times.

Foot and ankle rolls. Lift your feet and stretch your legs out. Rotate your ankles and feet, 3-5 times in one direction, then 3-5 times in the other direction.

There are many relaxation strategies that help people keep stress from building up. Some examples are relaxed breathing, muscle relaxation and imagining a peaceful scene. Practicing relaxation strategies regularly, such as every day, helps keep stress from building up. You can also use a relaxation strategy when something stressful happens to help you cope more effectively.

Example: Front side

What I can do to prevent stress:
1. Get up at same time every day so I don't miss the bus.
2. Talk to my sister before Sunday dinner at my parent's house.
3. Write down three good things in my journal daily.

Example: Back side

What I can do to cope with stress:
1. Use guided imagery before bedtime.
2. Say to myself "I can do it" before the morning meeting at work.
3. Ask to take a break during group or an appointment when I feel angry.

Now, you can work together with your clinician to complete your own Coping with Stress Card. Don't forget to add any relaxation strategies that you find helpful to your card.

Front side

What I can do to prevent stress:
1.
2.
3.

Back side

What I can do to cope with stress:
1.
2.
3.

HOME PRACTICE

It helps to practice something you learn in every SWAG meeting. Part 1 will help you practice something from your session today.

Part 1: Select a strategy for preventing stress or for coping with stress to try out this week. Track how well the strategy works to reduce stress.

a. What strategy are you going to try to deal with stress?

b. When can you try this new strategy?

c. Where can you do this strategy?

d. Would it help to have someone to do it with you? If so, who?

It is also important to continue to take steps toward your positive goal. In Part 2, write down which step you are going to work on over the next week.

Part 2: Look at your Goal Planning Sheet and identify a step that you can take toward your goal this week.

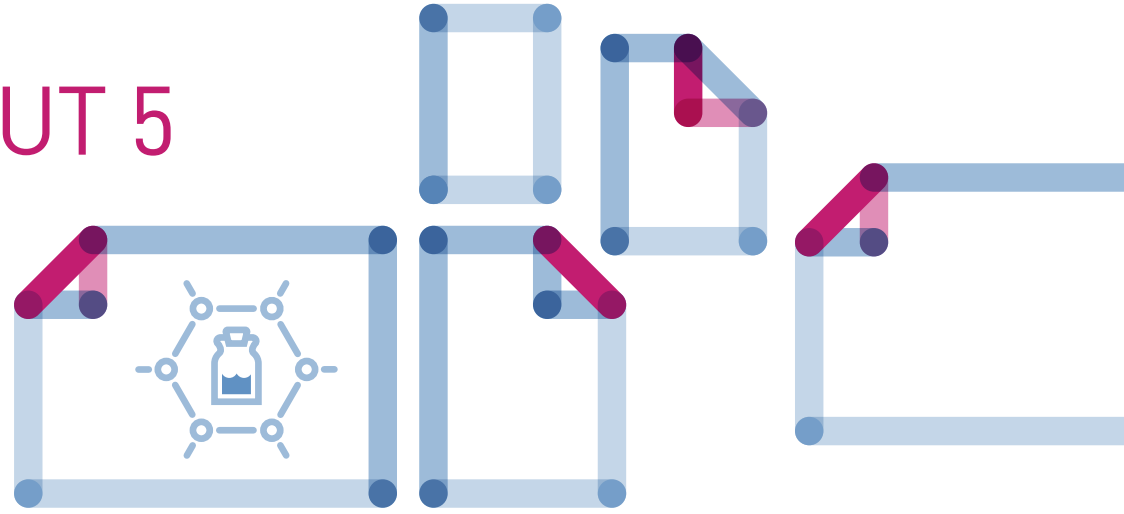
a. What step are you going to work on?

b. When can you take this step?

c. Where can you do this step?

d. Would it help to have someone do the step with you? If so, who?

HANDOUT 5



MAKING CHOICES ABOUT ALCOHOL AND DRUGS

CHECK-IN

How are things going for you in general?

Were you able to practice one of the strategies or skills you learned in our last meeting? How did it go?

Were you able to take a step toward your goal? How did it go?

AVOIDING COMMON CAUSES OF SYMPTOMS COMING BACK OR GETTING WORSE

We have been talking about the three most common causes of symptoms coming back, which are:

- Not taking medications regularly.
- Difficulty managing high levels of stress.
- Using substances like alcohol and drugs.

