

UNC School of Social Work
Clinical Lecture Series
**Problem Solving
Depression**

January 23, 2017



Diane R. Dolan-Soto, MSW, LCSW
Program Manager

UNC Internal Medicine Counseling Program
Ambulatory Care Center, Chapel Hill



UNC
HEALTH CARE
GENERAL INTERNAL MEDICINE

Diane.Dolan-Soto@unchealth.unc.edu

Agenda

- Information on Depression and Reasons for Treatment
- Evidenced Based Model for Depression Care
- Case Examples of Getting Better Through Problem Solving
- Build Knowledge and Skills to Fight Depression
- Steps to Move Through and Beyond Depression with Problem Solving
- Additional Tool: Unhelpful Thinking Styles and Depression
- Appendices:
 - Treatment Considerations
 - Behavioral Assessment Educational Aspects
 - Mnemonics for Depression

Objectives

- Learn key aspects of a really successful approach to depression treatment.
- Learn steps to problem solving to reduce depression
- Come away from this training with information that you can use to incorporate in your practice to improve depression care and patient outcomes.

Why Treat Depression in a Primary Care Setting?

- **Depression is a medical illness**
 - 5-10% of patients have MDDs. 7-16% lifetime risk in U.S. adults
 - 10% - 20% of adults visit their doctor during a depressive or anxious episode
 - Over 50% suffer from comorbid depressive or anxiety disorder
 - Comorbidity substantially increases medical utilization, is associated with greater chronicity, slower recovery and greater psychosocial disability
 - 4th leading contributor to disability, expected to be 2nd by 2020
 - People with diabetes, coronary artery disease, stroke, obesity, and HIV have a two-fold risk of depression compared to the general population
- **One episode of depression increases likelihood of future episodes**
- **Patients *can* have increased pain related to depression**
 - Depression increases emotional *and* physical sensitivity

Treatment Works!

- **80% of those who get treatment improve!**
 - Only 50% of people with depression seek treatment

**Effective treatment reduces symptoms
and improves quality of life**

- 46% of adults improve with medication,
48% improve with counseling

Providing both doubles the effectiveness of care



Evidenced Based Depression Care

- *Structured and integrated* care in a primary care setting
 - Uses trained physicians and counselors
 - Uses algorithms to *guide* treatment
 - Regular monitoring to assess and facilitate treatment progress
 - Builds on existing patient trust and access with provider/clinic
 - Example: IMPACT – Randomized Controlled Trial
 - For information on IMPACT: <http://aims.uw.edu/impact-improving-mood-promoting-access-collaborative-treatment>
- Past Usual Care
 - Seen by a doctor, usually not trained in depression care
 - See a counselor in another setting for long term talk therapy
 - May or may not see a psychiatrist for medication

IMPACT Treatment and *Results!*

Study year:

Doubled the **effectiveness** of usual care

– JAMA 2002; 288:2836-2845

Patients experienced **better physical function**
2005

– Callahan et al, JAGS

Care was shown to **benefit diverse populations**

– Arean et al. Medical Care 2005

Beyond study:

Effects persisted one year after IMPACT

– Hunkeler, et al 2004 – unpublished data

More depression-free days; 372 for IMPACT approach vs 265
for usual care patients

– Hunkeler et al, under review (DFD calculation adapted from Lave et al 1998)

As depression decreased for 1,001 arthritis patients, so did pain
and pain interference

– Lin et al, JAMA 2003

PHQ-9 to Identify Depression

Patient Health Questionnaire-9

- Validated screener
 - Sensitivity = 91% for MDD,
 - Specificity = 89% for MDD
- 9 questions = 9 symptoms of depression
- 5 or more symptoms for 2 weeks could be depression
- Symptoms for 2+ months could be major depression
 - Rule outs
 - Medical conditions, medicines
 - Other issues that could look like depression: grief, illness/pain, some situational stressors, anxiety, etc.

“Closest thing we’ve got to taking temperature for mood”



PHQ-10 Depression Screener

Attach Label Here

Patient Name: _____

MRN: _____ Date: _____

Please complete the following questions:

Over the last 2 weeks , how often have you been bothered by any of the following:	(0) Not at all	(1) Several days	(2) More than half the days	(3) Nearly every day
1. Little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Feeling down, depressed, or hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Trouble falling or staying asleep, or sleeping too much?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Feeling tired or having little energy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Poor appetite or overeating?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Trouble concentrating on things, such as reading the newspaper or watching television?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Thoughts that you would be better off dead or of hurting yourself in some way?	<input type="radio"/>	<input type="radio"/> *	<input type="radio"/> *	<input type="radio"/> *
PATIENTS STOP HERE				
<u>STAFF</u> add subtotal for each column. Subtotal				
<u>STAFF</u> enter TOTAL SCORE				
*A positive response to question #9 requires further assessment. See question below.				
10. Have you had thoughts of actually hurting yourself?	<input type="radio"/> No		<input type="radio"/> * Yes	
If question 10 is positive:				
<ul style="list-style-type: none"> Open encounter in EPIC Choose Doc Flowsheet (see image of fat tab for providers on reverse) Choose P4 Suicidality Screener (see image on reverse) Complete risk assessment with patient (See Risk Assessment folder in exam room) See reverse > 				
Place completed form in outbox or PHQ box in workroom				
Document assessment and outcome in encounter notes				See reverse >

PHQ-9, Scoring and Treatment Response

- PHQ-9 scoring, treatment (Tx) and follow up
 - **<9 = No or mild depression --> No Tx** Screen in 1 yr or as needed
 - **10-14 = Moderate depression --> Treatment Needed** RTC in 12 wks
 - Education, Recommend Problem Solving, Activation, Rx?, Watchful monitoring
 - **≥15 = Severe depression --> Treatment Needed** RTC in 4 wks
 - Recommend Rx! *and* Problem Solving, Activation, Regular Monitoring
- Clinically significant improvement = drop of ≥ 5 points
 - Remission of depression is a drop of PHQ by 50%
 - No depression ≤ 5 points

Problem Solving Treatment*

Behavioral health aspect of IMPACT:

Three components of fighting depression

- 1. Focus on the Present**
- 2. Pleasant Activity**
- 3. Physical Activity**

Teaches a structured approach to dealing with issues

Increases the ability to define problems and set realistic goals

Increases understanding of importance of link between effort and mood

*From Dr. Jürgen Unützer's IMPACT Model



Getting Better

Case Examples of
Problem Solving Depression



S*



Before

- Referral: A 53 year old man with heart disease. Severely depressed related to health issues and limited mobility post stroke. Felt like he coped well with stroke, but felt like a burden to his family. Doctor thought he'd benefit from activating antidepressant such as bupropion, however Mr. S preferred to try counseling and increasing his activity first.
 - At Assessment: Strained relationship with his wife and family. Doing very little for himself. Most of his needs met through care from others. He was about to face the 'donut hole' with Medicare so he could only come for 3 to 4 visits including assessment.
- PHQ9 =15
 - Heart disease, other medical issues, recent stroke
 - Family help with nearly all aspects of care
 - Alienating supports
 - Spending time alone: watching TV, crying or sleeping

Not patient's real initial. Elements of example have been changed to protect confidentiality.

