

Mental Health POA (Bipolar Disorder 1 example)

Section 1

Recipe for healthy mental health

- Physical activity/ exercise
- Breathing and Mindfulness
- Practicing Gratitude and Grounding Techniques
- Healthy nutritional diet
- Managing Stress
- Adequate Sleep
- Keeping up with Mental Health Treatment

Mental Health Treatment

- Daily Medication
 - Medication A (2 pills at night)
 - Medication B (1 pills in the morning)
- Emergency Medication(1-2 tablet)
 - For Supplemental Situations
- Medication C
 - Coupled with the Emergency medication for
- Therapy treatment with Therapist A
 - Every month
- Psychiatry treatment w/ Dr. A
 - Every 3 months

Section 2

Causes of Mania

- high levels of [stress](#)
- changes in sleep patterns or [lack of sleep](#)
- using [recreational drugs or alcohol](#)
- seasonal changes – for example, some people are more likely to experience hypomania and mania in spring
- a significant change in your life – moving house, starting a new job or going through a divorce, for example

Signs, Symptoms, Early Warning signs defined by experts

- Flying suddenly from one idea to the next
- Rapid, "pressured" (uninterruptible), and loud speech
- Increased energy, with hyperactivity and a decreased need for sleep
- Inflated self-image
- Excessive spending
- Feel very "up," "high," elated, or irritable or touchy
- Feel "jumpy" or "wired"
- Have a decreased need for sleep
- Have a loss of appetite
- Talk very fast about a lot of different things
- Feel like their thoughts are racing
- Think they can do a lot of things at once
- Do risky things that show poor judgment, such as eat and drink excessively, spend or give away a lot of money, or have reckless sex
- Feel like they are unusually important, talented, or powerful (delusions)

More Related Examples to Real Life scenes of a Manic Episode

Decreased Need for Sleep

Do you or a loved one stay awake until 4 a.m. and then awake at 8 a.m. ready to go? A decreased need for sleep is common during the emergence of mania symptoms.² Unfortunately, sleep problems and bipolar disorder can feed off each other, with manic episodes leading to sleep problems and vice versa.

Being Engaged in Many Activities at Once

During a manic episode, you may be restlessly searching for ways to work off extra energy.³ This symptom is often described as "multitasking on steroids." People often take on many projects or experience a burst in productivity that is beyond what they would normally accomplish during a set period of time.

Talking a Lot or Speaking Loudly, Rapidly, or With Pressured Speech

Talking loudly and quickly is a common symptom at the beginning of a manic or hypomanic episode. It's important to note that in order to be categorized as rapid speech, it should represent a deviation from the person's usual speech. Some people talk faster than others, but if someone who usually carefully chooses their words and speaks slowly begins to talk rapidly, be aware.

Easily Distracted

Be aware as well if someone starts making "clang" associations (for example, gets distracted by the rhyming of words such as microphones, xylophones, and ice cream cones).⁴ Clang associations may at first sound like poetry, but with bipolar disorder, they are out of context and out of character for the person with manic symptoms.

Increased Desire for Sex

Hypersexuality is a common manic or hypomanic symptom⁵ and may include uncharacteristic or risky sexual behavior such as seeking sex workers, pornographic websites, online interactions seeking liaisons, and more.

Increase in Risky Behaviors

Someone experiencing a manic episode may engage in more risky behaviors, particularly with money like overspending, spending sprees, and gambling.⁶

Rapid Thinking

Notice if your friend or family member complains that their thoughts are racing uncontrollably.⁷ Outwardly, a person with bipolar disorder may appear to be talking fluidly and pleasantly, while on the inside having repetitive, unquieted thoughts. Don't be afraid to ask what they mean if they talk about their thoughts racing.

Flight of Ideas

For someone entering the manic phase of bipolar disorder, the flight of ideas may be hard to follow.⁷ If you are finding it hard to make logical sense of the progression of a discussion, take notice.

Flight of ideas might sound something like this: "I wonder what the weather will be like tomorrow. What is the purpose of life? Oh, I forgot to feed the cat." We all have moments in which our words are thrown together in a non-logical progression. The important thing is to notice a *change* in your loved one's presentation of their ideas.

Grandiosity

Be on the alert if your friend or loved one starts having delusions of grandeur, for example, making statements like, "Justin Bieber is sending me love letters," or "We have to move to Yemen this weekend, I've been named president there." Grandiosity is often experienced by people with bipolar disorder during the manic or hypomanic phases.³ Grandiosity is defined as an exaggerated sense of importance which may be in power, knowledge, or identity, and which often has religious overtones ("I was sent to be a shepherd for my flock"). It's important to note that delusions of grandeur are not present in hypomania, but grandiose thinking like "I'm going to quit my job and write a novel" is a possible hypomanic symptom. Again, context is important. If it's a budding writer making this comment, it may be very normal. But the same words spoken by someone who does not enjoy writing and has never talked about writing a novel before is suspect.

Hostility and/or Increased Irritability

Watch out for unreasonable irritability or hostility.⁸ Be cautious and get help if you see this type of behavior. Do not try to handle the situation on your own.