Today, we are focusing on the third common cause, which is drinking or using drugs. We will focus on learning more about alcohol and drugs and how to decrease the chance that they will cause symptoms to come back or get worse.

LEARNING ABOUT THE EFFECTS OF USING ALCOHOL AND DRUGS

Using alcohol and drugs is common. People use drugs and alcohol for different reasons. Here are some common reasons:

- To socialize and fit in with other people.
- To celebrate.
- Because it feels good.
- To cope with feeling bad.
- To distract themselves from problems.
- Because they are bored.

LET'S TALK ABOUT IT

- When are you likely to use alcohol or drugs?
- What do you like most about using alcohol or drugs?

The following table lists examples of commonly used substances and both the positive and negative effects they have on people.

Commonly Used Substances and Their Effects

Substance	Examples	Positive Effects	Negative Effects
Alcohol	Beer, wine, gin, whiskey, vodka, tequila	-Relaxation -Lighter mood	-Slower reaction time -Feeling tired -Socially embarrassing behavior
Cannabis	Marijuana, hash, THC	-Relaxation -"High" feeling	-Reduced reaction time and coordination -Feeling unmotivated -Feeling tired -Paranoia -Increased anxiety or feeling panicky
Stimulants	Cocaine (powder or crack), amphetamines (crystal meth), Dexedrine, Ritalin, Adderall, ephedrine	-Feeling alert, energetic -Euphoria	-Increased anxiety -Paranoia and psychosis -Sleeplessness -Feeling jittery
Hallucinogens	Ecstasy, LSD, peyote, mescaline	-Increased sensory experiences -Feeling of well-being	-Bad "trips" -Psychotic symptoms
Opiates	Heroin, morphine, Vicodin, Demerol, opium, Oxycontin	-Positive feeling of well-being -Relaxation -Reduced pain sensitivity	-Drowsiness -Highly addictive -Risk of overdose

Commonly Used Substances and Their Effects			
Substance	**Examples**	**Positive Effects**	**Negative Effects**
Inhalants	Glue, aerosols, paint	-"High" feeling	-Severe disorientation -Toxic/brain damage
Over-the-counter medications	Cough syrup, antihistamines and related compounds (such as Benadryl and other cold tablets)	-"High" feeling -Sedation	-Drowsiness
Caffeine	Coffee, energy drinks, some teas, some sodas	-Feeling alert	-Feeling jittery -Interference with sleep
Nicotine	Smoking, chewing tobacco	-Feeling alert -Feels good	-Health problems, such as emphysema, lung/throat/mouth cancer
Benzodiaze-pines (anti-anxiety medication)	Valium, Xanax, Klonopin, Ativan	-Reduced anxiety -Relaxation	-"Rebound anxiety" when medication wears off -Loss of inhibition and coordination -Dulled senses

LET'S TALK ABOUT IT

- Have you been around people who drink or use drugs? Which ones?
- How does it affect them?
- Which of the substances on this list have you tried?

HOW ALCOHOL AND DRUG USE AFFECTS SYMPTOMS OF MENTAL ILLNESS

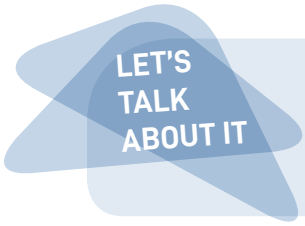
Experiencing the symptoms of mental illness can cause people to be very sensitive to the effects of alcohol or drugs. This means that even small amounts of alcohol or drugs can cause people to have a relapse of symptoms, which may lead to going to the hospital.

LET'S TALK ABOUT IT

- Have you noticed any connection between using substances and having more symptoms?

Using drugs and alcohol can lead to other problems, such as:

- Problems at work, school or being a parent.
- Social problems, such as arguments with family members, getting in fights or doing embarrassing things.
- Financial problems such as not having enough money for things you want or need.
- Not taking care of yourself, such as eating well, or attending to physical problems, like diabetes or high blood pressure.
- Legal problems.
- Being around people who take advantage of you, such as sexually or in terms of money.
- Health problems, such as liver problems, being exposed to HIV or Hepatitis C.
- Not being able to stop using, despite wanting to.



