

Psychiatric Patient Advocacy Form: **Tapering Off Psychotropic Medications**

This is a Psychiatric Patient Advocacy Form for those who recently experienced severe psychiatric decompensation requiring hospitalization, who nonetheless would like to one day be tapered off psychotropic medication. It is understood that this is a very sensitive topic, involving a number of interested parties. This form consists of “talking points” that a patient can share with his or her psychiatrist and treatment team, in a manner that facilitates collaborative commitment to the goal of tapering off one’s medication, should that indeed be the patient’s goal. The talking points are written from the perspective of the patient, and would ideally be read by the patient at his or her next community psychiatric appointment, preferably with the patient’s case manager present.

PATIENT: Share at your next community psychiatric appointment, preferably with your case manager present:

1. I would like to one day be able to function in a socially accepted manner without my psychotropic medication.
2. I am committed to doing my best, in working with my psychiatrist, case manager and treatment team, to achieve this goal.
3. I know that given my recent hospitalization, it is too soon for us to begin discussing tapering me off my medication, but I would like to have that discussion in the coming months.
4. It is important for me to know (from the two of you and my treatment team) precisely what would behaviorally demonstrate psychiatric stability, such that I can work toward achieving this goal.
5. It would be helpful to me to have these precise behavioral goals written down in a format that I can keep with me, to share with others who are trying to help me achieve these goals.
6. I’d also like to work with you (and my treatment team) toward adjusting my medication so that the side effects are more tolerable.
7. The side effects I’m experiencing are: