

# TARGETED SELF-MANAGEMENT FOR EPILEPSY AND MENTAL ILLNESS

## WHAT IS TIME?

## THE GOAL

TIME is intended to improve both epilepsy and mental health outcomes among individuals with epilepsy and comorbidity.

## REASONING BEHIND TIME

- ✓ Mental health conditions are very common in people with epilepsy and almost always worsen health outcomes.
- ✓ TIME is based upon the idea that people learn by observing others, gaining knowledge, skills, and experience, and acquiring the self-confidence to put their new-found knowledge into practice in ways that are practical and self-sustaining.
- ✓ TIME uses peer support to promote connection, understanding, and acceptance.
- ✓ Past research experience with the TIME program suggests that it is highly acceptable to participants.

TIME (Targeted Self-Management for Epilepsy and Mental Illness), developed with funding from the Centers for Disease Control and Prevention (CDC), is a psychosocial treatment program/intervention that blends psychoeducation, problem identification/goal-setting, and behavioral modeling/reinforcement in a group format to improve epilepsy and mental health outcomes among adults with epilepsy and mental illness.

Developed with input from patients with these conditions and health care providers, TIME was found to be more effective than treatment as usual (Sajatovic et al 2016). The team that developed TIME is currently implementing and scaling up this evidence-based program in a community setting in partnership with a local Epilepsy Association and with funding from the Cuyahoga County (OH) Addiction and Mental Health Services Board.



## PROGRAM SYNOPSIS

### GENERAL DESCRIPTION

Step 1: In-person group sessions are held over a 10-12 week time period and co-lead by a trained nurse educator and a trained peer educator. The peer educator is someone with both epilepsy and experience with a mental health condition. Group use a written curriculum, and last 60-90 minutes concluding with an interactive discussion. Groups are limited to about 6- 10 adult participants.

Step 2: After the group sessions are done, Individuals have 2 telephone maintenance sessions with the nurse educator spaced approximately 2 weeks apart .



## TARGET POPULATIONS

Adults with epilepsy and comorbid mental illness such as depression, anxiety, bipolar disorder, post-traumatic stress disorder or schizophrenia.

# DESIRED OUTCOMES

Improve health management for people with epilepsy by increasing care engagement, optimizing use of evidence-based treatments, adoption of a healthy life-style to minimize seizure risk, and addressing co-morbid mental health conditions that complicate epilepsy outcomes.

# MEASURES AND EVALUATION ACTIVITIES

- ✓ Measure of symptoms of Depression (MADRS and PHQ-9) and Generalized Anxiety Disorder (GAD-7)
- ✓ Measure of quality of life (QOLIE-10)
- ✓ Measure of seizure frequency
- ✓ Measures of negative health events (seizures, emergency room visits, hospitalization) utilization of community and medical services
- ✓ Client satisfaction survey

# TIME Contacts

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 <https://managingepilepsywell.org/research/past/TIME.html>



## ESSENTIAL PROGRAM COMPONENTS

- Trained nurse and peer educator who collaboratively deliver the program during group sessions.
- Challenges imposed by depression, stress and other psychological problems are addressed and de-stigmatized
- Information-sharing in an accessible manner that fosters motivation for active self-management.
- Guided with a standardized manual and handouts that re-emphasize materials tailored to the needs of the participants.



## PROGRAM COSTS

- Cost of TIME vary based upon staffing and number of participants in a group and geographical differentials.
- Nurse Educators are typically paid \$50/session including training sessions.
- Peer Educators are typically paid \$25-\$30/per group and training sessions
- TIME Instructor manual, TIME participant manual
- TIME session power-point slides
- After the initial training, the time commitment for Nurse and Peer Educators should not exceed 1-3 hours/week.



## RESOURCE REQUIREMENTS

- Adequate space for group sessions.
- Laptop set-up to display power-point slides
- Toll-free number and teleconference line available for those unable to make in-person sessions.
- Reimbursement costs of public transportation to in-person sessions for individuals that do not have other resources. Original program costs for this were in the order of \$5/per person/session



## TRAINING REQUIREMENTS

- Nurse and Peer educator orientation and training: 2-half day sessions.
- Debriefing sessions with the Nurse and Peer Educators as needed (expect 2-4 over 1 year)

## REFERENCES

Sajatovic M, Tatsuoka C, Welter E, Perzynski AT, Colon-Zimmermann K, Van Doren JR, Bukach A, Lawless ME, Ryan ER, Sturniolo K, Lhatoo S Targeted Self-Management of Epilepsy and Mental Illness for individuals with epilepsy and psychiatric comorbidity. *Epilepsy Behav.* 2016 Nov;64 (Pt A):152-159.



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