

Your Name: _____ Date: _____



Module 2 Worksheet
“UNDERSTANDING SERIOUS MENTAL ILLNESS”

1. (Screen 2) In your own words, describe the main difference between serious mental illness and dementia.

2. (Screen 2) List four factors that can affect whether someone with SMI declines or improves over time.
 - a)
 - b)
 - c)
 - d)

3. (Screen 3) Describe one common myth about SMI and then explain the facts that prove it wrong.

4. (Screen 3) Medications are one tool for treating mental illness. List two ways medications might help people with SMI.
 - a)

 - b)

5. (Screen 4) Many people live successfully with SMI and accomplish great things. List two people you either know about or know personally who have been diagnosed with SMI and then describe how each contributes to the world around them.
 - a)

 - b)

6. (Screen 5) In your own words, explain why really getting to know a person with SMI will help you provide better care.

7. (Screen 5) At times, Josephine feels lost, sad and unmotivated for many days or weeks at a time. She has been diagnosed with major depression and takes medication to help treat it. As her caregiver, what are some things you can do to help Josephine avoid episodes of depression or reduce the symptoms?

8. (Screen 5) **True or False:** Generally, people with SMI come from similar backgrounds and have similar triggers for symptoms. **Circle the correct answer.**

True

False