- Which of these problems have you experienced?
- Has anyone expressed concern to you about your use of alcohol or drugs?

MAKING CHOICES ABOUT ALCOHOL AND DRUGS

- If you do not currently use alcohol or drugs, we suggest that you continue that way. It will greatly reduce the risk of future problems.
- If you drink or use drugs, we suggest that you think about quitting. We recommend this, even if you don't drink or use drugs very much or very often. It's very hard to just cut down on the amount you drink or use other substances, because using even a small amount often makes people want more.
- If you drink or use drugs but are not ready to stop, you can still take a good first step by reducing the amount of alcohol you drink or the amount of drugs you take.

ANSWER THE FOLLOWING QUESTIONS TO EXPLORE YOUR CHOICES TO USE ALCOHOL OR DRUGS

LET'S TALK ABOUT IT

- How might your life be better if you reduced or stopped using alcohol or drugs?
- How interested are you in reducing your use or quitting? You can choose a number on the scale below.

0	1	2	3	4	5	6	7	8	9	10
not at all interested					not sure					extremely interested

- What could make you more interested in reducing or quitting?
- How confident are you that you could reduce or quit if you wanted to? You can choose a number on the scale below.

0	1	2	3	4	5	6	7	8	9	10
not at all confident					not sure					extremely confident

If you have decided to make a change, you might find it helpful to complete the following form, "My Change Plan."

My Change Plan
1. What is one reason that my life will be better if I don't drink or use drugs?
2. What is a "high risk" situation when I might be tempted to drink or use drugs?
3. How can I deal with a "high-risk" situation?
4. What can I do to enjoy myself or feel better besides drinking or taking drugs?

LET'S TALK ABOUT IT

- Have you ever known someone who quit or cut down on drinking or taking drugs?
- What was the reason?
- What helped them to quit or cut down?

TODAY'S SKILL: FINDING WAYS TO HAVE FUN WITHOUT USING SUBSTANCES

Doing a fun activity or trying something new can be a helpful way to improve your mood, reduce stress or deal with boredom. If you plan to stay abstinent or if you plan to quit or cut down your use of alcohol or drugs, it is important to have ways to have fun without using substances.

Here is a list of some common examples of fun activities. Check the activities that you enjoy or have enjoyed in the past or an activity that interests you.

- ☐ Playing a sport.
- ☐ Watching a sports team.
- ☐ Playing video games or board games.
- ☐ Knitting, needlepoint or crocheting.
- ☐ Crafts, such as making pottery, photography or making jewelry.
- ☐ Artwork, such as drawing, painting or sculpting.
- ☐ Writing poetry or fiction.
- ☐ Exercise, such as jogging, swimming, bicycling or weightlifting.
- ☐ Exercise classes.
- ☐ Dancing.
- ☐ Hobbies, such as collecting stamps, scrapbook making or woodworking.
- ☐ Cooking.
- ☐ Going to the gym.
- ☐ Participating in theater/drama.
- ☐ Hiking or nature walks.
- ☐ Bird watching.
- ☐ Rock climbing.
- ☐ Yoga/meditation.
- ☐ Reading literature/book club.
- ☐ Gardening/horticulture.
- ☐ Playing a musical instrument.
- ☐ Listening/downloading music or podcasts.

- [ ] Going to concerts.
- [ ] Being involved in a civic organization.
- [ ] Being involved in local government.
- [ ] Volunteering.
- [ ] Using Twitter, Facebook, Instagram or YouTube.

Pick one of the activities you checked that you would like to try. It can help to make a plan to engage in this activity to increase the chances that it will be fun and rewarding. Here are a few questions to consider when making your plan:

Do you need special resources to engage in the activity, such as money, equipment, information, instruction or transportation?

- If yes, what do you need and how can you get it?

Do you want to invite someone to do this activity with you?

- If yes, who would you like to invite and when would be a good time to contact them?

Where and when do you want to do the activity?

- Plan the location, the day(s) and time of day you would like to try the activity.

HOME PRACTICE

It helps to practice something you learn in every SWAG meeting. Part 1 will help you practice something from your session today.

