



teen  
mental  
health  
.org

# Treatments & Recovery

## Module 5

# TREATMENTS – PART 1

- All treatments work by changing the way the brain functions, by impacting on brain circuits
  - This includes: medicines; psychological; social
  - Treatments can impact directly on the part of the brain that is not working well –
- OR
- Treatments can impact on another part of the brain that in turn impacts on the part of the brain that is not working well

OR BOTH!



# TREATMENTS – PART 2

- The treatments for mental illnesses fall into two groups:



**psychological and physical**

# WHAT DO TREATMENTS DO?

- Help control the signs and symptoms of the illness
- Help improve functioning (at school/work/home, relationships, etc.)
- Help prevent the illness from returning
- Help improve overall health and well-being



# UNDERSTANDING TREATMENTS

- **Standard treatment** – based on a substantial amount of scientific evidence of effectiveness and safety
- **Alternative treatment** – insufficient scientific evidence of effectiveness and safety and used instead of standard treatment
- **Complementary treatment** – often without the scientific evidence needed to be considered a standard treatment and given in addition to a standard treatment to help it work better or to focus on an additional health benefit



# EXAMPLES OF STANDARD TREATMENTS

- **Psychological examples:**

- Cognitive Behavioral Therapy (CBT)
- Interpersonal Therapy (IPT)
- Multi-Modal Family Therapy (MMFT)

- **Physical examples:**

- Medications
- Transcranial Magnetic Stimulation (TMS)
- Electro-convulsive Therapy (ECT)



# TREATMENTS – PART 3

- Treatments require a collaboration between the patient, the clinician and the family
- Always get educated about any treatment you are getting and about the illness the treatment is meant to help

**Example: [www.teenmentalhealth.org](http://www.teenmentalhealth.org)**



# TREATMENTS – PART 4

- Different people respond to treatments in different ways
- Because of this, sometimes it takes a number of different treatment tries to find the treatment that works best for a person
- Sometimes two or more treatments used together can be more helpful than one: for example, CBT and a medication for treating Depression





# RECOVERY – PART 1

- Recovery is achieved when the person is doing what they can and want to do, even though they still may have the illness



# RECOVERY – PART 2

- Recovery is achieved through treatment as well as:
  - Social supports
  - Meaningful daily activities
  - Healthy lifestyle
  - Social inclusion
  - Friends
  - Reasonable income and housing



# WHAT YOU NEED TO KNOW – PART 1

- People who have a mental illness have a brain disorder that can be treated
- They are no different than you or your friend (indeed they may be you or your friend)
- If a person has a mental disorder, the sooner a proper treatment can be provided, the better the chance of a good outcome
- You and your friends can help by:
  1. Getting treatment if you need it
  2. Fighting stigma against mental illness!



# FOR MORE INFORMATION:

- Teenmentalhealth.org
- The Keltly Mental Health Resource Centre
- Canadian Mental Health Association
- National Institute of Mental Health: <http://www.nimh.nih.gov/health/topics/index.shtml>
- Canadian Center on Substance Abuse: <http://www.ccsa.ca/Pages/default.aspx>





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