



Be an Active Participant in Your Care

Preparing for Your Appointment

- Bring a list of things you want to be different in your life. This will help you set the goals for your recovery plan.
- Think about how your culture can help your recovery. This may include values, traditions, and beliefs about treatment options.
- Think about who your supports are that can help you with recovery.

Treatment/Recovery Plan

- Set your own goals for recovery. The goals should be changes you want to make.
- Change goals if they are not what you want.
- You should be given different treatment options from your provider. You will be able to choose the recovery plan that works best for you
- Ask your provider about different options if you still need help.
 - Coping better at home, work, and/or school
 - Getting along with your family.
 - Developing a support system outside of mental health providers
 - Reaching any of the goals on your treatment plan
- When you reach your goals decide with your provider if you still need more treatment. If you do, set new goals.

Medications

- You should know
 - The names of the medications you are taking
 - The amount being prescribed
 - What the medications are for
 - Side effects of the medications you are taking
- If you are worried about your medication, talk with your prescriber about different options
- You can ask your provider to write this information down
- You can also get a sheet of information from your pharmacist

Working with other Providers

- Physical and mental healths are connected and one can affect the other. Behavioral health and physical health providers should be working together to help you recover. You have to give permission for your providers to talk to each other.
- Some medications can interfere with one another. All medication prescribers should be talking with one another for your safety. You have to give permission for your prescribers to talk to each other.
- Children and adults need check ups with their primary care doctor. If you need assistance with this, talk with your physical healthcare plan. This can be Arbor Health, Aetna Better Health of Nebraska or United Healthcare Community Plan, or Medicaid.

Additional Resources

Other resources can be very helpful. They can make your treatment work better. Get connected with additional resources like:

Peer support

- Peer support people who have similar difficulties help each other.
- Peers have experienced difficult times and been in crisis. They can help because they understand what it's like.

Community Resources

- Community resources can include help with employment, housing, food, finances, etc.

Your treatment provider can help you find these resources. Or, Magellan has Peer Specialists available to help you find these services and resources in your community. You can call us at 800-424-0333 and ask to talk to a Peer Specialist.