

**Provider Notice**

**To:** Adult Levels of Care  
**From:** PerformCare  
**Date:** January 2, 2024  
**Subject:** Treatment for Depression – Toolkit 3

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In this three-part series, PerformCare will be distributing resources to assist Members and clinicians in diagnosing and treating depression. An educational handout is included with each installation.

Part 1 highlighted the importance of routine screening for depression, while Part 2 highlighted some antidepressant medications that can help with symptoms of depression. This final part outlines strategies to assist clinicians with maintaining treatment efforts and improving adherence.

**Please distribute this material to all clinical staff for use in their work.**

For a brief outline of strategies to increase adherence to treatment, please visit:

<https://blog.cureatr.com/10-strategies-improve-patient-compliance-with-medication>. Primarily focused on medication adherence many of the strategies can easily be adapted to other areas of treatment such as attending appointments and/or therapy sessions.

The Psychiatric Times (<https://www.psychiatrictimes.com/view/psychotherapeutic-strategies-enhance-medication-adherence>) provides information on overall adherence rates by diagnosis and offers several therapeutic strategies to improve adherence.










The National Alliance of Mental Illness (NAMI) outlines discussion points that can improve adherence to treatment in this user-friendly article, which can also be downloaded for distribution: <https://www.nami.org/About-Mental-Illness/Treatment/Mental-Health-Medications/Medication-Plan-Adherence>

The JAMA network (<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/485411>) completed a meta-analysis examining the effects that depression can have on treatment adherence and ways clinicians can intervene. Although examining adherence to medical treatment, strategies that are listed are useful to all professionals.

























































Below you will find a guide that can be used in clinical work or provided to Members to assist with maintaining medication adherence.

## Remembering to Take Your Medication

Following your treatment plan can help you stay healthy and symptom-free. Taking your medications is particularly important. Studies have shown that patients who do not take their medication have a 30-40% greater chance of experiencing a flare of their disease. Here are a few helpful tips that can help you remember to take your medication:

<b>Create A Routine</b>	<b>Keep It Visible</b>
 <p><b>Take medication with an activity you do at the same time every day.</b></p> <ul style="list-style-type: none"> <li>- Mealtimes</li> <li>- Brushing teeth</li> </ul>	 <p><b>To avoid “out of sight, out of mind”, leave medication in a safe place that is easy to spot.</b></p> <ul style="list-style-type: none"> <li>- Kitchen/bathroom counter</li> <li>- Bedroom nightstand</li> </ul>
<b>Set An Alarm</b>	<b>Post A Note</b>
 <p><b>An alarm on your <i>cell phone</i> or <i>watch</i> can be helpful, especially you’re busier at certain times of the day or the timing is important.</b></p>	 <p><b>Put a reminder note some place it will be seen every day.</b></p> <ul style="list-style-type: none"> <li>- Refrigerator</li> <li>- Bathroom mirror</li> </ul>
<b>Use A Pillbox</b>	<b>Flip Pill Bottle Over</b>
 <p><b>A weekly pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.</b></p>	 <p><b>Each time you take your medicine, flip the pill bottle over so you know it has been taken.</b></p>
<b>Carry Extra Doses</b>	<b>Record Each Dose</b>
 <p><b>Leave some extra doses in a bag/purse you use often so you can take your medicine if you’re away from home.</b></p>	 <p><b>Use a calendar or medication journal and check off when you take each dose. This can help you avoid missing doses or taking too many.</b></p>
<b>Keep Medicine With Each Caregiver</b>	
 <p><b>If you ever stay with different caregivers, keep some medicine at each house.</b></p>	

## Mobile Medication Reminder Apps **\*\*Available on Apple and Android devices**

	CVS 	Walgreens 	MyMedSchedule 	MediSafe 	Mango Health 	MyMeds 	MedSimple 
Free						\$9.99/year	\$9.99/year (90-day free trial)
Medication Reminders							
Tracks Doses Taken/Missed							
Refill Reminders							
Ready for Pick Up Alert							
Offers Online Data Entry							
Share List of Medications		Print, Email	Print	Print, Email		Print, Email, Text	Print, Email
Extra Features	<ul style="list-style-type: none"> <li>• Setup family profiles</li> <li>• Scan to refill prescription</li> <li>• Transfer prescriptions</li> <li>• Pharmacy locator</li> </ul>	<ul style="list-style-type: none"> <li>• Scan to refill prescription</li> <li>• Transfer prescriptions</li> <li>• Pharmacy locator</li> </ul>	<ul style="list-style-type: none"> <li>• Create and print wallet-size list of medications and schedule</li> <li>• <i>My Health Tracker</i> for lab results and vital signs</li> </ul>	<ul style="list-style-type: none"> <li>• Program family members to receive alerts if medication is not taken</li> <li>• Setup family profiles</li> <li>• Snooze reminder</li> </ul>	<ul style="list-style-type: none"> <li>• Earn points for taking medicine with the chance to win rewards (e.g., gift cards, charity donation)</li> <li>• Drug interaction warnings</li> </ul>	<ul style="list-style-type: none"> <li>• Setup family profiles</li> <li>• Record drug allergies, doctors, and pharmacies</li> <li>• Track immunization records</li> </ul>	<ul style="list-style-type: none"> <li>• Record drug allergies, doctors, and pharmacies</li> <li>• Cost savings – drug discount card, pharmacy programs (e.g., \$4 lists, coupons)</li> </ul>
Available Languages	English	English	English, Spanish	English, Spanish, Arabic, Chinese, French, Russian	English	English	English
HIPAA Compliant							
Website	cvs.com	walgreens.com	mymedschedule.com	medisafe.com	mangohealth.com	my-meds.com	medsimpleapp.com