

## **JOHN W. GRACE, M.D. GENERAL INSTRUCTIONS FOR HIS TRANSITIONS PATIENTS**

MY CELL PHONE NUMBER IS **352-601-0422** FOR ACTIVE PARTIAL PATIENTS. CELL PHONE RECEPTION IS SPORADIC IN MY AREA. IF YOU HAVE AN URGENT NEED AFTER HOURS I WILL TRY TO GET BACK TO YOU. IF FOR SOME REASON I DO NOT REACH YOU (NEVER GOT MESSAGE OR UNABLE TO CALL) PLEASE TAKE APPROPRIATE STEPS TO INSURE YOUR SAFETY UNTIL I CAN REACH YOU OR YOU CAN COME IN. INCLUDING:

- CONTACTING STABLE SOURCES OF SUPPORT,
- CONTACTING SUICIDE PREVENTION LINE IF SUICIDAL (1-800-273-8255. )
- PRESENTING TO AN EMERGENCY ROOM. *SPRINGBROOK PSYCHIATRIC HOSPITAL* IN BROOKSVILLE AND *THE VINES PSYCHIATRIC HOSPITAL* IN OCALA OVER 24 HOUR EMERGENCY ASSESSMENTS AS WELL.
- CALLING 911 AND LETTING THEM KNOW YOU ARE HAVING URGENT PSYCHIATRIC ISSUES.

### **TAKE OWNERSHIP OF YOUR CONDITION BUT ALLOW US TO GUIDE YOU**

You are seeking treatment because you have a problem we believe we can help you with.

"Help" is the qualifying word here.

Our assistance without your effort will be limited.

Not only do we need your effort, we need you to let us direct it. This may be the most important thing you can do to get better quickly. Let go of a little control. Allow us to direct your energy. Try to follow all of our instructions.

We are not trying to control you.

We are trying to give you greater control over your life.

We may not be able to help you if you don't allow us some influence in changing the way you live your life. Part of your mental health may be the life you're trying to live.

### **MAINTAIN RELATIONSHIP WITH PRIMARY CARE**

Most psychiatric conditions worsen if you neglect physical health. Stay in touch with your general physician.

## **BEHAVIORAL ACTIVATION AND CIRCADIAN INTEGRITY**

People are supposed to be active in the day and shutting down in the evening. Try to keep a good rhythm to your day with consistent mental and physical activity during daylight hours and calm shutting down as evening approaches.

The more consistently you do this the more stable you will be.

Avoid napping during the day. It can disturb the normal pattern of sleep and wakefulness.

Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime. While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal.

Exercise can promote good sleep.

Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.

Food can be disruptive right before sleep. Stay away from large meals close to bedtime.

## **TRACK OF YOUR SYMPTOMS AND SLEEP ON A DAILY BASIS**

Most people are really inaccurate when reporting how they felt a week ago. The best thing you can do to improve the quality of information you give us is keeping a mood chart. There are many available on line.

At bare minimum, write down two numbers on your calendar every day. How many hours you slept? Your mood on a scale of 1-10 (1 is really bad, 5 is even and pleasant, 10 is way too good)

## **WHAT IS HAPPINESS?**

People often want to feel "happy." The truth is with our stimulus-overloaded society, many people have started to look for constant stimulation and "excitement" as the new "happy". Perpetual excitement through video games, electronic stimulation, and intense interactions is probably not a sustainable form of mental health. Peace and serenity as a baseline, with occasional excitement, is a far more achievable goal. Most people today probably need a little less stimulation and more contemplation which brings us to the importance of mindfulness.

## **CONSIDER BEING MORE "MINDFUL"**

Expecting nothing while accepting and appreciating everything is the essence of mindfulness, viewing every interaction and experience in the most positive and productive way.

Mindfulness is a way of controlling and examining your thoughts and feelings that is helpful for not only minimizing the impact of negative events but also maximizing the appreciation of positive ones.

It helps us to survive when life is at its worst and thrive when life is at its best. Please learn how to incorporate this way of thinking to minimize the impact of negative events and better appreciate positive ones.

