



Adult Bipolar Disorder: Beyond the Basics

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December 12, 2017





Agenda

- Introduction
- General Principles
- States, Symptoms, and Strategies
- Treatment Troubles and Tactics
- Caregiver Self-Care
- Legal Issues in Brief
- About Families for Depression Awareness
- Questions and Answers





Presenters

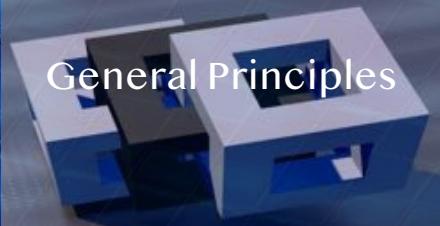




Martha Tompson, PhD Pata Suyemoto, PhD Susan Weinstein, JD
Moderator



General Principles





Balancing interests



Autonomy: let your loved ones do as much as they can for themselves
Involvement: they should know you love and support them
Limits: when to intervene

- the person's quality of life is threatened
- the person is not functioning



Communicating When Bipolar Is a Factor

- Demonstrate respect
 - doing the best they can
 - dealing with inner turmoil
 - often low self-esteem
- Listening is essential
- Be calm, keep it straightforward
- Step away as needed to collect yourself; in it for the long term
- Hold on to hope; stay positive



*In your interactions and thinking,
 separate the person from the disorder*



Communication Tips



- Get their attention first
- Brief, simple, and straightforward
- Keep calm, don't argue
- Make requests, not demands
- Don't take personally what they say
- Words + body language + demeanor
- Allow them to walk away if agitated



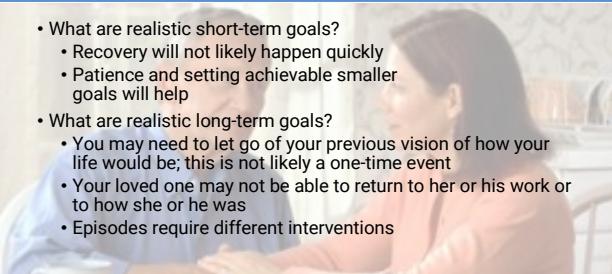
Communication Tips List

What's Going On	How to Respond
Confusion about what is real	Be simple and straightforward
Difficulty concentrating	Be brief and repeat
Oversimulation	Don't force discussion
Poor judgment	Don't expect rational discussion
Preoccupation with own thoughts	Get attention first
Changing plans	Stick to one plan
Withdrawal	Talk with them
Low self-esteem	Stay positive and respectful
Insecurity	Be loving and accepting

Woolis, R., When Someone You Love Has a Mental Illness



Setting Expectations



- What are realistic short-term goals?
 - Recovery will not likely happen quickly
 - Patience and setting achievable smaller goals will help
- What are realistic long-term goals?
 - You may need to let go of your previous vision of how your life would be; this is not likely a one-time event
 - Your loved one may not be able to return to her or his work or to how she or he was
 - Episodes require different interventions



Not Your Fault or Responsibility

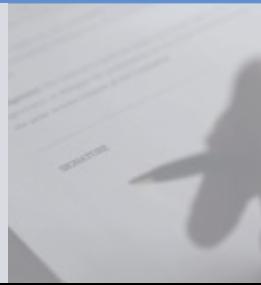
Your loved one having bipolar disorder – and the challenges that presents – are not your fault

It's not your responsibility to "fix"





Make an Agreement



- Make an agreement with your loved one (not when in the throes of an episode) that addresses particular problematic behaviors
- With loved one and clinician, develop a written plan that describes when specific interventions are warranted and who should do them

<http://www.nrc-pad.org/>



States, Symptoms, and Strategies



Challenge: Lack of Insight



- Lack of insight is part of bipolar disorder
- Not always rational or aware
- Can be misinterpreted as stubbornness or manipulation

Manic State



Strategies needed

Potential for negative consequences: physical safety, interpersonal relations, financial decisions, risky behaviors

- Provide stability, predictability, consistency
- Refer to rules and consequences previously agreed

Depressed State



Strategies needed

- Suicidal ideation/attempt
- Isolation, guilt
- Interpersonal relationships

Reassurance, supporting their involvement in their treatment, keeping them safe

Mixed State



How to provide support when mania and depression co-occur or cycle?
High-risk state: keep person safe

- Be calm
- Repeat yourself
- Get professional care for loved one

Cognitive Issues



- Problems in reasoning, organization, attention, memory
- Cognitive symptoms can persist beyond mood and other symptoms

Patience, understanding, realistic expectations, helping person succeed

Estrangement from Family



Person with bipolar disorder separates from family and/or
Family separates from person with bipolar disorder



Treatment Troubles and Tactics





In Search of the Correct Diagnosis



- Bipolar is ordinarily not diagnosed until after several years
- Absence of determinative symptoms
- Symptoms similar to major depressive disorder
- Need thorough family history

Monitor and document symptoms, response to medications, etc.