Thoughts of Suicide

In some cases, a manic episode can result in feelings of hopelessness or worthlessness or thoughts about death or suicide.

Excessive Religious Dedication

Increased religious zeal or involvement can be another manic symptom.⁹ Make note of this if you see it.

Bright Clothing

During a manic or hypomanic episode, a person is more likely to wear brightly colored or flamboyant clothing.¹⁰ Of course, most people who wear bright-colored clothing are not experiencing a manic or hypomanic episode. But clothing can be a subtle clue if bright choices coincide with other manic or hypomanic symptoms. A change in dress, such as a preference for more revealing clothing, may also reflect other symptoms like hypersexuality.

Section 3

Personal Experiences/signs and Symptoms noted by friends and family

Person 1:

- Example 1
- Example 2
- Example 3
- Example 4
- Example 5

Person 2:

- Example 1
- Example 2
- Example 3
- Example 4
- Example 5

Person 3:

- Example 1
- Example 2
- Example 3
- Example 4
- Example 5

Section 4

HOW TO PREVENT MANIA AND MANAGE SYMPTOMS

Here are a few tangible tips to be able to detect those warning signs:

- Refill your medication before it lapses: When you have a week or so left of pills, refill your prescription so there's no gap. Nowadays you can schedule your meds to be delivered automatically, so there's no need to manually refill the order every time.
- Adhere to a daily routine or schedule: If you write out your schedule and have a similar routine every day, it will be easier to notice when you start to deviate from it.
- Keep a sleep log: Try to go to sleep and wake up at the same time every day. In a sleep journal, write down how much sleep you get each night.
- Stick to a financial budget: Keep a close eye on your income and, in particular, your spending. If you need help getting control over your finances, talk to a financial advisor, accountant, or even a responsible friend or family member.
- Create a calm environment at home and avoid over-stimulating environments: If you have less things around to distract you and you keep a clean home, it will encourage a peaceful atmosphere and mood. This is especially important for your bedroom so you can have a relaxing, restful place to sleep.
- Break down your goals into smaller, attainable tasks: If there's a large goal you want to achieve, each step towards that main goal should be a small goal you can accomplish along the way. For example, if you want a new job, the goal wouldn't be "get a new job." Smaller attainable goals would be: write a resume, write a cover letter, spend 20 minutes a day to research jobs, apply to one job a week, make one new contact a week, etc.
- Maintain healthy habits that promote both physical and mental wellness: Eating healthy and exercising regularly can improve your overall wellness, including your emotional wellness. This includes avoiding drugs, alcohol, caffeine, and energy drinks that can be overstimulating.
- Have a friend or family member who will practice these healthy behaviors alongside you: When you have someone in your life who will be a good role model for you, and who will hold you accountable, you will be more likely to succeed. Having positive people in your life is important. Spend less time with people who exhibit unhealthy behaviors.
- Slow down and practice mindfulness: Meditation and mindfulness are great tools for getting in touch with your emotions and finding peace. With practice, you'll be able to have a deeper awareness of your emotions and tell when you're transitioning away from your baseline.

Plan for when Manic symptoms are present

- Take 1-2 tablets of the Emergency Medication
 - Bottle is located under sink in the guest bedroom

- Take his Medication C for immediate relief during
 - *Medication C is often used to control mania before mood stabilizers take effect. They can also treat sleeplessness. Additionally, they may help relieve anxiety, which is frequently experienced by people with bipolar depression.*

- Need to call Dr. A to make him aware of his symptoms and that he has started taking the Emergency medication
 - Dr. A's office number: 123-456-7890
 - Saturday/Sunday Closed
 - Monday 8AM–5PM
 - Tuesday 8AM–5PM
 - Wednesday 9AM–12PM, 6–9PM
 - Thursday 8AM–5PM
 - Friday 8AM–2:30PM

If Emergency attention is needed

Local Crisis Center

- Each County has their own crisis centers
 - Doylestown Hospital Crisis Center
 - Mental evaluation ... breakdown
 - Good place for someone to start and they help you through all processes
 - First step for intervention

Local Outpatient and Assessment centers

- Lenape Valley
 - Set up an Apt
 - Noon sign up for that day
 - Never been, a patient can make an apt. For crisis matters
 - Closed on the weekends
- Horsham Clinic has an assessment center (other clinics should have assessments centers)
- The Lodge is a crisis residential
 - Not a lock unit
 - Have to meet criteria with INS ... only accepts medical assistants (at this point)
 - Voluntary going in to help

Weekend Resources

- Always come in to Doylestown crisis for evaluation
- Medical symptoms could go to ER
- Call Crisis center and talk over thru the phone
- Able to break down the signs and symptoms with you and what you are going through

Section 5

302 Emergency Consent

Under the conditions of an emergency where you are concerned for the health of _____, I ask anyone who possesses this POA to present it to _____. If _____ at this point can't not recognize their illness and take the proper actions for his health he will need the help to be forced to receive the safest treatment at that time.

I, _____, give consent to anyone who has a signed physical copy of this POA to 302 myself if I am too sick to recognize my illness and where I need to be hospitalized.

SIGNATURE:
