



## Personal Medicine

Discover What You Do to Get  
Well and Stay Well

Dr. Shasa Jackson & Jose Rojas

# Agenda

## Personal Medicine Overview

- What is Personal Medicine
- Sharing our Personal Medicine
- Coping skills and Personal Medicine are different
- Why Personal Medicine

## Coaching with Personal Medicine

- CPMC coaching skills
- Planning for Personal Medicine

## Personal Medicine at Valleywise Health

- Multi-disciplinary approach
- Coaching and planning
- Tool for crisis & engagement
- Tool for therapy & groups

## Discover Your Personal Medicine



# What is Personal Medicine?

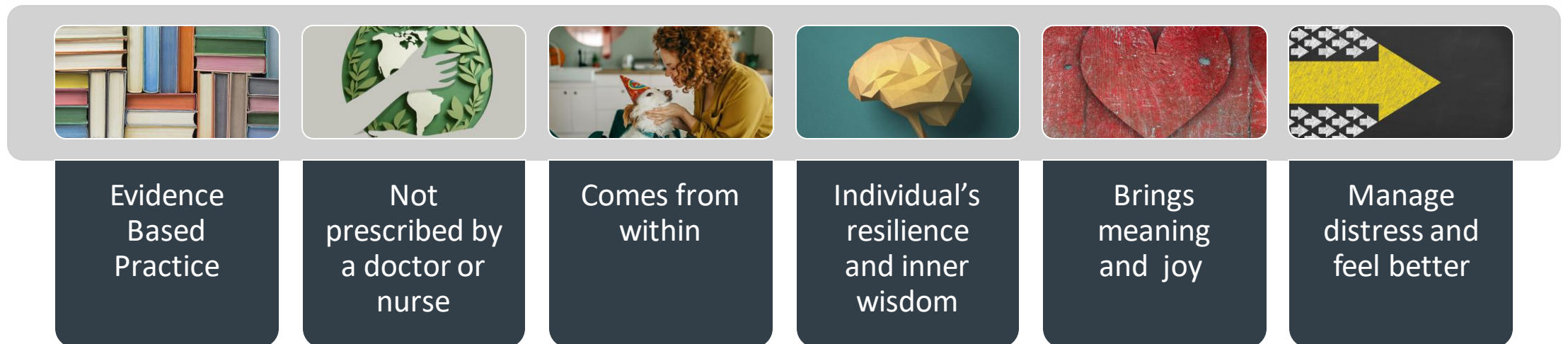
**Personal Medicine is:**

**WHAT WE DO** to get well and stay well.

It **COMES FROM WITHIN** us.

It is part of our **RESILIENCE** and **INNER WISDOM**.

***Everyone has Personal Medicine. No one is “too sick” to have Personal Medicine.***



# What is Personal Medicine?

Finding the right **BALANCE** between medications, and things done to help **GET WELL** and **STAY WELL**.

<p>What does a bad day look like for you?</p>	<p>What activities do you engage in when you are having a bad day that help?</p>	<p>How do these activities assist and make you feel?</p>
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# Jose's Personal Medicine



**My pets are my Personal Medicine. They provide unconditional love and caring for them provides a sense of calm and purpose. This helps me whenever I feel down.**

# Coping Skills and Personal Medicine Are Different

## Coping Skills

- Can be a one size fits all approach
- Can be given or taught to someone
- Often used in times of distress

## Personal Medicine

- Highly individualized for each person
- Comes from within/inner resilience
- Can identify triggers before distress



**Personal Medicine is dynamic and can change with our situations and circumstances.**

# Why Personal Medicine?

<b>Research</b>	<ul style="list-style-type: none"><li>• Individuals are more active in their self-care, which leads to better health outcomes.</li><li>• Increase in medication adherence, quality of life, and functional status.</li><li>• Decrease in hospitalizations and symptom severity.</li></ul> <p>Helps people recognize: “I do not need to be fixed; I <b>AM</b> part of the solution.”</p>
<b>Sharing</b>	<p>Personal Medicine with Prescribers:</p> <ul style="list-style-type: none"><li>• Prescribers focused more on an individual’s goals.</li><li>• Individuals became aware of more options for addressing symptoms.</li><li>• Prescribers felt they had more to offer than just medication.</li><li>• There was more discussion about what symptoms a consumer could tolerate.</li><li>• Individuals felt more hopeful about treatment addressing their concerns.</li><li>• Prescribers and Individuals were more collaborative.</li></ul>
<b>Services</b>	<ul style="list-style-type: none"><li>• Peer support, therapy, employment services, are still important.</li><li>• Personal Medicine and professional services can work together.</li></ul>