Not Becoming Well



While following treatment plan

- monitor and document symptoms, contact provider, seek follow-up care

While not following treatment plan

- monitor and document symptoms, contact provider, why not following treatment plan?

Engage person in seeking adjustment to treatment plan



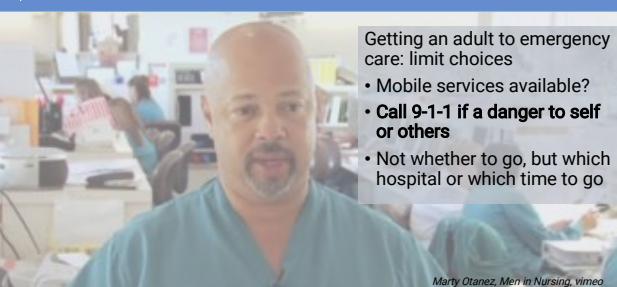
The Decision to Hospitalize



- Some reasons for hospitalization
- Threat of harm to self or others
- Hallucinations or delusions
- No sleep for days
- Unable to care for self
- Not functioning
- Depression or mania interferes significantly with life's activities



If Emergency Help Is Needed



Getting an adult to emergency care: limit choices

- Mobile services available?
- Call 9-1-1 if a danger to self or others**
- Not whether to go, but which hospital or which time to go

Marty Otanez, Men in Nursing, Vimeo



Alternatives to Emergency Dept



What is available in your community?

- Mobile crisis response
- Community health center
- Partial hospitalization/day program
- "The Living Room"
- Peer support specialists

 **Alternatives to Inpatient Care**



The Big Fear: "I'm going to get locked up"
Can't promise it won't happen, but can assure you will look for least restrictive alternative considering safety, availability of care, treatment adherence
Involuntary admission can potentially be avoided through advance planning
E.g., Crisis Stabilization Units (CSU), Partial Hospitalization Programs

 **When Resources Are Exhausted**



- Talk with your loved one's providers: other treatment approaches?
- Ask about sliding scale and payment plans
- Press your health insurance company for coverage; appeal when necessary, take it to the end!
- May qualify for care through state department of mental health
- Support from community or nonprofit groups?
- Participate in clinical trial

 **Caregiver Self-Care**



 **"Because I'm Worth It"**



Hard to do but essential:

- Take care of yourself first
- You can't effectively take care of others if you are overstressed, overwhelmed, and exhausted
- What's stopping you?

 **Self-Care Strategies**

Use stress-management tools and techniques (Watch FFDA Coping with Stress webinar!)
Take care of your health
SEE: Sleep, Exercise, Eating
Nurture yourself with activities that help you to relax
Let others help you – and ask for help when needed
Get counseling to help with managing your mental health
Find and attend a support group; get support and learn from others



 **Set – and Protect – Boundaries**



- When boundaries are needed (always)
- How to set boundaries (together if possible)
- How to set consequences (together if possible)
- What to do if boundaries are not respected – follow through!

http://bit.ly/saneblog_boundaries

Legal Issues

Really, an Advance Directive Is Key

The better you can plan, the better you will be able to get care for your loved one (and hopefully their better willingness)
The document (should be written) will reflect their preferences and what they wanted to have happen

You Might Need a Lawyer

Good idea to identify and meet with a qualified attorney who has experience in mental health law before a crisis arises; get advice on staying ahead of potential issues before they happen
E.g., help with drafting advance psychiatric directive or guardianship
Explore local legal resources

Potential Concerns

- HIPAA and privacy: ability to communicate with providers (not always a two-way street)
- Consequences of impulsive behaviors, e.g., business decision, spending spree, gambling: strategy for protecting family bank account
- Changes to family income, applying for federal and state benefits: they are there for a reason, if you qualify

About Us

Our Mission

We help families recognize and cope with depression and bipolar disorder to **get people well** and **prevent suicides**

Families for Depression Awareness is a national nonprofit organization providing education, training, and support

Our Philosophy

Depression and bipolar disorder affect the whole family

Our Website

About Us

Stories & Interviews

Written and audio **expert interviews** such as

- Talking to your Teen About Depression
- Diagnosis and Treatment
- Family Communication
- How to Find and Pay for Treatment
- Family History

plus **personal stories** about how families have addressed and managed depression and bipolar disorder

Free Webinars

When Depression Isn't Getting Better with Erik Messamore, MD & Nicole Gible, MD	The American Health Care Act: What's at Stake for Our Mental Health? with Michael Petruzzelli & Rebecca Farley David
More Than Mood: Depression Symptoms with Alice Medalla, PhD	Introduction to Bipolar Disorder in Adults with Eric Youngstrom, PhD
Teen Depression with Nancy Rappaport, MD & Jami Ingledue	Adult Bipolar Disorder: Beyond the Basics with Martha Tompson, PhD & Pata Suyemoto, PhD
Coping with Stress and Depression with Elissa Goldstein, PhD	

www.familyaware.org/trainings

Web Tools

Publications & Guides

New bipolar disorder brochure free for filling out survey!