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: 1 of 12

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 - 10) (0 = Not at all; 10 = Extremely): _____ Mood (0-10): _____

1. Problem: Being dependent on others Pleasant Activities? Gospel Music
Play 1x a day thr
2. Goal: Finding ways to be independent within reason

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

a) <u>Get a bottle of water on his own</u>	a) Pros (+) What makes this a good choice? <u>I'd feel like I wasn't a bother</u>	a) Cons (-) <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[X]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[X]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[X]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
b) <u>Help to put things away (e.g. used bottles)</u>	b) Pros (+) What makes this a good choice? <u>Help me to be more independent</u>	b) Cons (-) <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[X]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[X]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[X]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
c) <u>Put on brace by himself</u>	c) Pros (+) What makes this a good choice? <u>should...</u>	c) Cons (-) <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[X]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[X]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[X]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[X]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[X]	Time	[]	[]	[X]	Money	[]	[]	[X]	Emotional Impact	[]	[]	[X]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[X]																							
Time	[]	[]	[X]																							
Money	[]	[]	[X]																							
Emotional Impact	[]	[]	[X]																							
Involving Others	[]	[]	[]																							
d) <u>Shower by myself</u> <u>can't do now</u>	d) Pros (+) What makes this a good choice? <u>should...</u>	d) Cons (-) <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
e) <u>Walking down the hall</u> <u>Harder</u>	e) Pros (+) What makes this a good choice?	e) Cons (-) <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							

S*

Before

- PHQ9 = 15
- Heart disease, other medical issues, recent stroke
- Family help with nearly all aspects of care
- Alienating supports
- Spending time alone: watching TV, crying or sleeping

After

- PHQ9 = 7 (3 sess + phone 1x)
- Engaging in self-care efforts
- Improving relationships; reconnected to social and faith support network
- Discovery of new measures of self-worth

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: 30/12

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0-10) (0 = Not at all; 10 = Extremely): _____ Mood (0-10): _____

1. Problem: Mom wanting more attention Pleasant Activities? Go to park Saturday w/ sister, nephew & children
2. Goal: Balance self-care with care for mom

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

Solution	Pros (+) What makes this a good choice?	Cons (-)	A Little	Medium	A Lot
* a) <u>Go to bed earlier and not take calls</u>	a) Pros (+) What makes this a good choice? <u>Better sleep. I'd feel better</u>	a) Cons (-) Effort: <input type="checkbox"/> Time: <input type="checkbox"/> Money: <input type="checkbox"/> Emotional Impact: <input type="checkbox"/> Involving Others: <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
* b) <u>Do breathing before checking morning messages</u>	b) Pros (+) What makes this a good choice? <u>I'd have a clearer mind</u>	b) Cons (-) Effort: <input type="checkbox"/> Time: <input type="checkbox"/> Money: <input type="checkbox"/> Emotional Impact: <input type="checkbox"/> Involving Others: <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) <u>Turn cell on only to check messages</u>	c) Pros (+) What makes this a good choice? <u>Better for me. I won't be in overdrive. Reduce stress</u>	c) Cons (-) Effort: <input type="checkbox"/> Time: <input type="checkbox"/> Money: <input type="checkbox"/> Emotional Impact: <input type="checkbox"/> Involving Others: <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
d) <u>Not listen to full message. Just call back.</u>	d) Pros (+) What makes this a good choice? <u>Call her back when I want to.</u>	d) Cons (-) Effort: <input type="checkbox"/> Time: <input type="checkbox"/> Money: <input type="checkbox"/> Emotional Impact: <input type="checkbox"/> Involving Others: <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
e) <u>Tell mother and sister she has an appt-get 1/2 day</u>	e) Pros (+) What makes this a good choice? <u>Peace of mind</u>	e) Cons (-) Effort: <input type="checkbox"/> Time: <input type="checkbox"/> Money: <input type="checkbox"/> Emotional Impact: <input type="checkbox"/> Involving Others: <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

K*

Before

- PHQ9 = 18
- Uncontrolled diabetes, not taking Rx's regularly. Not physically active. Not sleeping well, over eating.
- Focus on others to exclusion of self-care

After

- PHQ9 = 5 (at 11 mo, sess 12 of 12)
- Taking Rx's regularly
--Established healthy sleep hygiene and bedtime routine --
Use of Rx's, PT, Mind Body Skills and regular walking. Better food portions.
- Set healthy boundaries. Improved relationships. Getting out, socializing.
- Surprise benefit re: diabetes

Behavioral Approach: Build Knowledge and Skills to Fight Depression



Sharing What I've Learned for Effective Depression Care

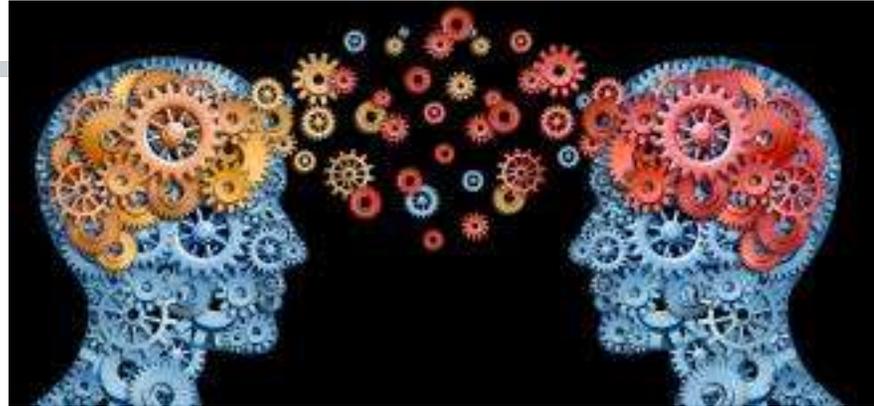
Overview of Behavioral Depression Care

Assessment Visit

1st visit: assessment, diagnosis, education as appropriate, and treatment planning. Format to the right:

- **Assess**
 - Full psychosocial diagnostic
 - Risk
 - PHQ9
 - Mood symptoms *emphasis on functionality and efforts*
- **And Educate!**
 - On Depression and PHQ9
 - Treatment options
 - Link impact of effort to mood
- **Introduce Behavioral Approach**
 - 3 Components to fight depression
 - Self-report measure - *“If we’re doing the right things the PHQ9 score will be going down. If it’s not, it means you and I need to change the goals, you and your doctor need to make changes, or we made need to involve a psychiatrist or other supports or treatments.”*
- **Set Goal for Treatment and Return Appointment for First Counseling Visit**

Share the Diagnosis!



