

# Great Minds Think Alike (GMTA)



Providing youth the  
skills to reach for the  
stars.

**NAMI Texas**

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## Sound Familiar?

"Nobody could possibly understand how I feel."

"If I start to cry I'm sure I'll never stop."

"I'm so bad that no one could ever like me."

"If I don't hit something I'm going to explode."

"If people knew what I was thinking they would say that I'm crazy."

"I try as hard as I can but I just don't understand things like I used to."

"My family is driving me crazy!"

"I just don't enjoy anything anymore."

"I wish that I could just stop feeling."

# Children and Mental Illness

- About 12 million children under 18 suffer from mental disorders such as autism, depression and hyperactivity.
- Suicide is the third leading cause of death for people between the ages of 15 and 24.

# Teen Suicide

- Almost 1 in 5 had seriously considered attempting suicide;
- More than 1 in 6 had made plans to attempt suicide; and
- More than 1 in 12 had made a suicide attempt in the past year.
- If you look around a class of 25 students, at least five are likely to have seriously considered suicide, and at least two are likely to have tried to kill themselves in the past year.

# Mental Illness and Recovery

Recovery plans include a diagnosis, medical treatment, counseling and support. Also included in a strong recovery plan are:

- Peer Support,
- Socialization,
- Education, and
- Training

## GMTA is...

- A psycho-social educational program for youth 12 - 17
- Based on the Neuro Treatment Team Partners program – a evidence-based program developed by a team of nationally recognized professionals
- Designed to teach adolescents the about symptoms of mental illness and what they can do to promote recovery and prevent relapse

## **GMTA is...**

- Made up of 9 Chapters, each of which is targeted to a key area of an adolescent's recovery:
  - Understanding Your Illness
  - Understanding Your Symptoms
  - Managing Your Symptoms

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- Symptoms and Side Effects
  - Communications
  - Understanding Treatment
  - Managing Crisis and Emergency Situations
  - Living a Healthy Lifestyle
  - Managing Relapse

# GMTA Evaluation

- All classes will begin and end with a pre- and post-test taken by each participant to determine knowledge base of each participant before and after each class
- All classes will have an end of class evaluation given by each participant to evaluate class effectiveness
- Follow-up evaluations will be given to each participant and their parent(s) 3-, 6-, and 12-months following the final class to evaluate long-term program effectiveness

# Chapter 1- Understanding Your Illness

- Understanding Your Illness
- How Your Brain Works
- How Diagnoses are Made
- Diagnoses
- Emotional Response to Mental Illness
- You Are Not Alone
- How to Develop a Support System
- Practice Asking for Help
- What can You Expect in the Future?

# Chapter 2 – Understanding Your Symptoms

- Symptoms of Your Illness
- Recognizing Your Symptoms
- Recording Your Symptoms
- Early Warning Symptoms
- Building a Road to Recovery
- Treatment Can Help
- When to Call Your Doctor
- Your Helpful People List
- You are Not Alone

# Chapter 3 – Managing Your Symptoms

- When Symptoms are Taking Over Your Life
- Taking Action to Manage Symptoms
- Ways People React To Their Symptoms
- Getting Relief From Your Symptoms
- Types of Services and Treatments

## Chapter 4 – Symptoms and Side Effects

- Managing Symptoms and Side Effects
- Common Symptoms and Side Effects
- Drug Interactions with Alcohol and Street Drugs
- Serious Side Effects
- Strategies to Feel Better

# Chapter 5 - Communications

- What is Communication?
- I-Statements Guide
- I-Statements Examples
- De-Escalation
- What to do about Negative Emotions

## Chapter 6 – Understanding Treatment

- Newer Treatments are Helping People Feel Better
- How Treatment Can Help
- A Word about Drug Interactions
- Medicine is NOT Enough – CBT Therapy

# Chapter 7 – Managing Crisis and Emergency Treatments

- Managing a Crisis and Emergency Situation
- Common Crisis Situations
- Developing a Crisis Intervention Plan
- Developing an Emergency Intervention Plan
- Developing a Closure Plan
- How to Cope with Violence and Natural Disasters
- Planning, Practice and Perseverance

# Chapter 8 – Living a Healthy Lifestyle

- Nutrition Exercise and a Healthy Lifestyle
- Health Problems Associate with a Poor Diet
- Dietary Guidelines for Americans
- Setting Goals Toward a Healthy Lifestyle
- Medication is Important to a Healthy Lifestyle
- Exercise
- Relaxation
- Avoid Alcohol and Street Drugs

# Chapter 9 – Managing Relapse

- What Does “Relapse” Mean?
- Too Much Stress Can Lead to Relapse
- Other Reasons for Relapse
- Ways You can Reduce the Risk of Relapse
- When You are Feeling Your Best

