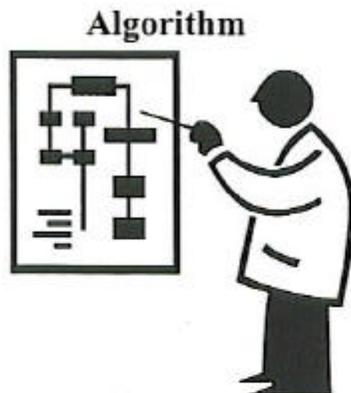


Texas Implementation of Medication Algorithms (TIMA) “Best Treatment”

TIMA is a program of the Texas Department of MHMR to improve medication treatment for people with schizophrenia, major depression and bipolar disorder all across the state. The goal for the patient is to get as much improvement in your symptoms as possible. This may mean trying different medications, if necessary. TIMA has several components:



Treatment algorithms* (or guidelines), a tool to help your doctor present you with the best treatment choices based on the results of scientific studies and expert advice.



Training and consultation for your doctor so they can use the algorithms in the most effective way.

Patient & Family Education



A patient and family education program to increase your knowledge about your illness and treatment so you can be a true partner in your treatment.



A consistent way of keeping treatment records so that your doctor and treatment team know what treatments you have tried and how they worked for you.

- * **Algorithm:** a tool for solving problems by going through a series of steps. Also called “guideline.” A medication algorithm recommends to the doctor which medication is best to use in a particular situation and what steps to follow if the first treatment does not work at all or does not work completely.

Part of TIMA is building a strong partnership with your doctor.

What YOU can do:

- Be involved in making decisions about which medications are best for you.
- Ask your doctor any questions that you may have about your illness or your treatment.
- Keep track of your symptoms and side effects between appointments so you'll be ready to tell your doctor about how you're doing.

Partners in Treatment



What your DOCTOR can do:

- Discuss the benefits and possible side effects of the medication choices with you.
- Ask you about changes in your symptoms or side effects at each appointment.
- Make changes to your medication if you're not improving in a reasonable period of time.

You can be a better participant in your own treatment if you are educated about your illness and treatment possibilities.

We encourage you to ask your doctor or treatment team about educational materials and groups.