- A diagnosis is based on symptoms. Helpful for billing and a focus on what we're going to work on.
- “A diagnosis is more like a street sign, it's where you are, *not* who you are.”

-- Diane R. Dolan-Soto, LCSW
- Reduce stigma
- Build trust, rapport and engagement, *and understanding of what they need to be working on*

“Depression is like Pneumonia”

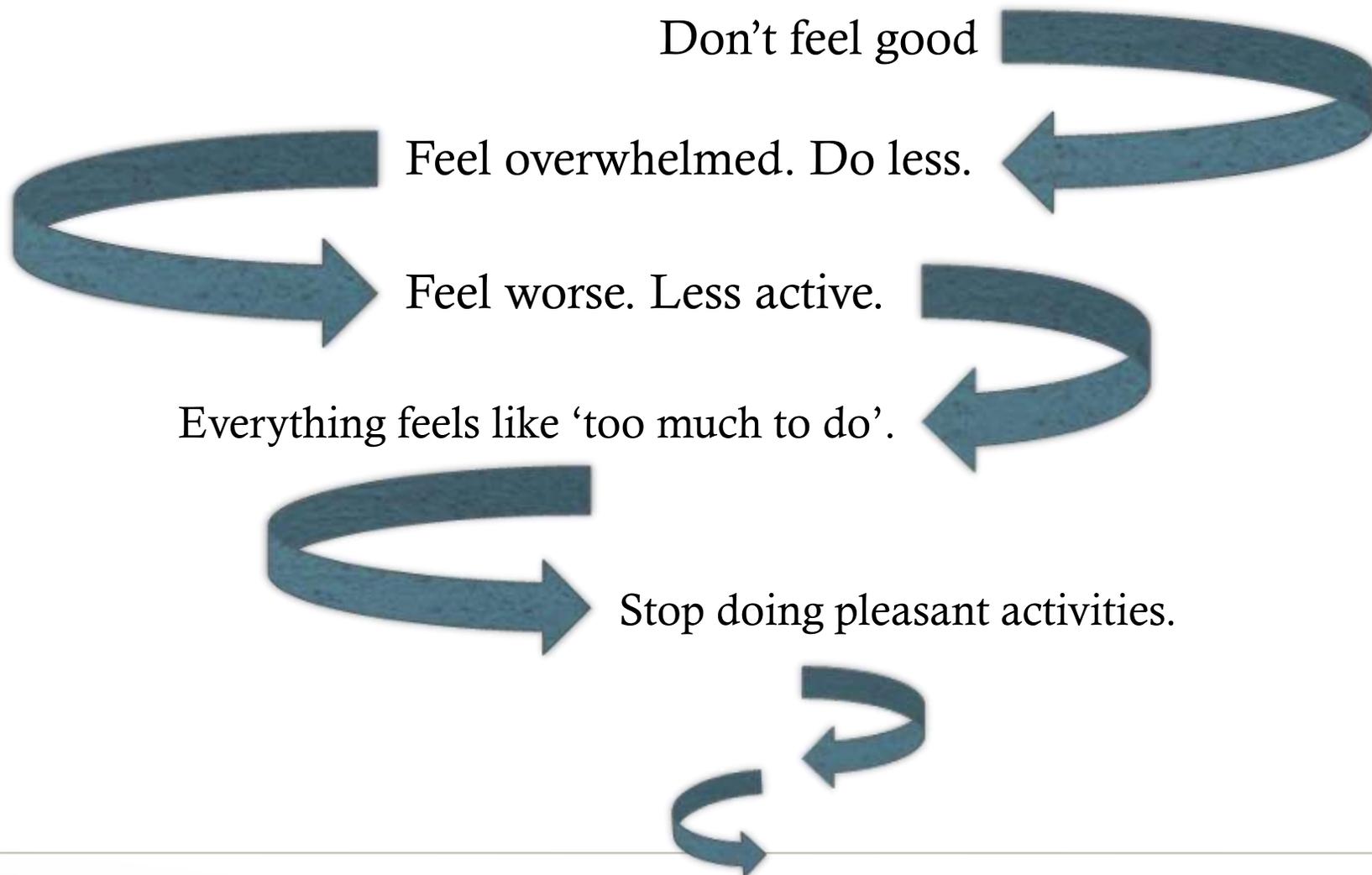
Pneumonia

- 1 episode makes you more susceptible to getting it in the future.
- Medication for about a month
- Work with your doctor and make efforts to get better
- Can take 1 to 4 months to get better