Part 1: Select a strategy to help you reduce or stop using drugs or alcohol or try a new activity for fun over the next week. Track how well the strategy works or track your level of enjoyment when you try the activity.

a. What strategy or activity are you going to try?

b. When can you try this new strategy or activity?

c. Where can you do this strategy or activity?

d. Would it help to have someone to do it with you?

It is also important to continue to take steps toward your positive goal. In Part 2, write down which step you are going to work on over the next week.

Part 2: Look at your Goal Planning Sheet and identify a step that you can take toward your goal this week.

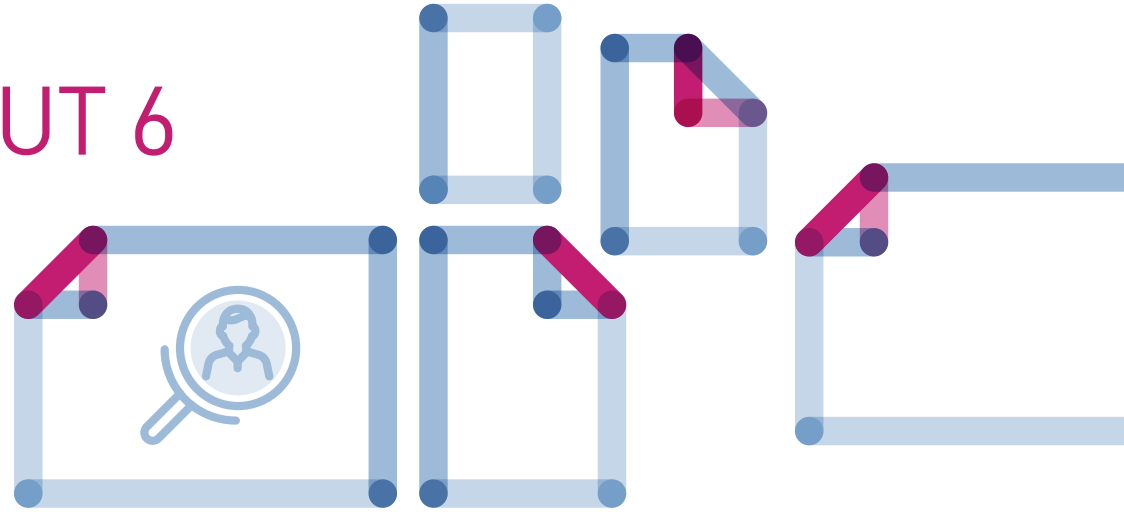
a. What step are you going to work on toward your goal this week?

b. When can you take this step?

c. Where can you do this step?

d. Would it help to have someone to do the step with you? If so, who?

HANDOUT 6



RECOGNIZING EARLY WARNING SIGNS THAT SYMPTOMS MIGHT BE RETURNING

CHECK-IN

How are things going for you in general?

Were you able to practice one of the strategies or skills you learned in our last meeting? How did it go?

Were you able to take a step toward your goal? How did it go?

LEARNING ABOUT EARLY WARNING SIGNS

The symptoms of mental illness are not always the same, even for the same person. Sometimes the symptoms may be absent. Sometimes they may be mild. Sometimes they may be strong.

When symptoms come back or get much stronger than usual, it is called a "relapse" or an "episode" of the illness.

Even when people do their best to avoid it, their symptoms may start to come back or get worse. This may happen quickly, but usually symptoms return gradually over several days or weeks.

When symptoms are starting to return, people often notice small changes in their behavior, feelings and thinking. When people look back, they often realize that these small changes were the first signs that they were starting to have return of symptoms. These signs are often called "early warning signs."

BEING AWARE OF EARLY WARNING SIGNS

Knowing your own early warning signs of symptoms returning can help you get help quickly and prevent a full relapse from happening.

Examples of Common Early Warning Signs:

CHANGES IN BEHAVIOR

☐ Withdrawing from others.	I	F
☐ Acting impulsively (for example, spending lots of money).	I	F
☐ Eating less or eating more.	I	F
☐ Sleeping too much or too little.	I	F
☐ Stopping medication or stopping going to appointments.	I	F
☐ Using drugs or alcohol.	I	F

CHANGES IN THINKING OR SENSES

☐ Problems concentrating.	I	F
☐ Hearing voices or sounds that other people don't hear.	I	F
☐ Feeling paranoid.	I	F
☐ Problems following a conversation or focusing on a topic.	I	F

