

INSTRUCTIONS FOR USE OF
THE MHHA DEPRESSION INTERVENTION PLAN (DIP)

PURPOSE: The OASIS C is adding a screening for depression and this screening may indicate a need for an action plan. This plan may be instituted by all clinicians and not just a qualified psychiatric mental health nurse. The MHHA Psych subcommittee reviewed current treatment modalities and has developed this tool. It is based on our research that in order to maintain good mental and physical health, everyone should be doing positive things to improve or maintain their bodies, minds and souls on a daily basis. This could be used by everyone and not just those who are mentally or physically ill.

1. This tool may be included in the admission packet for easy access and immediate use.
2. Explain to the patient that this tool is optional and it is their choice to use it.
3. Explain that even when the doctor(s) find the right combination of medications, there are things everyone can do for themselves to maintain good health.
4. Explain that everyone needs to do positive things daily for their body, mind and soul.
5. Explore what the patient can do to help their body including daily exercise, sunshine/fresh air, and good nutrition.
6. Explore what the patient can do to improve their mind including intellectual stimulation, socialization and hobbies.
7. Explore what the patient can do to improve their soul including spirituality and self endorsement.
8. See suggestions attached. Break the areas down into steps that can be accomplished within the patient's limitations.
9. If they are agreeable to try this, instruct them to put a check mark after the daily goals attained and fill in the top row with the day/date.
10. Review accomplishments on a weekly or as needed basis and assist the patient to give themselves positive reinforcement. Discourage the use of words like "I could have..." or "I should have..." and enforce the use of the words "I did..."
11. Assess for patterns in lack of goal attainment. Ask what happened on particular days when the scores are low.
12. Encourage the patient to take this sheet to their doctor's appointments so the doctor(s) can see what they are accomplishing.
13. Explain that the overall goal is to establish new patterns in behavior that will be beneficial in maximizing their functional abilities.

Attached is a list of suggested activities for the DIP. Write in suggested activities based on the patient's capabilities. You may find many other effective goals for your patients not included in this list. Based on the experience, of the MHHA Psych subcommittee members, many patients have already benefited from this plan.