SUPPORTING MENTAL HEALTH IN STROKE SURVIVORS

Emily Zanini, Health Promotion Educator
• Biopsychosocial links
• Vicious Cycle
• Substance use and recovery
• Suicide
• Listening non-judgmentally
• Stages of change
• Motivational Interviewing
• Care for the Caregiver
CHANGE IN THINKING
- Triggered by outside event
- “I can’t do anything right”
- “I’m not good enough”
- “I’m useless”

CHANGE IN FEELINGS
- Sadness
- Guilt
- Irritability
- Shame
- Anger
- Frustration

CHANGE IN BEHAVIOUR
- Withdrawal/isolation
- Risky behaviour
- Lashing out
- Avoidance
- Lack of motivation

CHANGE IN PHYSICAL FEELINGS
- Tension
- Lethargy
- Decreased immunity
- Headaches
- Stomach issues
- Trouble sleeping
SUBSTANCE USE AND RECOVERY

• Contributaries
• Concurrent Disorders
• Stigma and substance
• Prevalence in our community
• Local resources and referrals
Suicide

- 9th highest cause of death in Canada
- 2nd most common amongst young people
- Men between 45 and 59 have the highest rate of suicide
- 40% more likely to act under the influence
- 15% living with Major Depression
- 10.8% per 100,000
- Fourfold increase in 55+
- 3.5x higher in men than women
THINGS WE SEE, HEAR, SENSE AND LEARN

• Negative outlook on life
• Unresolved trauma(s)
• Substance use disorder
• Diagnosis of a mental illness
• Lack of motivation
• Absenteeism/presenteeism
• Giving away possessions
• Changes in sleep/eating habits
• Repeated expressions of hopeless/helplessness
RESOURCES AND REFERRALS

- Connex Ontario
- CMHA – Bounce Back Ontario
- HSN MHAP
- Harm Reduction Home
- Detox/Withdrawal Management
- Corner Clinic
- Monarch Recovery Services
- NISA
LISTENING NON-JUDGMENTALLY
STAGES OF CHANGE MODEL

- Recovery
- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse
PRE-CONTEMPLATION

Characteristics
- “Ignorance is bliss”
- Not currently considering change

Techniques
- Validate lack of readiness
- Encourage self-exploration
- Personalize risks
CONTEMPLATION

Characteristics
• “Sitting on the fence”
• Hesitant about change

Techniques
• Pros and cons
• Identify positive outcome expectations
• Validate
Characteristics
- “Testing the waters”
- Some experience with change
- Planning to act

Techniques
- Obstacles and solutions
- Social supports
- Skills for change
- Encourage small steps
Characteristics

- “Practice makes perfect”
- Practicing new behaviour for 3-6 months

Techniques

- Restructure cues and supports
- Bolster self-efficacy
- Re-emphasize long term benefits
MAINTENANCE

Characteristics
• “In it”
• Continued commitment to behaviour

Techniques
• Follow-up support
• Reinforce internal rewards
• Discuss coping with relapse
RELAPSE

Characteristics
• “Falling off of the wagon”
• Resume old behaviours

Techniques
• Identify trigger
• Reassess motivation/barriers
• Plan stronger coping strategies
CHANGE PLANNING

INVOLVES DISCUSSION OF:

• DESIRED CHANGE
• MOTIVATION – the “why”
• STEPS they will take to change
• SUPPORTS
• OBSTACLES/BARRIERS
• MEASURED OUTCOMES
  • SMART goals
DEFINITION

Miller and Rollnick define MI as:

- “person-centred counselling style for addressing the common problem of ambivalence about change.”

- “A collaborative conversation style for strengthening a person’s own motivation and commitment to change.”
BENEFITS OF MI

- MENTAL HEALTH
- ALCOHOL AND SUBSTANCE ABUSE
- HEALTH PROMOTION
- MEDICAL TREATMENT AND ADHERENCE
- DUAL DISORDERS
- COUPLES THERAPY
O - Open-ended Questions
- Questions that do not elicit a yes or no answer
- They allow the individual the freedom to talk

A – Affirmations
- Draws attention to Individual’s strengths especially important with “failed self-changers”.
- Supports hope for change by focusing on behaviours that have resulted in past successes
- Helps them see that change is possible
R – Reflective Listening – Central Technique to MI

- Creates forward momentum that helps create change
- Focus on change talk; pay less attention to non-change talk
- Deepen the meaning of the interaction by varying the level of reflection
- Reflections of affect ie. “I miss being able to walk as a result of my stroke.” are especially powerful motivators
S – Summaries

- Reflect back what has been discussed
- Encourage
- Specialized form of reflective listening
- Includes changes they are willing to consider
- Can be used to build rapport
- Shouldn’t last more than a minute
RESISTANCE

Shifting Focus – just changes the subject

Rolling With Resistance – go with the flow
Works well with those who reject every suggestion
Does not mean you agree with what they say

Reframing – a new way of looking at things that they haven’t thought of presents new meaning to what has been said