CHANGES IN FEELINGS OR MOOD

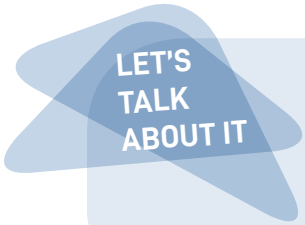
☐ Feeling irritable or extra-sensitive.	I	F
☐ Feeling tense or nervous.	I	F
☐ Feeling sad or depressed.	I	F
☐ Feeling unsafe or worrying that people are against you.	I	F
☐ Feeling angry a lot of the time.	I	F

LET'S TALK ABOUT IT

- Thinking back about times when symptoms came back, which of the early warning signs on the chart above did you notice? Circle an **"I"** next to the early warning signs you have noticed. The **"I"** stands for **"I noticed this."**
- Did your friends or family tell you about any early warning signs that you were not aware of? Circle an **"F"** next to the early warning signs on the chart above that friends or family noticed. The **"F"** stands for **"my family noticed this."**

UNIQUE EARLY WARNING SIGNS

Some people have early warning signs that are unique to them. For example, one person's early warning sign was wearing all black clothing when they usually wore bright colors. Another person's unique early warning sign was not returning phone calls or texts from friends or family members.



- Thinking back about when symptoms began to come back, did you notice any unique warning signs? If so, what were they?
- Did your family members notice any unique signs?

Write down some examples of the unique early warning signs you and your family noticed:

RESPONDING TO EARLY WARNING SIGNS

When you spot an early warning sign and take quick action, you have a very good chance of preventing symptoms from returning. Even if symptoms return, early action usually makes a relapse less severe and shorter and does not require going to the hospital.

Many people have been able to prevent symptoms from returning when they notice an early warning sign by taking the action steps listed.

Action Steps for Responding to Early Warning Signs
1. Contact your doctor, nurse or other member of your treatment team.
2. Get more social support.
3. Keep track of the early warning sign until it gets better.
4. If you are using drugs or alcohol, stop or reduce your use.
5. Use coping strategies.
6. Use a healthy lifestyle strategy.

It is helpful to plan some of the details for taking each action step. Work with your clinician to complete the following table, which includes space to write in the specifics of how you would take each action step.

Action Plan for Responding to Early Warning Signs

Action Step	Details
1. Contact your doctor, nurse or other member of your treatment team.	- Doctor or nurse's phone number: - What you would like to say to them if you notice an early warning sign:
2. Get more social support.	- Individual(s) you would like to talk to and how to contact them: - What you would like them to do to provide support, such as talking, doing an activity together, taking a walk or contacting the treatment team together:
3. Keep track of the early warning sign until it gets better.	- How you will track the frequency and strength of the early warning sign, such as using a chart, your cell phone or a calendar: - Who you will call if the warning sign gets worse:
4. If you are using drugs or alcohol, stop or reduce your use.	- What you will do to stop or reduce your use, such as getting support from family or friends, going to a self-help group or talking to a counselor:
5. Use coping strategies.	- Coping strategies you will use, such as using relaxation techniques, talking about your feelings to a family member or other supportive person or engaging in recreational activities:
6. Use a healthy lifestyle strategy.	- Healthy strategies you will use such as eating healthier foods, getting enough sleep or increasing your physical activity:

TODAY'S SKILL: TELLING SOMEONE YOU NOTICE YOU ARE HAVING AN EARLY WARNING SIGN

As we discussed, Action Step 2 is "get more social support." When you notice an early warning sign, it is helpful to tell someone about it and get their support. Here are some steps that may be helpful when you are talking to the person:

1. Tell the person which early warning sign you are having.
2. Give a few details about the early warning sign, such as when you first noticed it, how often it is occurring and how severe it is.
3. Tell the person what you would like them to do to provide support, such as contacting the treatment team together, talking together, doing an activity together or taking a walk.

With your clinician, prepare for how you would tell someone you are having an early warning sign. First, pick out who you would like to tell, such as a family member, a friend or a treatment provider. Then, your clinician can take the first turn by showing how he or she would talk to the person you have selected. Then you can take a turn and practice how you would do it.

HOME PRACTICE

It helps to practice something you learn in every SWAG meeting. Part 1 will help you practice something from your session today.

