

8. (Screen 6) People with bipolar disorder suffer from severe mood swings. Describe some common symptoms of both the “highs” and the “lows.”

9. (Screen 6) A person with schizoaffective disorder has both a thinking problem and a mood problem. Schizoaffective disorder is a combination of which two serious mental illnesses?
 - a)

 - b)

10. (Screen 6) What is the most common serious mental illness and what are some of its typical symptoms?

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

Your Name: _____ Date: _____



Module 3 Worksheet
“LIVING WITH SERIOUS MENTAL ILLNESS”

1. (Screen 2 and Screen 3) People living with SMI are often faced with misperceptions about mental illness. List three common misperceptions.
 - a)
 - b)
 - c)

2. (Screen 2 and Screen 3) What are some messages people with SMI want others to know?

Your Name: _____ Date: _____



Module 4 Worksheet
“THE CARES[®] APPROACH AND PROVIDING APPROPRIATE CARE”

1. (Screen 2) Write what each of the individual letters in CARES[®] stands for:

C: _____

A: _____

R: _____

E: _____

S: _____

2. (Screen 2) The CARES Approach is a “person-centered approach.” What does that mean?

3. (Screen 2) **True or False:** As a caregiver, how you interact with a person with SMI is the most important part of the person’s treatment. **Circle the correct answer.**

True

False

4. (Screen 3) Building trust is an important part of building relationships, and it takes time. List six gestures (comments, behaviors, or actions) you can do to help build trust with another person.

a)

b)

c)

d)

e)

f)

5. (Screen 4) Often, when a person becomes upset, something or someone has triggered the reaction. The Assess step in CARES is about figuring out what that trigger may have been. List four questions to ask yourself when assessing behavior.

a)

b)

c)

d)

6. (Screen 5) When a person with SMI is fearful and upset, how should you respond to de-escalate the situation?

