

Module 1 Worksheet "INTRODUCTION TO SERIOUS MENTAL ILLNESS"

1. (Screen 5) In your own words, describe serious mental illness.

2. (Screen 5) SMI can happen to anyone. Explain two possible causes for SMI.

a)

b)

3. (Screen 5) **True or False:** With the right support, people living with SMI can learn how to manage their symptoms and live meaningful lives. **Circle the correct answer.**

True

False

- 4. (Screen 6) List the four main categories of SMI.
 - a)
 - b)
 - c)
 - d)
- 5. (Screen 6) In addition to the four main categories of SMI, what are two additional disorders that many professionals consider to be serious mental illnesses?
 - a)
 - b)
- 6. (Screen 6) Imagine you are living with a serious mental illness. What day-to-day problems or challenges might you face?

7. (Screen 6) Schizophrenia can have delusions and auditory hallucinations. Explain both symptoms.

a)

b)

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?

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

Your Name:



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?

3. (Screen 3) In your own words, explain why instilling "hope" is such an important part of caring for someone with SMI.

4. (Screen 4) When discussing illnesses, what is the difference between a "cure" and a "recovery?"

- 5. (Screen 4) List six common factors for a successful journey of recovery for people living with SMI.
 - a)
 - b)
 - c)
 - d)
 - e)
 - f)
- 6. (Screen 6) As a caregiver, why should you allow and encourage people living with SMI to do as many things for and by themselves as possible?



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 deescalate the situation?

7. (Screen 8) Caring for other people is hard work and it can be very stressful. It is important for you to take care of yourself too. What are things you like to do to release some stress?

8. (Screen 10) What is your favorite step of the CARES Approach and why do you feel this step is so important?