Part 1: Today you practiced how to tell someone if you notice you are having an early warning sign. This week, contact the person you would like to tell. Let them know that you would like them to be part of your support system for staying well by being someone you can tell if you notice an early warning sign. Ask them if that is okay with them and if they have any questions.

a. Who could you talk to if you noticed an early warning sign?

b. When could you talk to them about this?

c. Where would be a good place to talk to them?

d. What are some helpful things you could say to describe your early warning signs?

It is also important to continue to take steps toward your positive goal. In Part 2, write down which step you are going to work on over the next week.

Part 2: Look at your Goal Planning Sheet and identify a step that you can take toward your goal this week.

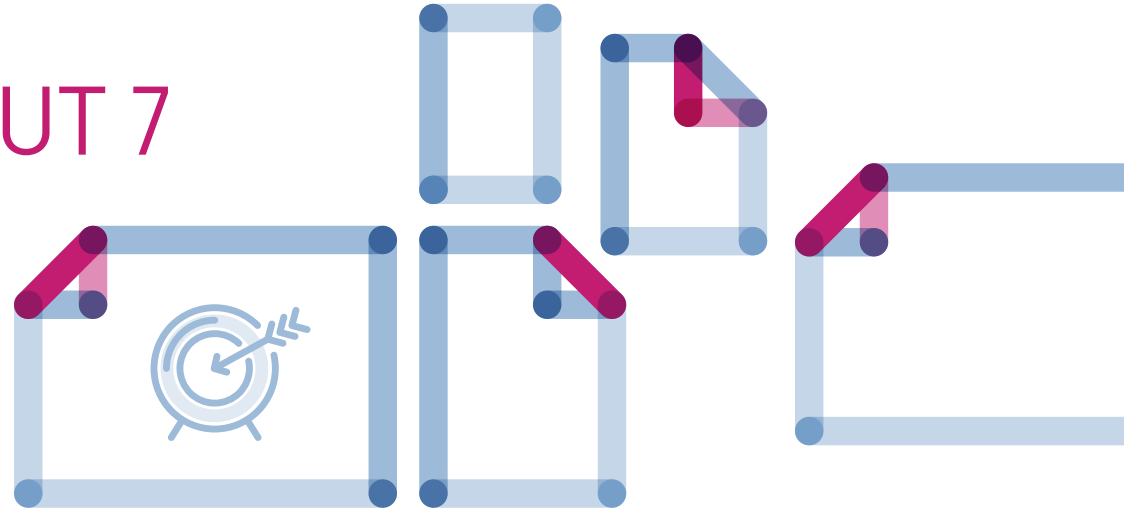
a. What step are you going to work on toward your goal this week?

b. When can you take this step?

c. Where can you do this step?

d. Would it help to have someone to do the step with you?

HANDOUT 7



COMPLETING YOUR PERSONAL SWAG PLAN FOR STAYING WELL

CHECK-IN

How are things going for you in general?

Were you able to practice one of the strategies or skills you learned in our last meeting? How did it go?

Were you able to take a step toward your goal? How did it go?

DEVELOPING YOUR PERSONAL SWAG PLAN FOR STAYING WELL

At this point, it is helpful to put together everything you have learned so far in this program by making a plan to keep symptoms from coming back so that you can free-up time to work on your goals. Today, you and your clinician will work together to make a plan called "Staying Well and Achieving Goals Plan" or a "SWAG Plan."

There are three parts included in the SWAG Plan:

Part 1: Preventing Common Causes of Symptoms Coming Back

Part 2: Being Aware of Your Personal Early Warning Signs

Part 3: Responding to Early Warning Signs

Before working on your own SWAG Plan, it may be helpful to see an example of a completed SWAG Plan.

My SWAG Plan

NAME: Alexander **DATE:** 9/15/17

Part 1. Preventing Common Causes of Returning Symptoms	
What I plan to do to prevent this common cause	
My plan for taking medication regularly	- 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.
My plan for coping with stress	- Talk to my roommate John when I am angry. - Play basketball at the park at least once a week. - Practice muscle relaxation using the app on my phone before bed.
My plan for avoiding substance use	- Do an alternative activity such as watching a movie. - Try out a new walking route to avoid people asking me to use. - Remind my friends that I am trying to stay healthy and lose weight.