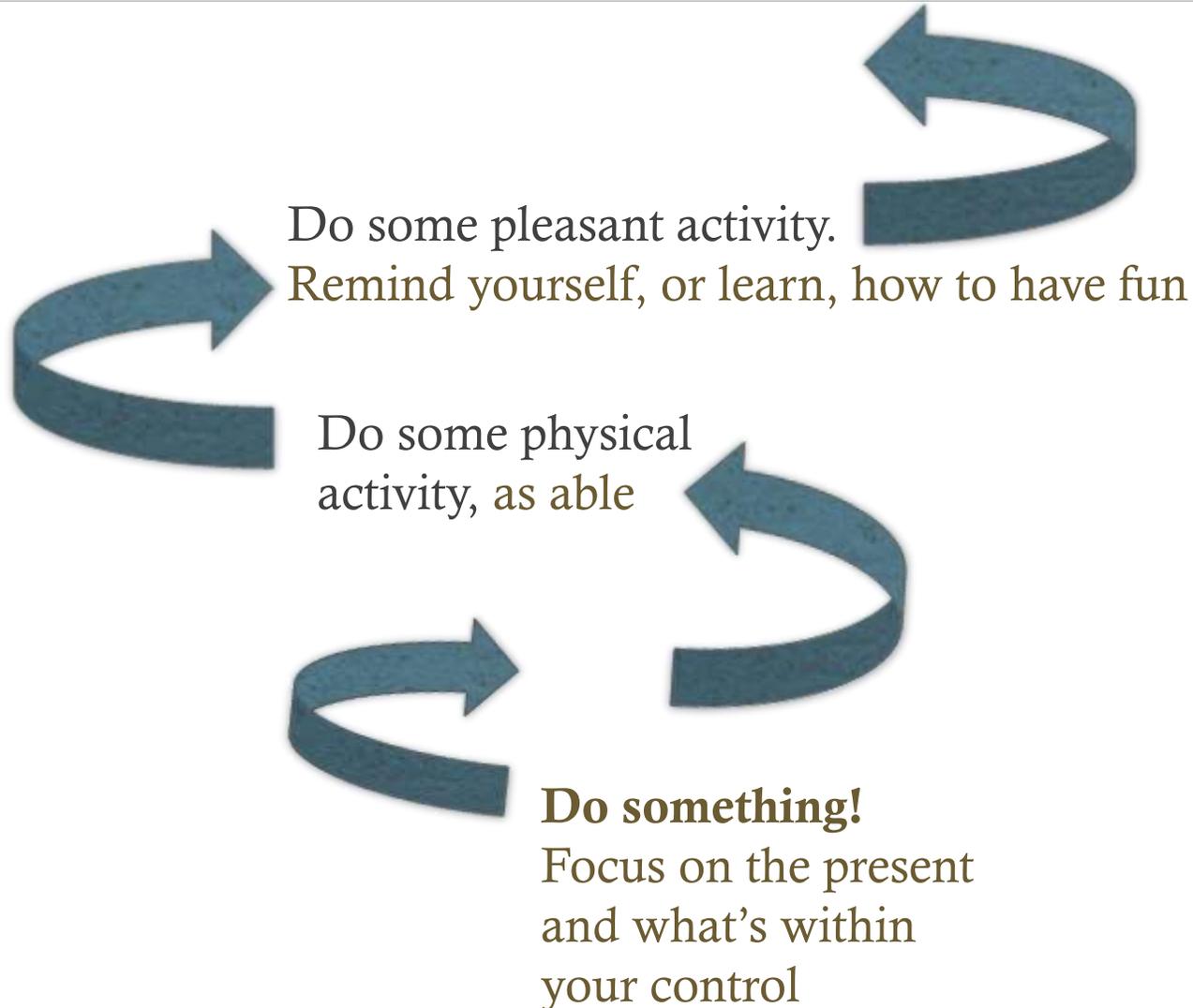
Depression

- 1 episode makes you more susceptible to getting it in the future.
- May take both medication, like with severe depression, and effort to get better.
- Life cycle is 9 to 12 months

Depression = Downward Spiral



Reverse the Spiral!!



Steps to Move Through and Beyond Depression



- Orient to Treatment
- Keys for Moving Forward
- How To Define The Problem and Set a Goal
- How to Figure Out Solutions
- Evaluate Pros and Cons
- How To Do More Successful Goal Setting
- Move Beyond Depression and Prevent Relapse

Overview of Behavioral Depression Care

Return Visit

Return sessions follow format to the right:

- **First Visit: Orient to Treatment. Ongoing:**
- **Check-In**
 - PHQ9
 - Rate mood on scale of 0-10
 - Rate satisfaction with effort 0-10
- **Review / Assess**
 - Risk
 - **Functional changes:** medication sleeping, eating, substance use, etc.
 - **Efforts, progress, challenges** related to previous visit's goals
- **Aid treatment change, linkage, etc.**
- **Link impact of effort to mood**
- **Problem Solving Focus**
 - Presenting issue or problem patient wants to address
- **Set Goals and Return Timeframe**
 - Identify Solutions – set manageable goals
 - Pleasant and Physical Activity goals
- **Continue to Educate and Encourage!!**

Keys to Move Forward

1. Focus on the present *and* what's within your control

“What's the smallest thing you can do to feel good for the effort?”

-- Joseph B. Quinn, MSW

1. Pleasant Activity – At least 2x week

Feel better *while* doing, “Not a should”

2. Physical activity – 3x week ‘as doable’

For providers: Note emphasis on CBT and Solution Focused aspects

Goal Setting Initial Aims

= Identify easiest goal(s) that will result in a successful outcome

BUILD HOPE *and* CONFIDENCE

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: _____ Pleasant Activities? _____

2. Goal:

3. Solutions: _____ 4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

a)	a) Pros (+) What makes this a good choice?	a) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
b)	b) Pros (+) What makes this a good choice?	b) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
c)	c) Pros (+) What makes this a good choice?	c) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
d)	d) Pros (+) What makes this a good choice?	d) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
e)	e) Pros (+) What makes this a good choice?	e) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							

Get a Baseline



- Rate Mood
 - 1 to 10 with 10 being the best – Initially “*Don’t make it pretty!*”
 - The more realistic the rating, the more your person will trust when the numbers improve
 - Quantify how your person is feeling now
- Rate Satisfaction with Effort in taking care of mood
 - 1 to 10 with 10 being the best
 - Quantify how satisfied your person is and how comfortable/uncomfortable they are with current situation; also identifies motivation for change

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: _____ Pleasant Activities? _____

2. Goal:

3. Solutions: _____ 4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

a)	a) Pros (+) What makes this a good choice?	a) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
b)	b) Pros (+) What makes this a good choice?	b) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
c)	c) Pros (+) What makes this a good choice?	c) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
d)	d) Pros (+) What makes this a good choice?	d) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							
e)	e) Pros (+) What makes this a good choice?	e) Cons (-) <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>A Little</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>A Lot</u></th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Time</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Money</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Emotional Impact</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> <tr> <td>Involving Others</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> <td style="text-align: center;">[]</td> </tr> </tbody> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							

How To Define The Problem



“Depressed thinking is like having blinders on.” –only see the negative, everything looks too difficult.

- Identify the problem *of the moment!*
 - ‘My home is a disaster.’
- Set an *overarching* goal – What do you want to happen?
 - ‘I want to reclaim my home.’

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: _____ Pleasant Activities? _____

Mail and other papers piling up

2. Goal:

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

	a) Pros (+) What makes this a good choice?	a) Cons (-)
		<u>A Little</u> <u>Medium</u> <u>A Lot</u> Effort Time Money Emotional Impact Involving Others
		b) Cons (-) Effort Time Money Emotional Impact Involving Others
		c) Cons (-) Effort Time Money Emotional Impact Involving Others
		d) Cons (-) Effort Time Money Emotional Impact Involving Others
		e) Cons (-) Effort Time Money Emotional Impact Involving Others

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions: 4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

	a) Pros (+) What makes this a good choice?	a) Cons (-)
		<u>A Little</u> <u>Medium</u> <u>A Lot</u> Effort Time Money Emotional Impact Involving Others
		b) Cons (-) Effort Time Money Emotional Impact Involving Others
		c) Cons (-) Effort Time Money Emotional Impact Involving Others
		d) Cons (-) Effort Time Money Emotional Impact Involving Others
		e) Cons (-) Effort Time Money Emotional Impact Involving Others

How to Figure Out Solutions

- Look for possible solutions toward one aspect of the goal.
- Think small!!
 - What's within your control?
 - Where would you start?
 - Who or what would be needed?
 - What could you do in 5 to 20 minutes?
- Identify at least 2 to 5 possible solutions
 - It helps to recognize there are options to “open the blinders”
 - This may sound simplistic. For your patient, it's not!
 - You may need to reassure your client/patient: “If this was easy you would've already figured it out.”



PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions: 4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

	a) Pros (+) What makes this a good choice?	a) Cons (-)
		<u>A Little</u> <u>Medium</u> <u>A Lot</u> Effort Time Money Emotional Impact Involving Others
		b) Cons (-) Effort Time Money Emotional Impact Involving Others
		c) Cons (-) Effort Time Money Emotional Impact Involving Others
		d) Cons (-) Effort Time Money Emotional Impact Involving Others
		e) Cons (-) Effort Time Money Emotional Impact Involving Others

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

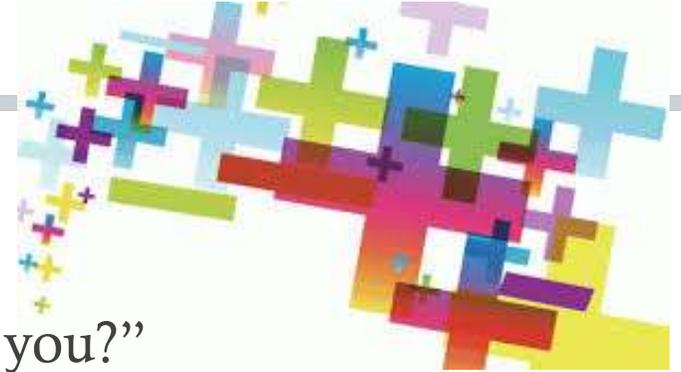
2. Goal: Reduce backlog and create some order

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

	a) Pros (+) What makes this a good choice?	a) Cons (-)																								
a) Sort papers into piles (maybe w/ a friend)		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%; text-align: center;"><u>A Little</u></td> <td style="width: 25%; text-align: center;"><u>Medium</u></td> <td style="width: 25%; text-align: center;"><u>A Lot</u></td> </tr> <tr> <td>Effort</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Time</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Money</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Emotional Impact</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Involving Others</td> <td></td> <td></td> <td></td> </tr> </table>		<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>	Effort				Time				Money				Emotional Impact				Involving Others			
	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>																							
Effort																										
Time																										
Money																										
Emotional Impact																										
Involving Others																										
b) Pull out and shred junk mail!		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td>Effort</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Time</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Money</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Emotional Impact</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Involving Others</td> <td></td> <td></td> <td></td> </tr> </table>					Effort				Time				Money				Emotional Impact				Involving Others			
Effort																										
Time																										
Money																										
Emotional Impact																										
Involving Others																										
c) Go thru and pull out any bills		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td>Effort</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Time</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Money</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Emotional Impact</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Involving Others</td> <td></td> <td></td> <td></td> </tr> </table>					Effort				Time				Money				Emotional Impact				Involving Others			
Effort																										
Time																										
Money																										
Emotional Impact																										
Involving Others																										
d) Put file for bills, shredder & recycling bag near door & sort when it comes in		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td>Effort</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Time</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Money</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Emotional Impact</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Involving Others</td> <td></td> <td></td> <td></td> </tr> </table>					Effort				Time				Money				Emotional Impact				Involving Others			
Effort																										
Time																										
Money																										
Emotional Impact																										
Involving Others																										
e)		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td>Effort</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Time</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Money</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Emotional Impact</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Involving Others</td> <td></td> <td></td> <td></td> </tr> </table>					Effort				Time				Money				Emotional Impact				Involving Others			
Effort																										
Time																										
Money																										
Emotional Impact																										
Involving Others																										

Identify the Pros



- Repeat back each solution and ask:
“What makes this a good choice for you?”
- Helps literally with structuring their thought process
- Look for “me” and “I” based answers. “It would make me feel good...” “I like...” “I want...”
 - These are usually the most powerful motivators.
- Often ‘shoulds’ are the first response
 - Try to avoid shoulds. More likely to be difficult. May compound feelings of hopelessness. Less likely to motivate.

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions: 4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

			<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>
a) Sort papers into piles (maybe w/ a friend)	a) Pros (+) What makes this a good choice?	a) Cons (-)			
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
b) Pull out and shred junk mail!	b) Pros (+) What makes this a good choice?	b) Cons (-)			
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
c) Go thru and pull out any bills	c) Pros (+) What makes this a good choice?	c) Cons (-)			
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
d) Put file for bills, shredder & recycling bag near door & sort when it comes in	d) Pros (+) What makes this a good choice?	d) Cons (-)			
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			
e)	e) Pros (+) What makes this a good choice?	e) Cons (-)			
		Effort			
		Time			
		Money			
		Emotional Impact			
		Involving Others			

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

a) Sort papers into piles (maybe w/ a friend)	a) Pros (+) What makes this a good choice? I'd feel more organized	a) Cons (-)	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>
		Effort Time Money Emotional Impact Involving Others			
b) Pull out and shred junk mail!	b) Pros (+) What makes this a good choice? I need to do this	b) Cons (-)			
		Effort Time Money Emotional Impact Involving Others			
c) Go thru and pull out any bills	c) Pros (+) What makes this a good choice? I'd stop worrying that I missed something. I'd feel relieved.	c) Cons (-)			
		Effort Time Money Emotional Impact Involving Others			
d) Put file for bills, shredder & recycling bag near door & sort when it comes in	d) Pros (+) What makes this a good choice? It would make things easier, prevent future pile up of papers.	d) Cons (-)			
		Effort Time Money Emotional Impact Involving Others			
e)	e) Pros (+) What makes this a good choice?	e) Cons (-)			
		Effort Time Money Emotional Impact Involving Others			

Identify the Cons

State the solution, the 'pro' and then help your client evaluate the cons for each solution.



Cons (-)	<u>A Little</u>	<u>Medium</u>	<u>A Lot</u>
Effort	[]	[]	[]
Time	[]	[]	[]
Money	[]	[]	[]
Emotional Impact	[]	[]	[]
Involving Others	[]	[]	[]

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

<p>a) Sort papers into piles (maybe w/ a friend)</p>	<p>a) Pros (+) What makes this a good choice? I'd feel more organized</p>	<p>a) Cons (-) <u>A Little</u> <u>Medium</u> <u>A Lot</u> Effort Time Money Emotional Impact Involving Others</p>
<p>b) Pull out and shred junk mail!</p>	<p>b) Pros (+) What makes this a good choice? I need to do this</p>	<p>b) Cons (-) Effort Time Money Emotional Impact Involving Others</p>
<p>c) Go thru and pull out any bills</p>	<p>c) Pros (+) What makes this a good choice? I'd stop worrying that I missed something. I'd feel relieved.</p>	<p>c) Cons (-) Effort Time Money Emotional Impact Involving Others</p>
<p>d) Put file for bills, shredder & recycling bag near door & sort when it comes in</p>	<p>d) Pros (+) What makes this a good choice? It would make things easier, prevent future pile up of papers.</p>	<p>d) Cons (-) Effort Time Money Emotional Impact Involving Others</p>
<p>e)</p>	<p>e) Pros (+) What makes this a good choice?</p>	<p>e) Cons (-) Effort Time Money Emotional Impact Involving Others</p>