**Graduation!!!! Celebration!!!!**

# Teacher and Student Manuals



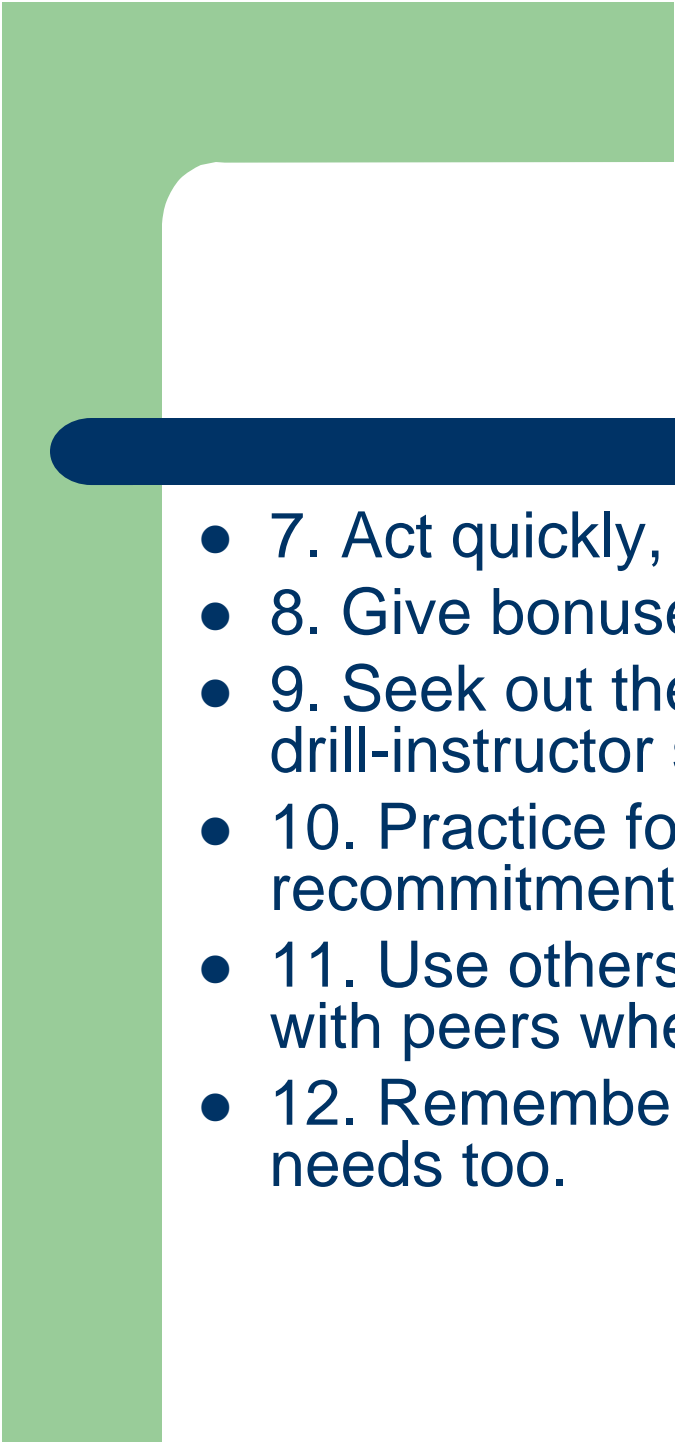

Teacher manual contains student manual in its entirety, plus Teacher Notes to the right side for guidance, additional info and input.

# Teacher Guides

- How to Set up the Classroom
- Teaching Attitudes
- Be Consistent
  - \*Make known the expectations
  - \*Be Open
  - \*Set an example
  - \*Give rewards and praise
  - \*Teach with love and because you love what you are doing

# Twelve Principles for Dealing with a Difficult Child

- 1. Be specific about your expectations and stick to them!
- 2. Put first things first.
- 3. Praise, Praise, and Praise some more!
- 4. Be knowledgeable about the child's specific problem(s) and difficulties.
- 5. Spend "one-on-one" time with the children.
- 6. Be specific about positive and negative

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- 7. Act quickly, speak calmly, and rant rarely.
  - 8. Give bonuses, and focus on the positive.
  - 9. Seek out the middle ground: "neither wimp nor drill-instructor shall thy be."
  - 10. Practice forgiveness, patience and recommitment.
  - 11. Use others for support, and seek consultation with peers when appropriate.
  - 12. Remember to take care of yourself. You have needs too.



# Tips For Dealing



- Humor
- Structure – Firm, Consistent Limits

# Forms

- Pre Needs Assessments
- Post Needs Assessments

# Student Handouts

- Cycles of Emotional Recovery
  - Based upon the Visions For Tomorrow “Cycles of Emotional Response”
- Guidelines to Respecting and Getting Respect

# Evaluations

- Training Evaluations
  - Because we are wanting to know what value the students receive and we are constantly looking for ways to improve what we do.

# Teacher Notes

- Each chapter has Teacher Notes to the right to assist the teacher in communicating well and adding a bit more to each class.

Example:

- Definitions of words the students may not know.
- Ideas for open discussion.
- Additional information not found in the student manual.

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