Part 2. Being Aware of Early Warning Signs
My most important early warning signs are:
A. Eating dinner in my room and not with my roommate.
B. Forgetting my appointments for my work, my doctor and my case manager.
C.

Part 3. Responding to Early Warning Signs	
Action Step	**Details for taking the Action Step**
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 the 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 11 p.m. every night.

My Signature Date

Clinician Signature Date

LET'S TALK ABOUT IT

- What do you think about the example of the completed SWAG Plan?
- How effective do you think it will be?

Next, you and your clinician can review each part of the SWAG Plan and use the blank form at the end of the handout to write down information, skills and strategies that you plan to use.

PART 1: PREVENTING COMMON CAUSES OF SYMPTOMS COMING BACK

In the SWAG program we have already discussed the three common causes of symptoms returning:

- Not taking medications regularly.
- Difficulty managing high levels of stress.
- Using substances like alcohol and drugs.

Let's review the strategies that work best for you in each of these areas:

NOT TAKING MEDICATION REGULARLY

In Handout #3, we talked about the role of medication in staying well. When people take their medications regularly, it helps symptoms go away and stay away. We believe very strongly that medication is the most powerful tool for preventing relapses, staying out of the hospital and staying on track with your goals. It is especially important to remember that people should not stop taking their medications once they start feeling better. If they do, there is a very high risk that the symptoms will come back.

The following suggestions for taking medications regularly were discussed in Handout #3:

- Take medications at the same time every day.
- Use cues and reminders (calendars, cell phone alarms, pill organizers).
- Ask someone in your life to remind you in a friendly way.
- Program your cell phone.
- Keep your medications next to an item that you use daily (like the coffee pot, or your cell phone charger).
- Talk to your doctor about the possibility of switching to long-acting injectable medications, which can be given just once a month or even less often (such as every three months).

- What are one or two strategies you could include on your SWAG Plan to help you remember to take medications?
- Take a moment to turn to the blank SWAG Plan at the end of this handout. Complete the first line in Part 1 of your SWAG Plan, "My plan for taking medication regularly." List the most important strategies you plan to use to keep on track taking your medication.

DIFFICULTY MANAGING HIGH LEVELS OF STRESS

The second common cause of symptoms returning is having trouble coping with high levels of stress.

In Handout #4, we talked about strategies for avoiding some stressful situations and suggested strategies for coping with stress that can't be avoided. Most people find it helpful to be familiar with a variety of ways to cope with stress, such as the following:

- Exercising.
- Using mindfulness.
- Listening to music.
- Talking to a supportive person.
- Using relaxation techniques like relaxed breathing, muscle relaxation and imagining a peaceful scene.
- Using positive self-talk, such as talking to yourself in a positive, reassuring way.

- What are a few strategies you could include in your SWAG Plan to help you cope with stress?
- Take a moment to turn to Part 1 of your SWAG Plan and write down on the second line the strategies you plan to use to cope with stress.

USING SUBSTANCES LIKE ALCOHOL OR DRUGS

The third common cause of symptoms returning is using alcohol or drugs. Even using small amounts of alcohol or drugs can cause symptoms to return for some people. In Handout #5, we recommended stopping drinking and using drugs or at least cutting down on use as a way of keeping symptoms from coming back.

If you have made the choice to quit or cut down on alcohol or drug use, it can be helpful to know some ideas for succeeding at this. Here are some strategies that other people have found helpful:

- Spending time with people who don't use alcohol or drugs, like sober friends and family members.
- Joining a self-help group like AA.
- Getting involved in fun activities that do not involve drugs and alcohol.
- Avoiding situations where you are highly tempted to drink or use drugs.
- Getting additional support for quitting or cutting down, such as a counselor who knows about both substance use and mental health symptoms.
- Removing alcohol, drugs and over-the-counter medications from your home or your room.

LET'S ADD TO YOUR SWAG PLAN

- What are a few strategies you could include on your SWAG Plan to help you avoid problems with alcohol or drugs?
- Turn to your SWAG Plan. In line three of Part 1, you can write down the strategies you plan to use to avoid problems with alcohol or drugs.

PART 2: BEING AWARE OF EARLY WARNING SIGNS

In Handout #6, you identified early warning signs that you and people close to you have noticed. These include changes in behavior, thinking or sense and feelings or mood.