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

<p>a) Sort papers into piles (maybe w/ a friend)</p>	<p>a) Pros (+) What makes this a good choice? I'd feel more organized</p>	<p>a) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[x]	Time	[]	[]	[x]	Money	[o]	[]	[]	Emotional Impact	[]	[]	[x]	Involving Others	[]	[x]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[x]																							
Time	[]	[]	[x]																							
Money	[o]	[]	[]																							
Emotional Impact	[]	[]	[x]																							
Involving Others	[]	[x]	[]																							
<p>b) Pull out and shred junk mail!</p>	<p>b) Pros (+) What makes this a good choice? I need to do this</p>	<p>b) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[x]	Time	[]	[]	[x]	Money	[o]	[]	[]	Emotional Impact	[]	[x]	[]	Involving Others	[o]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[x]																							
Time	[]	[]	[x]																							
Money	[o]	[]	[]																							
Emotional Impact	[]	[x]	[]																							
Involving Others	[o]	[]	[]																							
<p>c) Go thru and pull out any bills</p>	<p>c) Pros (+) What makes this a good choice? I'd stop worrying that I missed something. I'd feel relieved.</p>	<p>c) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[x]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Time</td> <td>[x]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[x]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[x]	[]	[]	Time	[x]	[]	[]	Money	[o]	[]	[]	Emotional Impact	[x]	[]	[]	Involving Others	[o]	[]	[]
	A Little	Medium	A Lot																							
Effort	[x]	[]	[]																							
Time	[x]	[]	[]																							
Money	[o]	[]	[]																							
Emotional Impact	[x]	[]	[]																							
Involving Others	[o]	[]	[]																							
<p>d) Put file for bills, shredder & recycling bag near door & sort when it comes in</p>	<p>d) Pros (+) What makes this a good choice? It would make things easier, prevent future pile up of papers.</p>	<p>d) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[x]	Time	[]	[x]	[]	Money	[o]	[]	[]	Emotional Impact	[]	[x]	[]	Involving Others	[o]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[x]																							
Time	[]	[x]	[]																							
Money	[o]	[]	[]																							
Emotional Impact	[]	[x]	[]																							
Involving Others	[o]	[]	[]																							
<p>e)</p>	<p>e) Pros (+) What makes this a good choice?</p>	<p>e) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							

PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____ Mood (0-10): ____

1. Problem: Mail and other papers piling up Pleasant Activities? _____

2. Goal: Reduce backlog and create some order

3. Solutions:

4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

<p>a) Sort papers into piles (maybe w/ a friend)</p>	<p>a) Pros (+) What makes this a good choice? I'd feel more organized</p>	<p>a) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[x]	Time	[]	[]	[x]	Money	[o]	[]	[]	Emotional Impact	[]	[]	[x]	Involving Others	[]	[x]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[x]																							
Time	[]	[]	[x]																							
Money	[o]	[]	[]																							
Emotional Impact	[]	[]	[x]																							
Involving Others	[]	[x]	[]																							
<p>b) Pull out and shred junk mail!</p>	<p>b) Pros (+) What makes this a good choice? I need to do this</p>	<p>b) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[x]	Time	[]	[]	[x]	Money	[o]	[]	[]	Emotional Impact	[]	[x]	[]	Involving Others	[o]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[x]																							
Time	[]	[]	[x]																							
Money	[o]	[]	[]																							
Emotional Impact	[]	[x]	[]																							
Involving Others	[o]	[]	[]																							
<p>c) Go thru and pull out any bills</p>	<p>c) Pros (+) What makes this a good choice? I'd stop worrying that I missed something. I'd feel relieved.</p>	<p>c) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[x]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Time</td> <td>[x]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[x]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[x]	[]	[]	Time	[x]	[]	[]	Money	[o]	[]	[]	Emotional Impact	[x]	[]	[]	Involving Others	[o]	[]	[]
	A Little	Medium	A Lot																							
Effort	[x]	[]	[]																							
Time	[x]	[]	[]																							
Money	[o]	[]	[]																							
Emotional Impact	[x]	[]	[]																							
Involving Others	[o]	[]	[]																							
<p>d) Put file for bills, shredder & recycling bag near door & sort when it comes in</p>	<p>d) Pros (+) What makes this a good choice? It would make things easier, prevent future pile up of papers.</p>	<p>d) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[x]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[x]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[o]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[x]	Time	[]	[x]	[]	Money	[o]	[]	[]	Emotional Impact	[]	[x]	[]	Involving Others	[o]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[x]																							
Time	[]	[x]	[]																							
Money	[o]	[]	[]																							
Emotional Impact	[]	[x]	[]																							
Involving Others	[o]	[]	[]																							
<p>e)</p>	<p>e) Pros (+) What makes this a good choice?</p>	<p>e) Cons (-)</p> <table border="1"> <thead> <tr> <th></th> <th>A Little</th> <th>Medium</th> <th>A Lot</th> </tr> </thead> <tbody> <tr> <td>Effort</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Time</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Money</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Emotional Impact</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> <tr> <td>Involving Others</td> <td>[]</td> <td>[]</td> <td>[]</td> </tr> </tbody> </table>		A Little	Medium	A Lot	Effort	[]	[]	[]	Time	[]	[]	[]	Money	[]	[]	[]	Emotional Impact	[]	[]	[]	Involving Others	[]	[]	[]
	A Little	Medium	A Lot																							
Effort	[]	[]	[]																							
Time	[]	[]	[]																							
Money	[]	[]	[]																							
Emotional Impact	[]	[]	[]																							
Involving Others	[]	[]	[]																							

Physical and Pleasant Activity

- Physical Activity
 - Make the goal concrete: eg. walk 3 times a week for 15-20 minutes
 - Be creative! It all counts!
- Pleasant Activity
 - Feel good while you're doing, lose track of time.
Music, art, crafts, games, social, etc.
 - Passive activities can support background worrying, don't usually improve mood and functioning.
 - Too much TV/computer can contribute to depression – news, crime shows, negative comparison to what others are doing/have
- If they don't have what they need *but they want to get it*, that may be the first goal.
 - Every step takes effort, a precious commodity with depression

How To Do More Successful Goal Setting



Do not let
what you
~~cannot do~~
interfere with
what you
can do.

- John Wooden

- **Assess ability to actually accomplish the goal!**
 - ASK: “On a scale of 1-10 how likely are you to be able to do ____ with 10 being the most likely?”
 - Rated 1-7 = Rework the goal
 - **“What would it take to make it an 8?”**
 - **Rated 8 or above = most likely success!**
- Make an appointment!
 - Increases the likelihood for a successful goal.
 - What’s the best day and time
 - What else will help make the goal possible

Goal Sheet

Goals until next visit:

Today we discussed your goal of: “Reduce backlog of papers and create some order”

Today you set step(s) below for yourself to work towards this goal.

