

My Medicines and Me

Project Overview



The My Medicines and Me Questionnaire (M3Q) is a consumer held tool to encourage deeper conversations on mental health medication side-effects.

In 2017 Consumers of Mental Health WA (CoMHWa) received a Lotterywest Grant¹ to promote the M3Q amongst mental health consumers, carers, non-clinical supporters throughout Western Australia. The project aims to increase recovery orientated care partnerships and to build evidence of effective, collaborative and person-centred approached mental health medication management. The My Medicines and Me project is also delivering skills-based workshops to consumers, carers and support workers.

CoMHWa's skill building workshop for consumers focuses on communication techniques to assist people to effectively discuss the M3Q with their clinician. CoMHWa aims to deliver training to carers, Peer Support Workers, Consumer Advisory Groups and non-clinical supporters to increase individuals and organisations capacity to support productive conversations about mental health medication side-effects between consumers and clinicians.

CoMHWa is working alongside Dr Ashoorian to deliver a number of awareness presentations to clinical service staff. By increasing staff awareness of the consumer-held tool, CoMHWa's consumer education and the rationale for deeper communication with consumers on mental health medication side-effects.

It is expected that the M3Q will support clinicians and consumers will communicate more effectively and be able to make informed decisions together following this project.

FURTHER RESOURCES

Consumers of Mental Health WA My Medicines and Me Project Available online: <http://www.comhwa.org.au/m3q>

Office of the Chief Psychiatrist My Medicines and Me Available online: <https://www.chiefpsychiatrist.wa.gov.au/my-medicines-and-me-questionnaire-m3q/>

Ashoorian, D. (2015). **An innovative approach to clinical communication in mental health patients: the My Medicines and Me (M3Q) side effects questionnaire.**

Available online: http://research-repository.uwa.edu.au/files/10001772/Ashoorian_Deena_2015.pdf

¹ 'New collaborative tool to help improve mental and physical health of Western Australians', Government of WA
<https://www.mediastatements.wa.gov.au/Pages/McGowan/2017/12/New-collaborative-tool-to-help-improve-mental-and-physical-health-of-Western-Australians.aspx>