Toolkit for Persons with Mental Health & Co-Occurring Conditions

Advance Health Care Directive:

An Advance Health Care Directive is a legal document that you create. It explains the health care services you want to receive in the future in case an illness prevents you from making decisions for yourself. It allows you to develop a "health care proxy," a legal document that appoints a person to help with health care decisions. The advance directive can also outline your wishes about specific treatments you do or do not want for yourself.

Advocacy, Advocate:

Advocacy is speaking up for someone with their permission to make sure they get what they need and what they think is right for them. Self-advocacy is speaking up for yourself. Someone who does advocacy is an advocate. There is more information about advocacy in the *Information about Self-Advocacy* section of the toolkit.

Care Facility:

A care facility is a place where people live and get special healthcare and assistance.

Care Plan:

A care plan tells how you and your health care providers will manage your health and well-being. You should work together to create this plan.

Care Team:

A care team is all the staff who assists an individual to transition between locations. It may include nurses, primary care providers, social workers, psychologists, psychiatrists, clergy, specialty counselors, peer supports, navigators, or care managers. You are the center of your care team and have the most important voice in the process. Nothing should be done to you. Everything should be done with you.

Care Transition:

A care transition is when someone moves from one care provider to another. It is also when someone moves from a facility or home to another residential setting. Examples of care transitions are from home to hospital, inpatient psychiatric or residential care facility, between providers, between facilities, or facility to home.

Community:

This toolkit uses community to mean a place where people live, like a city or neighborhood. The place has people with and without mental health conditions.

Co-Occurring Conditions:

Someone with mental health conditions might have other conditions too, like substance abuse or addiction. When this is the case, the person has co-occurring conditions. Having co-occurring conditions can make managing mental health more challenging.

Coping Skills:

Coping skills are things you can do to help you feel better. Some examples are exercise, drawing, journaling, and peer support. They help you get through hard times.

Crisis:
A crisis is an emergency. This emergency threatens your physical or mental health. There is information on how to deal with crisis in the *Crisis Planning* section of the toolkit.

Discharge:
Discharge is the name for the process of leaving a hospital or facility.

Peer Support:
A peer is someone who offers help based on shared experiences of living with mental health issues. Peer support is provided by people with personal experience of recovery from mental health conditions who can share information on how to achieve recovery and wellness based on these shared experiences. Peer supporters are part of an individual's care team and can be a supportive individual. There is more information on peer support in the *Peer Support* section of the toolkit.

Supportive Individuals:
Supportive individuals are people who care about you and reach out to you when you need support. Some examples are family members, friends, neighbors, co-workers, employers, peers, mentors, sponsors, coaches, or landlords.

Trigger:
A trigger is something that causes you stress or discomfort. This stress or discomfort might make you upset, and might make you experience symptoms.

Wellness:
Wellness refers to feeling good and being physically and emotionally healthy. This is not just about health. It is also about having a meaningful and fulfilling life in your community. There is more information on wellness in the *Living in the Community* section of the toolkit.