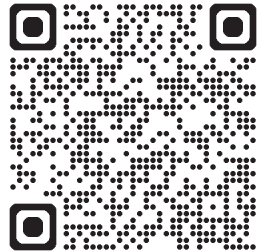


What families need more help with:

- Medication management
- Motivational interviewing (MI)
- Opening communication
- Guidance about legal processes
- Pathways to share information
- Treatment during incarceration
- Arrest from hospitals
- Discharge and release planning
- Access to AOT
- Referrals for education/support



Medication management



Medication Management Form

Name: _____
Date of birth: _____
Phone number: _____
Email: _____
Care partner name (if applicable): _____
Care partner phone number: _____
Care partner email: _____

Please include all medications currently prescribed.

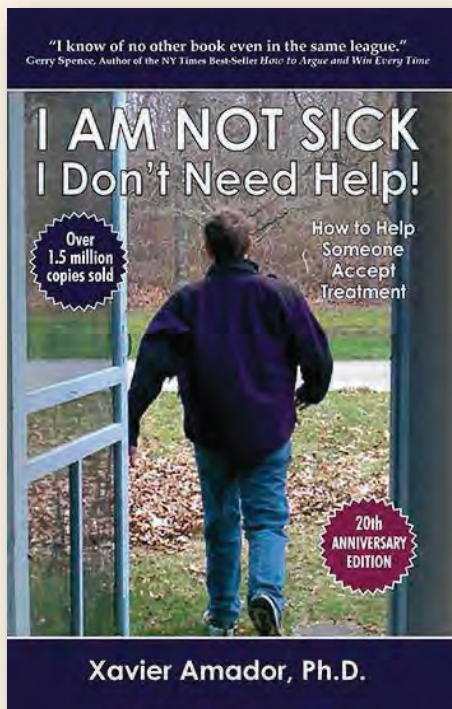
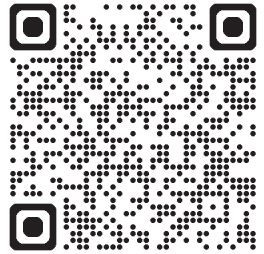
Can a generic form of the medication be substituted? Any adverse side effects?

Name of Medication	Dose and schedule	Date prescribed	Name and phone of prescriber	(y/n)	(y/n)

1

- Utilize family wisdom and historical information.
- Encourage provider learning about SMI symptoms, especially psychosis and anosognosia.
- Share information about global and national best-practice standards (QR code).
- Help individuals and families utilize a medication log (QR code).
- Encourage changes in restrictions to what can be prescribed in jails/prisons.

Motivational interviewing (MI)



- Read and share this book.
- Listen to families for clues about best approach.
- Practice talking about anosognosia:
Expecting someone with this symptom to accept their diagnosis is like expecting a blind person to drive.
- Find ways around the symptoms:
You won't win on the strength of your argument, but you might win on the strength of your relationship.
- Seek communication strategies (QR code).



Opening communication



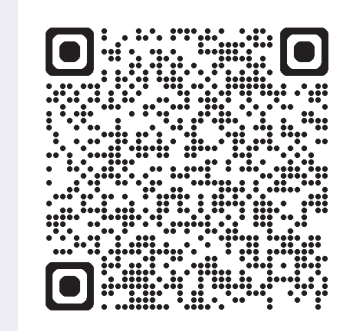
- HIPAA is misunderstood (QR code).
- Consult [Texas Rules of Disciplinary Procedure](#) (§ 1.17), which permits a lawyer to disclose some confidential information when taking “protective action” on behalf of a client with diminished capacity.
- State Bar of Texas supports an Ethics Helpline: 800-532-3947.



HIPAA encourages communication!

FAQ: Does HIPAA allow a health care provider to communicate with a patient's family, friends, or other persons who are involved in the patient's care?

“Yes. In recognition of the integral role that family and friends play in a patient's health care, the HIPAA Privacy Rule allows these routine — and often critical — communications between health care providers and these persons.”

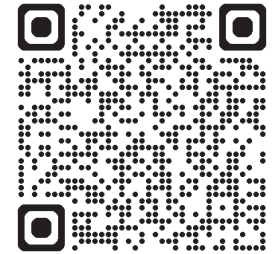


Guidance about legal process



- Educate about criminal versus civil courts (QR code).
- Explain possibilities within the involved court system.
- Share a trial schedule and how/when family might contribute.
- When appropriate, offer access to a victim advocate.
- Handouts and flow charts are helpful and save you time responding to family questions!

Pathways to share information



Mental Health History

Client name: _____

Current insurance provider: _____

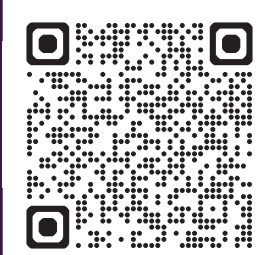
History with mental illness: Summarize historical information older than 12 months. Describe key symptoms that indicated the onset of a mental illness.

Key events in last year: Hospitalizations, incarcerations, police encounters, homelessness, restraining orders, therapies, etc.

Event	Date (range)	Location

- Share guidance to help families generate a concise mental health history (QR code).
- Who is appropriate to receive this information?
- Please provide a fax number whenever possible, with email as back-up.
- Assure family that this information will be read, considered, and appropriately filed.

Treatment during incarceration



- Uphold Eighth Amendment rights, including the right to medically necessary mental health care (QR code).
- Help family contact the agency responsible for jail services to share mental health history.
- If you have sway, help change rules related to jail formularies and/or help families and individuals apply for exceptions.