CHANGES IN BEHAVIOR

- ☐ Withdrawing from others.
- ☐ Acting impulsively (for example, spending lots of money).
- ☐ Eating less or eating more.
- ☐ Sleeping too much or too little.
- ☐ Stopping medication or stopping going to appointments.
- ☐ Using drugs or alcohol.

CHANGES IN THINKING OR SENSES

- ☐ Problems concentrating.
- ☐ Hearing voices or sounds that other people don't hear.
- ☐ Feeling paranoid.
- ☐ Problems following a conversation or focusing on a topic.

CHANGES IN FEELINGS OR MOOD

- ☐ Feeling irritable or extra-sensitive.
- ☐ Feeling tense or nervous.
- ☐ Feeling sad or depressed.
- ☐ Feeling unsafe or worrying that people are against you.
- ☐ Feeling angry a lot of the time.

People also have unique early warning signs that are not on the list. You or your family may have noticed something unusual that was an early warning sign for you as an individual.

LET'S ADD TO YOUR SWAG PLAN

- What are a few of your most important early warning signs?
- Turn to your SWAG Plan. In Part 2, you can write down your early warning signs.

PART 3: RESPONDING TO EARLY WARNING SIGNS

In Handout #6, you wrote down a plan for action steps you can take when you notice early warning signs. It included contacting the doctor or nurse, getting more social support, keeping track of the early warning sign until it gets better, stopping or cutting down on alcohol and drug use, using coping strategies and using healthy lifestyle strategies.

LET'S ADD TO YOUR SWAG PLAN

- Turn to the Action Plan for Responding to Early Warning Signs you made in Handout #6.
- Now turn to your SWAG Plan. You can either write down the Action Plan you made in Handout #6 or attach it to your SWAG Plan.

TODAY'S SKILL: SHARING YOUR PLAN

It can be very helpful to have family members, friends, doctors and other treatment team members be part of your SWAG Plan. Take a minute to review your completed SWAG Plan with your clinician. Think about people you could share it with. Then your clinician can set up a practice where they take the part of the person you want to share your plan with. In the practice, it's helpful to use the following steps:

1. Give the person a copy of your SWAG Plan.
2. Walk through the SWAG Plan, explaining each part along the way.
3. Let the person know if there is something specific you would like them to do to help you stay well.

HOME PRACTICE

It helps to practice something you learn in every SWAG meeting. Part 1 will help you practice something from your session today.

Part 1: Practice a strategy from your SWAG Plan or share your SWAG Plan with a supportive person. Track how well the strategy works for you and if you need to make any changes to your SWAG Plan.

a. What strategy are you going to try?

b. When can you try this new strategy?

c. Where can you do this strategy?

d. Would it help to have someone to do it with you?

It is also important to continue to take steps toward your positive goal. In Part 2, write down which step you are going to work on over the next week.

Part 2: Look at your Goal Planning Sheet and identify a step that you can take toward your goal this week.

a. What step are you going to work on toward your goal this week?

b. When can you take this step?

c. Where could you do this step?

d. Would it help to have someone to do the step with you?

CELEBRATING YOUR PROGRESS SO FAR

You have accomplished a lot in the SWAG program so far. Congratulations!

What are a few strategies and skills from the SWAG program that you think will help you stay well?

What progress have you made toward your goal during the program?

What are some more steps you can take toward your goal in the future?

We encourage you to keep using what you learned to stay well. We also encourage you to keep working on your goals and staying on track with what you want in your life.

You deserve SWAG in every sense of the word!

My SWAG Plan

NAME: **DATE:**

Part 1. Preventing Common Causes of Returning Symptoms	
What I plan to do to prevent this common cause	
My plan for taking medication regularly	
My plan for coping with stress	
My plan for avoiding substance use	

Part 2. Being Aware of Early Warning Signs
My most important early warning signs are:
A.
B.
C.

Part 3. Responding to Early Warning Signs	
Action Step	**Details for taking the Action Step**
1. Contact the doctor or other treatment team member	
2. Get more social support.	
3. Keep track of the early warning sign until it gets better	
4. Stop or reduce the use of alcohol or drugs	
5. Use coping strategies	
6. Use a healthy lifestyle strategy	

My Signature Date Clinician Signature Date