Take 20 minutes Saturday after lunch to go through and pull out any bills, consider listening to favorite upbeat CD

Pleasant Activity: Call my friend and / or go to lunch together

Physical Activity: Walk at home or at work during lunch for 10-15 minutes 2-3 times a week.

Problem Solving weekly goal reminder:

1. Focus on the present and what's within your control

Tasks and problems - pick the smallest thing you can do that will make you feel good for the effort.

Focus only on what's within your control

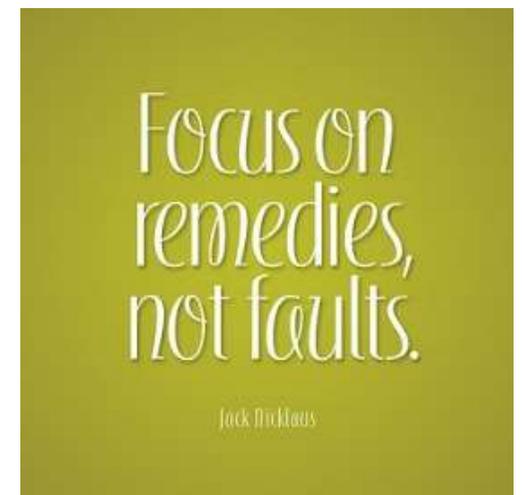
2. Pleasant activity 1-2 times a week

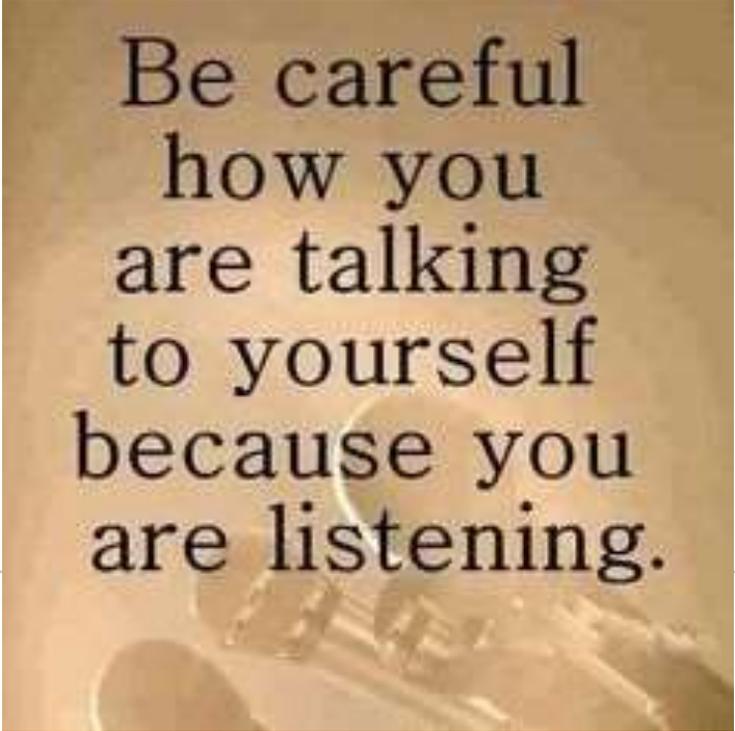
3. Physical activity 3 times a week, within what's physically comfortable

To Keep It Moving Forward

Steps to Move Through and Beyond Depression

- **Review: “Tell me what you’ve been doing to take care of your mood.”**
 - “Focus on what someone does, not what they haven’t done”
 - If you set goals, **review them!!** Link impact of effort to mood
- Continue to help clients/patients to:
 - Monitor/rate. Share PHQ and treatment progress
 - With realistic expectations, judgments
 - Learn to pace their efforts
 - Recognize and sustain their progress
 - Discuss what relapse would look like and discuss how to prevent relapse
 - Determine next steps *with* your client



A photograph of a book cover with a quote. The text is in a serif font, and the background is a warm, golden-brown color. The quote is: "Be careful how you are talking to yourself because you are listening."

Be careful
how you
are talking
to yourself
because you
are listening.

Unhelpful Thinking Styles

Adding a Powerful Tool to Your Toolkit

“Anything look familiar?”

Identify which unhelpful thinking styles are used

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

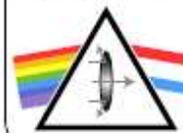
Either I do it right or not at all

Over-generalising

"everything is always rubbish"
"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

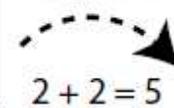
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Work on Unhelpful Thinking Styles

- Initial thought – Immediate real concern or risk? Address!!
- If no immediate risk, then assess for unhelpful thinking
 - Evidence for thought? Evidence against thought?
- For an unhelpful thought, develop a new, revised, more realistic and balanced thought based on the evidence
- Practice work with unhelpful thinking styles
 - Notice. *Kindly* interrupt. [Over time learn to] Change.
 - Repeat effort. Change comes with practice.
 - Work to get rid of the ANTs! (Automatic Negative Thoughts)

Problem Solving Depression



Adding Powerful Skills to
Successfully Fight Depression



UNC
HEALTH CARE
GENERAL INTERNAL MEDICINE

Diane.Dolan-Soto@unchealth.unc.edu

Acknowledgements

- IMPACT
 - Improving Mood Promoting Access to Collaborative treatment – evidenced based depression treatment for primary care. Problem Solving Treatment. Dr. Jürgen Unützer. <http://aims.uw.edu/impact-improving-mood-promoting-access-collaborative-treatment>
- UNC General Internal Medicine, Ambulatory Care Center
 - Robert Malone, PharmD
 - Dr. Michael Pignone
 - Dr. Amy Weil
 - Betsy Shilliday, PharmD
 - Dr. Shana Ratner
 - Internal Medicine Psychiatrist Consultant Dr. Robin Reed
 - Madeline Waife
- Deborah Barrett, PhD, LCSW
- Laura Cruz

References

Primary References

- UNC Internal Medicine Preclinic Conference Training for residents: Depression: Screening, Diagnosis and Treatment. Amy Weil MD, Diane R. Dolan-Soto LCSW, Robin Reed MD. 2015
- In the Clinic: Depression. *Annals of Internal Medicine*. May 2007;146(9):IT51-IT516. Available from: Academic Search Premier, Ipswich, MA. Accessed November 4, 2009.
- Carlat, D. The Psychiatric Review of Systems: A Screening Tool for Family Physicians. *AAFP* 58:1627-1635 (1998).
- UNC Depression Care Program Updated Screening and Treatment Algorithms.