## **NEW MEDICATIONS**

- Maintain a relationship with one pharmacy that has an updated list of your medications.
- Always ask them to run an interaction profile with any new medication.
- Do not drive on a new medication before you know how it will effect you.
- Always practice birth control while on psychotropics.
- Monitor blood pressure weekly unless instructed to do so more often.
- Always read instructions, labels, and warnings from pharmacy and follow instructions unless specifically directed differently.

## **DIAGNOSIS IN RECORDS**

Diagnosis can be used for different purposes: 1) It can give a prognosis. 2) It can have legal ramifications. 3) It can direct treatment. Here we are generally interested in the third. We use our diagnosis to direct treatment. Prognosis (which we will be happy to discuss) will likely be based on more factors than diagnosis. Legal ramifications or opinions are best determined by outside, independent parties and our diagnoses should not be used independently of a thorough review of the treatment record by a highly qualified professional. .

## **PERPETUAL TREATMENT TEAM**

Although it is an expectation to have a formal treatment team meeting with each patient once a week, our program believes in a perpetual treatment team. The medical director is expected to meet with each patient every day they are in the program. Staff members are encouraged to sit in to allow greater feedback, continuity, and social dynamic in inducing behavioral change in a positive direction.

## **RELATIONSHIPS**

We ask patients to maintain minimum contact with one another outside of the group setting. Friendships and relationships, including financial or living arrangements, between group members can disrupt the group process for all. Group is designed to show you the benefit of socialization and how to improve socialization, not serve as your primary source of socialization as this is unsustainable in the long run.

## **PRIVACY**

We ask that all members of the program please respect the privacy of other members. Program members are not bound by HIPPA laws and therefore we cannot guarantee that other members of the group will honor this commitment. However, in our experience most of the individuals that come through the program are genuinely committed to improving themselves and helping others to do the same and therefore respect this important rule.

## **BALANCE YOUR IMPROVEMENT**

There really are five ways that someone can improve: (SYMPTOMS, FUNCTIONING, INSIGHT, MEDICATION, STABILITY)

They can have fewer or less severe SYMPTOMS.

They can have greater FUNCTIONING.

They can have greater INSIGHT into their limitations.

They can be on less MEDICATION.

They can have more STABILITY.

Patients tend to focus on symptoms first, then functioning.

Therapists tend to focus on insight.

Doctors tend to focus on medications and stability.

All of these must be balanced.

The most important thing is NOT FORGETTING ABOUT#4.

Why?

This is how people get in endless cycles of more and more medication. For example, Patient Jim feels bad symptoms while juggling three stressful activities. He goes to the doctor and gets medications. He goes to therapist and gets insight. He overall improves functioning and decreases symptoms. He comes back in three months with return of symptoms but he is now trying to juggle five things. So Jim thinks he needs more medication. We all want to have fewer symptoms, more functioning, and perfect insight. Sometimes the price with poly-pharmacy and instability is too high We need to keep all of these in mind.

## **FOLLOW UP**

Follow up is critical to the group process. Please make sure that you have a follow up appointment in place as soon as possible with your provider. Try to start to build your life so that you will have structure and socialization after the program ends.

## **EMPLOYMENT**

Although it is our belief that due to the exhausting level of emotional commitment that partial hospitalization and intensive outpatient care generally preclude full-time employment by their intensity and emotional and time commitment there may be rare individual cases where this is not the case.

## **HEART RATE VARIABILITY MONITORING**

Heart rate variability has been studied in relation to anxiety disorders for both diagnostic and treatment purposes<sup>1,2</sup>. *ELITE HRV* developed an easy to use

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<sup>1</sup> Chalmers JA, Quintana DS, Abbott MJ, Kemp AH. Anxiety Disorders are Associated with Reduced Heart Rate Variability: A Meta-Analysis. *Front Psychiatry*. 2014;5:80. Published 2014 Jul 11. doi:10.3389/fpsy.2014.00080

<sup>2</sup> Kircanski K, Williams LM, Gotlib IH. Heart rate variability as a biomarker of anxious depression response to antidepressant medication [published online October 12, 2018]. *Depress Anxiety*. doi:10.1002/da.228

measurement to determine HRV utilizing a finger measurement device (corsense). The following heart rate variability measurements were obtained on this date to attempt to track HRV in anxiety patients. It is our hope that these will yield useful tracking and treatment response information over the course of treatment.