Stop arrests from hospitals



Families are **trapped** when loved ones are arrested for dangerous symptoms that make them eligible for a bed.

“It seems to me that we continue to create pathways INTO the criminal justice system for problems that should be solved medically or through techniques and protocols that come from a treatment perspective.”

~ Barbara Drumheller

Chief of Mental Health Division
Harris County Public Defender's Office

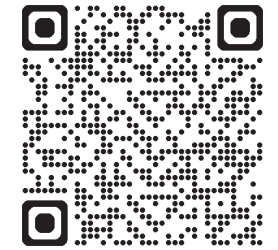
Discharge/release planning



- Make safe and appropriate discharge/release the norm instead of the exception (QR code).
- Help families access the information and resources they need to help their loved one transition.
- Seek warm hand-offs.
- Help stop the “**mom dumping!**”



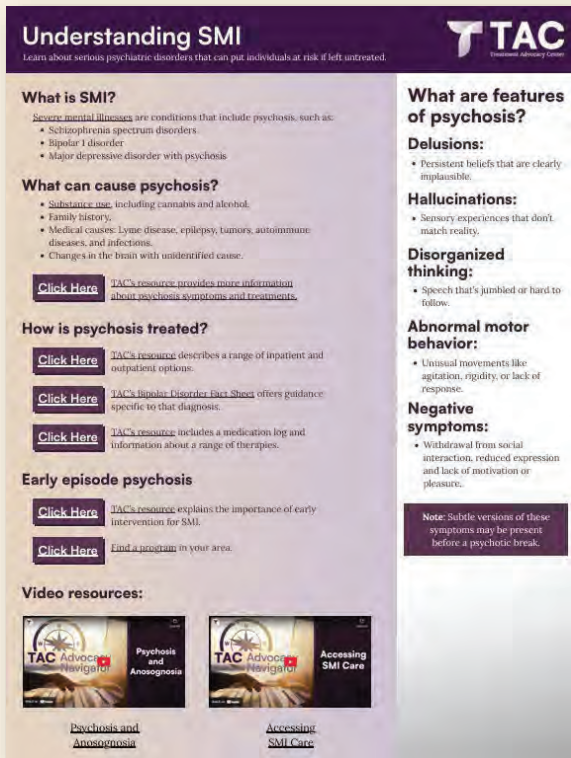
Access to AOT



- Is there a program near you? (QR code provides access to TAC's AOT Learning Network, with a list of programs).
- How might you help families work with inpatient and outpatient providers for collaboration among care partners?
- Can local families help champion AOT program development or improvement?



Referral to family education/support



The screenshot shows the 'Understanding SMI' page from the Treatment Advocacy Center (TAC). The page is organized into several sections with 'Click Here' links for more information. The sections include: 'What is SMI?' (defining severe mental illnesses), 'What can cause psychosis?' (listing factors like substance use and family history), 'How is psychosis treated?' (linking to inpatient/outpatient options and bipolar disorder resources), 'Early episode psychosis' (linking to early intervention and program finding), 'Video resources' (featuring 'Psychosis and Anosognosia' and 'Accessing SMI Care' videos), and 'What are features of psychosis?' (detailing delusions, hallucinations, disorganized thinking, and abnormal motor behavior). A note at the bottom states: 'Note: Subtle versions of these symptoms may be present before a psychotic break.'

Understanding SMI
Learn about serious psychiatric disorders that can put individuals at risk if left untreated.

TAC
Treatment Advocacy Center

What is SMI?
Severe mental illnesses are conditions that include psychosis, such as:
• Schizophrenia spectrum disorders
• Bipolar I disorder
• Major depressive disorder with psychosis

What can cause psychosis?
• Substance use, including cannabis and alcohol
• Family history
• Medical causes: Lyme disease, epilepsy, tumors, autoimmune diseases, and infections
• Changes in the brain with unidentified cause

[Click Here](#) TAC's resource provides more information about psychosis symptoms and treatments.

How is psychosis treated?
[Click Here](#) TAC's resource describes a range of inpatient and outpatient options.
[Click Here](#) TAC's Bipolar Disorder Data Sheet offers guidance specific to that diagnosis.
[Click Here](#) TAC's resource includes a medication log and information about a range of therapies.

Early episode psychosis
[Click Here](#) TAC's resource explains the importance of early intervention for SMI.
[Click Here](#) Find a program in your area.

Video resources:
[Psychosis and Anosognosia](#)
[Accessing SMI Care](#)

What are features of psychosis?
Delusions:
• Persistent beliefs that are clearly implausible.
Hallucinations:
• Sensory experiences that don't match reality.
Disorganized thinking:
• Speech that's jumbled or hard to follow.
Abnormal motor behavior:
• Unusual movements like agitation, rigidity, or lack of response.
Negative symptoms:
• Withdrawal from social interaction, reduced expression and lack of motivation or pleasure.
Note: Subtle versions of these symptoms may be present before a psychotic break.

- [Psychoeducation resources](#), including referral to local NAMI Family-to-Family courses and support groups.
- TAC [one-pagers](#) (example pictured).
- TAC [Community Resource Center](#) with 35 SMI topics.
- Books, podcasts, and other [multimedia resources](#).
- [Communication tips](#), with places to seek caregiver training in how to work with someone in psychosis.

Printable handout

What families need you to know:



An open letter to AOT judges, providers, and others with jobs that serve people with severe mental illness



Thank you for remembering families



Ask for history.

Please allow our wisdom to open doors to better outcomes.

Don't give up on our loved ones.
Ask again and differently.