References

- **Additional References**

- Carlat, Daniel J M.D. The Psychiatric Review of Symptoms: A Screening Tool for Family Physicians. American Family Physician. Nov. 1, 1998. Am Fam Phys Web.
- Diabetes and Depression, NIH Publication No.02-5003 from the National Institute of Mental Health.
http://www.dlife.com/diabetes/information/daily_living/depression_and_coping/
- Healthline. Diabetes, Alcohol, and Social Drinking. Found online 3/11/16.
<http://www.com/health/type-2-diabetes/facts-diabetes-alcohol#1>
- Kroenke K. A 75-year-old man with depression. Journal of the American Medical Association. 2002; 287: 1568-1576.
- O'Connor, E. A., Whitlock, E. P., Beil, T. L., & Gaynes, B. N. (2009). Screening for depression in adult patients in primary care settings: a systematic evidence review. *Annals of Internal Medicine*, 151(11), 793-803. doi: 10.1059/0003-4819-151-11-200912010-00007
- University of Michigan (UMHS) Depression Guideline Update, October 2005

Appendix A

Treatment Considerations

What to Consider *Before* Starting Treatment

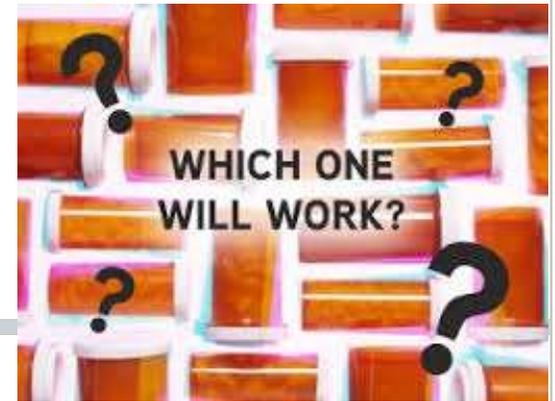
Medication

Indications for Additional or Alternate Treatment

Before Starting Treatment

- Check for Rule Outs
 - Check thyroid function
 - Consider other medical conditions / medicines / issues
 - **Bipolar Disorder brief screen:**
 - Have you had periods of feeling so happy or energetic that your friends told you that you were talking too fast or that you were too 'hyper'?⁴
 - If yes – *And* how many nights have you been able to go without sleep *and* had plenty of energy?
 - If yes – *And* while being involved in risky behaviors?
- Assess for and Address Risk
 - Suicidality, substance abuse, dependence
 - Presence of violence, etc.

Medication



- Antidepressants (ADs), SSRIs and SNRIs, can cause activation and agitation when first started, may temporarily exacerbate anxiety before mood and functioning improve.
 - No specific AD is more effective than another.
 - Consider cost, side effects, drug-drug interactions, and/or family/personal history w/ ADs
 - Start low and increase gradually to effective dose as soon as tolerable
- May help with moderate depression, **most effective for severe depression**
 - Within \pm 6 weeks, half receiving ADs have at least 50% reduction in sx
 - Tx timeframe 9-12 months; can be up to 24 months, or ongoing depending on severity, history, personality organization...
 - ADs produce full remission in 30% of patients with MDD and partial response, a 50% reduction in PHQ-9 score, in 60%

Indicators for Additional or Alternate Treatment

- Active risk – suicidality, other self-harm behaviors, homicidality
- Active substance abuse
- Seek psychiatric consult when:
 - Severe depression and no onsite option for pharmacotherapy
 - More than 2-3 medication trials without significant reduction in symptoms or improvement.
 - Multiple medications without benefit
 - Longstanding depression without benefit from prior treatment
 - Complicating, multiple diagnoses – for example: Depression and PTSD
- Linkage to outside CBT when not available at your setting

Appendix B

Assess and Educate

Psychoeducational Components of Behavioral
Depression Education

Assess *and* Educate

- **Healthy Self-Care Management is Essential!!**

As appropriate, Teach and Share Information!

- Help your client learn how to positively affect mood and functioning
- Help your client identify realistic / unrealistic expectations and judgments
- **Sleep** (examples)
 - Poor sleep worsens mood and functioning (and is a significant risk factor for suicidality)
 - Electronics adversely impact sleep – TV, phone, pad, computer.
 - Can be activating. Use of smartphone or pad can interrupt melatonin production for 1-2 hours.
 - Caffeine –half-life of 5-9 hrs; caffeine after 12 – 2 pm can affect sleep
 - Efficiency: # of hrs asleep ÷ # of hrs in bed x 100% if $\leq 75\%$ = restlessness
 - Resource: SHUTi – Online CBT for insomnia program www.myshuti.com

Assess *and* Educate

- **Eating, nutrition** (examples)
 - Food provides the building blocks for our emotions and energy
 - Food benefits 'last' in the body for about 5 hours
 - Breakfast, lunch and dinner?
 - Eating regularly helps mood and functioning
 - Skipping meals may contribute to dips in mood, irritability, over eating, gaining or holding onto weight
 - Eating breakfast can help to regulate body weight
 - Eating late at night lowers appetite in the morning, may also affect sleep

Assess *and* Educate

- Substance Use / Abuse / Dependence (examples)
 - Caffeine – can add to irritation and muscle tension in addition to affecting sleep
 - Cigarettes – can be emotionally soothing, but are physically activating
 - Alcohol – central nervous system depressant, can affect the body up to 3 days, sleep interruptor; can ‘out weigh’ benefit of ADs
 - Marijuana – helps to disconnect from mood; withdrawal response within 4 days, can cause anxiety, reinforce need/addiction
 - ...and impact of other substances. Self-medication is ‘medication’ with unclear amounts, action and effects.
 - Can interfere with and / or reduce effectiveness of ADs.
 - Substance use/abuse/dependence may be a significant contributor to depression

Assess *and* Educate

- Physical activity (examples)
 - It all counts!
 - Cleaning, shopping, swimming, dancing, running , playing with kids, critters.
 - Walking for 10 minutes raises mood and energy for 2 hours
 - Walking for 20 to 30 minutes, 3 to 5 times a week, is equivalent to an antidepressant
 - The way we think about what we do can have a large impact on the benefit we get from the physical activity we engage in.

Additional: Depression MNEMONICS

Mania – DIGFAST	Depression – SIGECAPS ≥ 2 months	Dysthymia – He's 2 SAD ≥ 2 years
Distractability	Sleep disorder	Hopelessness
Indiscretion (Pleasurable Activities)	Interest Deficit (anhedonia)	Energy loss or fatigue
Grandiosity	Guilt	Self-esteem is low
Flight of Ideas	Energy Deficit	2 yr min depressed mood most times/days
Activity Increased	Concentration Deficit	Sleep increased/decreased
Sleep Decreased	Appetite Disorder	Appetite increased/decreased
Talkativeness (Pressured Speech)	Psychomotor Agitation/Retardation	Decision-making or concentration impaired
	Suicidality	