



The Power of Personal Medicine

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Joe

“I think there’s a lot of other things that’s medication that’s maybe not considered medication. There’s things that you can do that does change what your body does and it may not be medicine. I still think one of the best mood stabilizers there is in life, maybe not for everyone, but for me, is math.”



Math: A Mood Stabilizer

$$\psi_2 = \psi_0 n\mu \left[\frac{t}{T} - \frac{d_1}{\lambda} \right] + \psi_0 n\mu \left[\frac{t}{T} - \frac{d_2}{\lambda} \right]$$

$$n\mu \left[\frac{t}{T} - \frac{d_1}{\lambda} \right] + n\mu \left[\frac{t}{T} - \frac{d_2}{\lambda} \right] =$$

$$n\mu \left[\frac{2nt}{T} - \frac{2nd_1}{\lambda} \right] + n\mu \left[\frac{2nt}{T} - \frac{2nd_2}{\lambda} \right] =$$

$$n\mu \frac{2nt - 2nd_1 + 2nt - 2nd_2}{T} =$$

$$\frac{2nt - 2nd_1 - 2nt + 2nd_2}{T} =$$

$$\frac{-2nd_1 + 2nd_2}{T} =$$

**There was a
Healer Within Joe**



We are resilient



**Many things can
change our
biochemistry**



Personal Medicine:

An older, cultural
understanding of
medicine



Personal Medicine

The things we do
that put a smile
on our face and
bring joy and
meaning to our
life



Personal
Medicine is also
the smaller
things we *do* that
help us get well
and stay well



The Power of Personal Medicine

Disrupt



Transform

Medicine is a pill

I am the problem

Health care is delivered

I am sick

Take your meds

Medicine can be what I do

I am part of the solution

Health care is co-created

I am resilient

Find the balance between
your pill medicine and your
Personal Medicine

Research Findings

- Use of Personal Medicine increases over time
- Use of Personal Medicine increases activation in self-care
- Activation in self-care is associated with improved health outcomes



Personal Medicine supports recovery-oriented practice, is evidence-based and has been shown to increase activation which leads to more robust health outcomes. The practice of Personal Medicine meets SAMHSA's criteria for recovery-based practice and the core competencies of peer support.

MacDonald-Willson KL, Deegan PE, Hutchison HL, Parrotta N, Schuster JM (2013). Integrating Self-Management Strategies into Mental Health Service Delivery: Empowering People in Recovery. Psychiatric Rehabilitation Journal, 36,4 258-263.

Questions? Comments?

Exercise: Discover Your Personal Medicine

Personal Medicine Cards



Anger



**Anxious
Feelings**



Concentration



**Distressing
Voices**



**Effective
Communication**



**Feeling
Depressed**



Financial Peace



Food Cravings



Grief



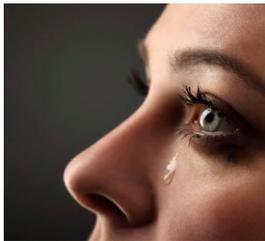
Harm Reduction



Negative Thinking



Oppression



Self Harm



Sleep



Stress Reduction



Trauma



**Troublesome
Beliefs**



Worry

Refocus on things I can control

When we feel anxious, we often worry about things that are out of our control. Refocusing on what we CAN control in a situation helps us feel less anxious.

When I am anxious about something I have no control over, I say to myself:

I refocus on:

- My breathing
- How I can get support in the situation
- What I can control in the situation
- My reaction to the situation
- My idea:

Does this Personal Medicine work for me?

- Yes – it helps me *(describe)*:

- No – I will try another

Stephen

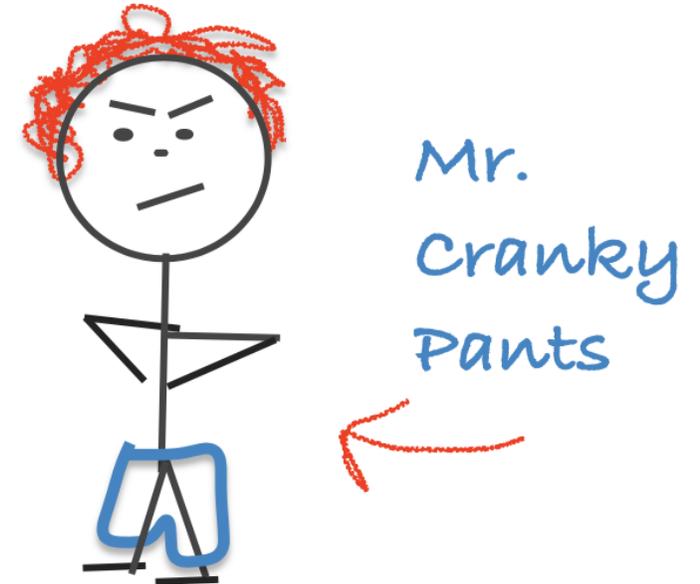


Shrink my inner critic down to size

"You can't do math."; "You're a loser."

Most of us have an inner critic that fuels our negative thinking. Imagining our inner critic as a something small or silly can help.

My inner critic looks like:



Does this Personal Medicine work for me?

Yes – it helps me *(describe)*:

Mr. Cranky Pants makes me laugh, which helps me find my power over my negative thoughts.

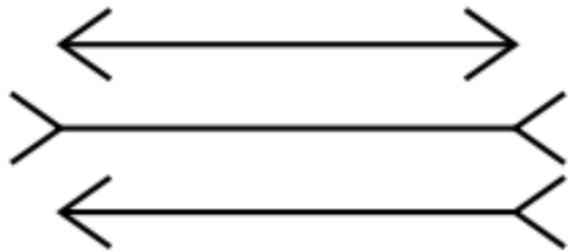
No – I will try another

Sean





Remind myself things are not always what they seem to be



No matter how many times we look at this illusion, the middle line always seems longer. But that is a false perception. All the lines are the same length. Sometimes our brain can trick us.



I use this Personal Medicine when:

I am noticing patterns of yellow and black cars. It could be random. The patterns might not be what they appear to be.

Does this Personal Medicine work for me?

Yes - it helps me *(describe)*:

calm down and feel less scared when I see the patterns

No - I will try another

Keoni





Chanting rituals help me honor my brother in a way I think he would like.

Is my Personal Medicine powerful?

- Is it a specific activity, not a feeling/state-of-being? Yes No
- Is it something I do now, not a future goal? Yes No
- Is it something I do, not something I take? Yes No
- Does it say how it helps me? Yes No



My plan:

My brother and I learned traditional Hawaiian chants when we were young. I composed a mele oli in his honor. I do at least one recital a day.

Does this Personal Medicine work for me?

Yes - it helps me *(describe):*

I feel connected to my people and my brother. I can truly grieve now in a way that feels RIGHT.

No - I will try another

Personal Medicine Cards



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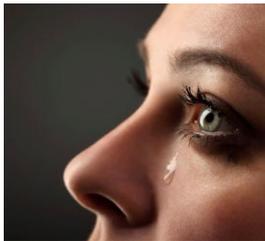
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**Troublesome
Beliefs**



Worry

Let's discuss

Join our conspiracy of hope



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Thank you

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