

Supporter's Optimal Solutions - Mental Health Promotion and Treatment

- Once the supporter has facilitated a comprehensive assessment and treatment plan with appropriate community professionals, they will follow the mental health treatment plan prescribed by the PCP or mental health professional. This will include as a minimum: administering and recording all prescribed medications in accordance with dosage levels, times and specific directions etc....;
- Closely monitor and track changes in symptoms and behaviour (see instrument below);
- Continue to engage all relevant community professionals and follow directions.

Emotional-Wellness Symptoms Tracking Tool

There is a high prevalence of mental health and mood disorders in people with developmental disabilities. The following emotional-wellness symptoms tracking record can be used to collect basic data to help the PCP or psychiatrist to accurately assess and treat mental health disorders, trauma/PTSD and compromised psychological well-being.

The tool below is specifically provided to help support professionals screen for the possible need for treatment of anxiety and depression. This is one of the most common mental health and mood disorders.

In order to complete the screening tool, track observations over one week. Each day give a rating that represents an average of your observations for the day. Use a scale of 1-10 as indicated on the tool. At the end of the week take an average of the daily scores and note indicators that seem abnormal. Report any observations to the PCP that appear abnormal. Several of these weekly observations over a period of time may suggest need for treatment.

MENTAL HEALTH SYMPTOMS TRACKING TOOL								
WEEK OF _____				NAME: _____				
SYMPTOMS	very abnormal = 1				very normal = 10			
	MON	TUE	WED	THU	FRI	SAT	SUN	Avg.
sleeping patterns								
weight gain or loss								
concentration								
energy level								
decision making								
fatigue								

	MON	TUE	WED	THU	FRI	SAT	SUN	Avg.
tearfulness								
interest in daily activities								
sense of being overwhelmed								
patience								
worry								
expressions of fear								
interest in work								
interest in socializing								
expressions of shame								
anger								
aggression								
judgmental behaviour								
expressions of guilt								
sadness								
satisfaction with life								
REQUIRED ACTIONS: poor compliance = 1 complete compliance = 10								
taking prescribed meds								
exercise regime								
recommended diet								
working with “filters”								
acts of service or kindness								
energy balancing								
COMMENTS:								