# Personal Medicine Coaching

**Certified Personal Medicine Coaches (CPMCs)** support individuals reconnect to their inner wisdom by discovering their unique Personal Medicine. Utilizing Personal Medicine Fidelity.



- Coaching is not “one-size-fits-all”.
- Coaching is driven by the needs of the individual.
- Coaches do not teach Personal Medicine.
- They support discovery of resilience and the healer within.

**There is no timetable for discovering Personal Medicine.**



# CPMC Coaching Skills

## **Non-judgmental**

- Awareness of internal biases

## **Walk side by side**

- Meeting individuals where they are at

## **Active listening**

- Listening and conveying I care and see you

## **Using curiosity to go deeper**

- Ask questions for reflection:
  - “Tell me more about that.”
  - “How does that help?”
  - “When do you do that?”

## **Share their lived experience with Personal Medicine**

- Common ground of shared humanity



# Planning for Personal Medicine

CPMCs help develop a plan for using Personal Medicine, revisit, and follow-up with individuals.



Plan	Follow-up
<ul style="list-style-type: none"><li>• How will they remember to use their Personal Medicine?</li><li>• When will they use it?</li><li>• Where will they keep their Personal Medicine Tools?</li><li>• Who will they share it with?</li></ul>	<ul style="list-style-type: none"><li>• Is their Personal Medicine helping?</li><li>• Does it need to be modified to make it as powerful as can be?</li><li>• Would another activity or tool help?</li></ul>

# Personal Medicine at Valleywise Health

# Dr. Jackson's Personal Medicine



**Traveling, enjoying seafood, and spending quality time with my family and friends are my Personal Medicine. They provide time with loved ones to center myself and feel supported.**

# Multi-Disciplinary Team Approach



- Each member's Personal Medicine is staffed during the Clinical Team service plan staffing.
- This ensures all treatment team members are aware of the member's Personal Medicine.
- Will be used as an engagement tool with the member.

# Coaching & Planning with Members

When a young person chooses to discontinue medications, we work with them on a plan to discuss what their personal medicine will be!

We teach them that once they discontinue taking psychotropic medications, they **MUST** begin to be diligent in **DOING** their personal medicine.

We inquire is their Personal Medicine helping? Does it need to be modified? Would another activity or tool help? We **COLLABORATE** with **MEMBER** and **TEAM** in the planning process.



# Tool for Crisis and Engagement

- Personal Medicine is added to safety plan to be accessible during crisis intervention.
- Members play an active role in identifying activities that will help during a crisis.
- Personal Medicine is a tool for engagement to increase quality of life and shared interest utilized by all members of the Clinical Team.



# Tool for Therapy and Groups



- In individual therapy sessions, Personal Medicine cards are closely aligned with the challenges the members share.
- Member works to build cards with activities they can, practice, and bring back to therapy to explore and refine their Personal Medicine.
- Recovery Coach/Therapist also created group workshops for members to connect, share, and enhance their Personal Medicine.
- Via groups settings members can exchange ideas, thoughts, and build rapport with their peers and increase socialization.



# Utilizing Personal Medicine Tools: Cards

- Personal Medicine cards are explored and practiced with members.
- This enables members to identify activities that help them. So, when challenges arise, they are skilled in how to support themselves.

For example, with auditory hallucinations members identify the voices as an alarm system:

- A signal they need to support themselves with their activities in some way.
- Whether to calm anxiety in general.
- Or taking more specific action on the topic of concern that the voices are talking about.



# Discover Your Personal Medicine

# Is My Personal Medicine Powerful?

- A** Is it an **ACTIVITY**, not a feeling or a state-of-being?
- N** Is it something I do **NOW**, not in the future?
- D** Is it something I **DO**, not something I take?
- Y** **WHY** and **HOW** does it help me?



## **Examples of powerful Personal Medicine:**

**Spending time with my kids helps me feel needed and loved and helps to keep me out of hospital.**

**Volunteering at the foodbank gives me a reason to get out of bed on my worst days because I am helping others. This gives me hope and purpose.**

**Playing the saxophone helps me control my breathing and reduce anxiety.**

# What I Do To Feel Better

My Personal Medicine	My Personal Medicine Plan
<p>What I do to feel better and how it helps me:</p> <div style="background-color: #e0e0ff; height: 300px;"></div>	<p>What challenge will this Personal Medicine help with?</p> <div style="background-color: #e0e0ff; height: 150px;"></div> <p>I will use this Personal Medicine when:</p> <div style="background-color: #e0e0ff; height: 150px;"></div>
<p><b>Is my Personal Medicine powerful?</b></p> <p>Is it a specific activity, not a feeling or state-of-being? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Is it something I do now, not a future goal? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Is it something I do, not something I take? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does it say how it helps me? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>I will share my Personal Medicine with:</p> <div style="background-color: #e0e0ff; height: 150px;"></div>
<p>My Personal Medicine <span style="float: right;">© 2019 Pat Deegan PhD &amp; Associates, LLC</span></p>	<p>My Personal Medicine <span style="float: right;">© 2019 Pat Deegan PhD &amp; Associates, LLC</span></p>



**Example:**  
Spending time with my kids helps me feel needed and loved and helps to keep me out of hospital.

# What I Do That Gives My Life Meaning And Purpose



**Example:**

**Volunteering at the foodbank gives me a reason to get out of bed on my worst days because I am helping others. This gives me hope and purpose.**

My Personal Medicine	My Personal Medicine Plan
<p>What I do that gives my life meaning and purpose, and how it helps me:</p> <div style="background-color: #e0e0ff; height: 300px; width: 100%;"></div>	<p>What challenge will this Personal Medicine help with?</p> <div style="background-color: #e0e0ff; height: 150px; width: 100%;"></div> <p>I will use this Personal Medicine when:</p> <div style="background-color: #e0e0ff; height: 150px; width: 100%;"></div>
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<p>My Personal Medicine © 2019 Pat Deegan PhD &amp; Associates, LLC</p>	<p>My Personal Medicine © 2019 Pat Deegan PhD &amp; Associates, LLC</p>

# What I Enjoy Doing On A Daily Basis

My Personal Medicine	My Personal Medicine Plan
<p>What I enjoy doing on a daily basis and how it helps me:</p> <div data-bbox="193 454 881 911" style="background-color: #e6f2ff; height: 320px;"></div>	<p>What challenge will this Personal Medicine help with?</p> <div data-bbox="922 454 1610 668" style="background-color: #e6f2ff; height: 150px;"></div> <p>I will use this Personal Medicine when:</p> <div data-bbox="922 714 1610 928" style="background-color: #e6f2ff; height: 150px;"></div>
<p><b>Is my Personal Medicine powerful?</b></p> <p>Is it a specific activity, not a feeling or state-of-being? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Is it something I do now, not a future goal? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Is it something I do, not something I take? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does it say how it helps me? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>I will share my Personal Medicine with:</p> <div data-bbox="922 973 1610 1188" style="background-color: #e6f2ff; height: 150px;"></div>

**Example:**  
Playing the saxophone helps me control my breathing and reduce anxiety.



# Plan and Track Your Personal Medicine

## Plan

- What challenge will this help with?
- I will use this when?
- I will share my Personal Medicine with?

## Track

- On a scale of 1 to 5, how was my challenge today?
- Is Personal Medicine helping me?
  - What helped today?
  - What didn't help?
  - Did I use my Personal Medicine tools?
  - Did I take my prescribed medicine (If any)?

**Do I have a Personal Medicine coach?**

**Do I have a regular meeting with my coach to check in?**

**Something changed because my Personal Medicine doesn't help, Did I tell my coach or who I shared my Personal Medicine with?**

# Thank you to the Certified Personal Medicine Coaches

## **Center for Health and Recovery (CHR)**

Christina Jimenez

Wendy Morrow

## **Community Partners Integrated Health (CPIH)**

Dyamond Spicer Cade

## **Jewish Family & Childrens Services (JFCS)**

Fikisha Jones

Max Rowland

## **Lifewell Behavioral Wellness**

Dorothy Thompson

## **Mercy Care**

Emily Chapman-Hushek

Laurie Munn

Camilla Parker

## **Resilient Health**

Shulea Davis

Amanda Trimble

## **Southwest Network (SWN)**

Kevin Hendrickson

Kimberlee Morris



# Resources

# More on Personal Medicine

“Personal Medicine are the things we do to get well and stay well. Personal Medicine supports recovery-oriented practice, is evidence-based and has been shown to increase activation which leads to more robust health outcomes. The practice of Personal Medicine meets SAMHSA’s criteria for recovery-based practice and the core competencies of peer support. Clinicians, case managers, peer specialists and other disciplines may become a Certified Personal Medicine Coach”

[www.patdeegan.com](http://www.patdeegan.com)

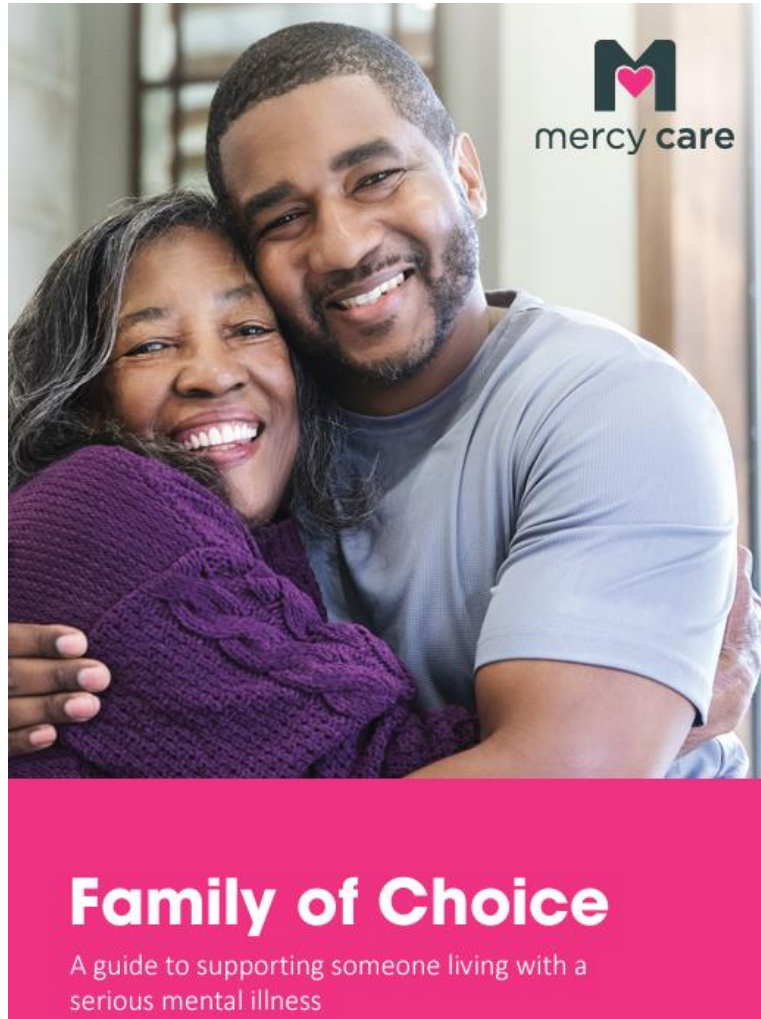


Videos:

[What is Personal Medicine?](#)

[Mercy Care YouTube – videos](#)  
[Mercy Care Events](#)

# New RBHA Family of Choice guide



This is a guide for anyone who provides support to people living with a serious mental illness (SMI).

It's a brief overview to Mercy Care's adult behavioral health system of care in Maricopa, Gila and Pinal counties.

[RBHA Family of Choice – English](#)

[RBHA Family of Choice – Spanish](#)



# What questions do you have?

