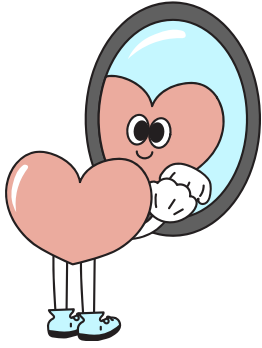


Module 1: Intro to Medication Management

<p>Objectives:</p>	<ul style="list-style-type: none"> • Define medication management • Define medication adherence • Identify and reflect on the role of medication in their life and recovery journey • Identify why medication management is important • Reflect upon and identify personal beliefs, attitudes, supports, and barriers to medication management 	
<p>Materials Needed:</p>	<p>Handouts:</p> <ul style="list-style-type: none"> • “Defining Medication Management” Handout • “Personal Beliefs Reflection” Worksheet • Exit tickets 	<p>Facilitator Materials:</p> <ul style="list-style-type: none"> • Ice breaker
<p>Group Activities:</p>	<ul style="list-style-type: none"> • Ice breaker activity <ul style="list-style-type: none"> ◦ Choose an activity that allows group members to get to know each other and the facilitator. • Group discussion: <ul style="list-style-type: none"> ◦ What is medication adherence? ◦ What is medication management? ◦ Why is it important to your recovery journey? • Review “Defining Medication Management” Handout • Introduce “Personal Beliefs Reflection” Worksheet <ul style="list-style-type: none"> ◦ Medication is a personal subject and it is important to reflect on personal beliefs, values, attitudes, and experiences that can contribute to one’s personal view of medication management. • Group Discussion: <ul style="list-style-type: none"> ◦ What personal beliefs or attitudes do you hold towards medication? ◦ What have been barriers for you to managing your medications in the past? ◦ What has supported your medication management in the past? • Debrief group <ul style="list-style-type: none"> ◦ Invite group members to share their overall thoughts on the group, share any topic ideas, questions or emotions that arise during this group • Exit ticket 	
<p>(Optional) HW:</p>	<ul style="list-style-type: none"> • Keep track of any barriers or difficulties that come up this week involving managing your medications <ul style="list-style-type: none"> ◦ Can provide tracker/organizer worksheet 	

Personal Beliefs Reflection Worksheet



Take a few minutes to reflect on your past experiences and personal beliefs about medication. How do you view medication? How has medication played a role in your recovery journey? Reflect on any positive or negative experiences. You can choose to draw a picture, share out loud, or write them down in the boxes below.

My Personal Beliefs

My Experiences

Supports

Barriers

Defining Medication Management Handout

What is medication management?

Medication management is a complex process that involves handling all aspects related to your medications. This includes:

- Getting a prescription from your doctor
- Picking up the prescription at the pharmacy
- Taking the medication as prescribed
- Refilling the medication when needed
- Understanding the reason for taking the medication
- Monitoring the effects of the medication



What are the impacts of not taking medications correctly?

- Increase in symptoms
- Progression of disease or illness
- Medication does not work as intended
- Inability to function in daily tasks
- Re-hospitalization
- Less responsive to treatment

What is medication adherence?

Medication adherence is following the medication recommendations as determined by your provider based on your health needs and goals.

Why is this important to my recovery journey?