Teen Depression Program

The slide features the Families for Depression Awareness logo at the top left. The title "Teen Depression Program" is centered. Below the title are three images: a thumbnail for a "Teen Depression Workshop" showing two people, a photo of four "TEEN SPEAKERS" smiling, and a thumbnail for "Depression and Bipolar Support Alliance WELLNESS GUIDES". A blue box at the bottom contains the text: "To learn more, visit www.familyaware.org/schools and contact Kayland Arrington at 781-890-0220 or kayland@familyaware.org".

Care for Your Mind

The slide features the Families for Depression Awareness logo at the top left. The title "Care for Your Mind" is centered. Below the title is a section titled "Exposing problems, gaining perspectives, and proposing solutions to fix our mental health care system". It includes a logo for "CARE FOR YOUR MIND" and a bulleted list: "Our advocacy blog, specifically for people living with depression or bipolar disorder and their families" and "Collaboration with Depression and Bipolar Support Alliance".

Caregiver Resources

The slide features the Families for Depression Awareness logo at the top left. The title "Caregiver Resources" is centered. Below the title is a list of resources: Families for Depression Awareness (<http://familyaware.org/education/role-of-a-family-caregiver/>), National Alliance on Mental Illness (<https://www.nami.org/Find-Support/Family-Members-and-Caregivers>), Mental Health America (<http://www.mentalhealthamerica.net/conditions/caregiving-person-mental-illness>), Depression and Bipolar Support Alliance (http://www.dbsalliance.org/site/PageServer?pagename=help_friends_family), International Bipolar Foundation: (<http://ibpf.org/i-care-someone-bipolar-disorder>), and Family Caregiver Alliance/National Center on Caregiving: (<https://www.caregiver.org/>).

Caregiver Resources p2

The slide features the Families for Depression Awareness logo at the top left. The title "Caregiver Resources p2" is centered. Below the title is a list of resources: National Alliance for Caregiving (<http://www.caregiving.org/>) with MHA & NAMI, "On Pins and Needles: Caregivers of Adults with Mental Illness" (<http://bit.ly/PinsNeedles>), American Psychological Association: (<http://www.apa.org/helpcenter/serious-mental-illness.aspx>; <http://www.apa.org/pi/about/publications/caregivers/practice-settings/intervention/mental-illness.aspx>), Books: R. Woolis, When Someone You Love Has a Mental Illness, R. Carter, Helping Someone with Mental Illness, J. Fast & J. Preston, Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner, J. Eron, What Goes Up: Surviving the Manic Episode of a Loved One.

Thank you!

The slide features the Families for Depression Awareness logo at the top left. The title "Thank you!" is centered. Below the title is a section titled "Our presenters, Dr. Martha Tompson & Dr. Pata Suyemoto". It lists "Content support from Gary Sachs, MD, David Miklowitz, PhD, Noreen Reilly-Harrington, PhD" and "Educational Grant Support from Allergan". To the right, it says "Our volunteers – caregivers and people living with bipolar disorder – who gave input: Richard B., Chris D., Stacey H., Lori H., Kurt M., Missy N., Dawna R., Virginia S., & Carol T." and "and the people who generously shared their stories for our brochure so others can benefit from their experience".

And our thanks to you, too

The slide features the Families for Depression Awareness logo at the top left. The title "And our thanks to you, too" is centered. Below the title is a graphic of a crowd of green stylized figures. To the right, it says "Our programs are made possible by generous contributions from PEOPLE LIKE YOU!". It encourages donations at www.familyaware.org/donate and THANKS!. At the bottom, it notes "Families for Depression Awareness is a participating charity in the Combined Federal Campaign. Support us by designating charity code 23414".



Next Steps

- Please complete the online evaluation at <https://www.surveymonkey.com/r/BipolarFall2017> to receive your free brochure with stories of families and bipolar disorder
- Take the Depression Test and complete the Mental Health Family Tree at www.familyaware.org - click on "Help Someone"
- Visit www.familyaware.org to learn more, volunteer, and donate to Families for Depression Awareness

