

OPA for Mental Health: OPA Gives Hope!

Created by Martin K. Abdo

On 11/20/2009, Revised 9/8/2011, 6/1/2021

Overview:

Bio/OPA for Mental health Achievements

My story/How OPA Manifested

Intro to OPA: Definition/Purpose

How OPA Works: Four-Step Process

Five Benefits of using OPA

Example of using OPA process to manage one
overwhelming stressor

Questions and Comments

Conclusion

Resources

Bio/OPA For Mental Health Achievements:

Marty Abdo created OPA for Mental Health in November of 2009, and in 2013 he received a registered copyright for OPA.

He has presented at the Washington Behavioral Conference in both 2012 and 2013 and also with King County Behavioral Health Conference in 2011 and 2013.

He has also trained NAVOS Peer Bridgers on using OPA to achieve goals.

He currently has six OPA support groups running each week, on both inpatient and outpatient, at Harborview Medical Center.

OPA is currently being used at an outpatient agency in the UK as well as with a NAMI chapter in Arizona.

He is also offering FREE OPA Zoom trainings via Jones Community Solutions in Seattle. Since 2010, Marty has been training clients, peer specialists, case managers, providers, social workers, nurses, occupational therapists, recreational therapists, attending psychiatrists, medical students, pharmacists, and nursing students on the different uses of OPA for Mental Health

There are FREE resources on his website as well as a Youtube video on the use of OPA. Marty is currently working on writing a book, and pursuing research out in the community to make OPA for Mental Health Evidence Based.

My Story:

Diagnosed with ADD-'79

Diagnosed with Bipolar-'94

Living with anxiety since childhood

Why I developed OPA-stuck and overwhelmed

How OPA has changed/empowered myself

Before Using OPA Tool:

Very disorganized

Easily overwhelmed

Quick to frustration and anger

Prone to symptoms being triggered

Overly dependent on others for support

Low self-esteem and lacked self confidence

Frozen in anxiety

Afraid to dream and achieve life goals!

Definition of OPA:

O=Organizing Random Supportive Thoughts

P=Prioritizing using Numbers

A=Act! Follow the numbers in numerical order

Purpose: Assist an individual from switching from the emotional state to the logical state of thinking by reducing stress quickly; leading to self-control, self-validation, empowerment, and happiness!

How OPA Works: Four-Step Process

1) **Title/Name** what you are thinking about (stressor, multiple stressors, daily structure, goals, or getting your needs met). Key: Write it down

2)**Organize**: Take random supportive thoughts and/or important tasks from your mind and write down from top to bottom underneath the title. One thought/task on each line

3)**Prioritize**: Use numbers to create a hierarchy. 1=Most supportive idea when managing a stressor or getting your needs met. 1=Most important task when managing daily structure or achieving a goal. 1=Most stressful stressor when dealing with multiple stressors. Value of number 1 depends on which of the five benefits you are using

4)**Act!**: Follow the numbers in numerical order to help either reduce stress, manage multiple stressors, manage daily structure, achieve a goal, and/or get needs met diplomatically

Five Benefits of OPA:

- 1) Get needs met with providers, nurses, case managers, social workers, peer specialists, other professionals, and with loved ones
- 2) Create and manage Daily Structure
- 3) Create and achieve goals
- 4) Name and manage one overwhelming stressor
- 5) Name and manage multiple stressors

How OPA Works:

Example: Managing an overwhelming stressor:

Short story: My past history-Changing jobs frequently-How too much anxiety can lead to fear, anger, paranoia, resulting in lack of sleep/insomnia. This continued hellish cycle leads to increased symptoms and poor decision making.

Example: New job and lack of communication triggering this cycle just recently. Using the OPA process saved me from quitting my new job and losing out on additional monthly income.

Example: Using OPA Process to Manage the Overwhelming Stressor

Recap:

First step: Title/Name it-“Anxiety and paranoid thoughts about new job causing insomnia”(FYI: Lack of 8 hours of sleep daily will increase my symptoms of bi-polar (hypomania) in spite of taking medications.). Ownership and accountability are essential. Make sure all four-steps are written in your own words. Others only guide, if you are open to their support.

Second step: Organize your random support thoughts (brainstorm only supportive ideas, no negative ideas written down) to reduce stress around the stressor that you have named.

Third step: Prioritize using numbers. When managing one overwhelming stressor, **1=Most supportive idea** that the clt feels is best at reducing stress around the stressor 24/7

Fourth Step: Act! Follow/engage with the numbers in numerical order in order to reduce and manage stress around the stressor. By referring and engaging with the worksheet often when feeling or thinking about the stressor will help change how you react to the current stressor, potentially breaking old patterns and eliminating negative reactions in the future

“Anxiety and paranoid thoughts about new job causing insomnia-Lack of communication by Owner”

- 1 > “My credit is protected due to credit freeze” (gave social security number and bank info and no payment)
- 6 > “Check in with other co-workers about integrity of new company owner”
- 5 > “Check for information about owner in Google and LinkedIn”
- 2 > “Remind self of fact: Owner has contract with King County. He is a legitimate business, even if disorganized”
- 4 > “Remind myself of fact: “My father’s and family’s experience are not my experiences”
- 3 > “Remind myself of fact: “My supervisor stated he has spoken to the owner before and found him to be nice”
- 7 > “If his disorganization and lacking in communication causes too me too much anxiety, I have the option to quit”

After Tool:

Much happier-creates independence and self validation

Successfully managing personal and work life

Less overwhelmed-GIVES HOPE!

Have control of my life

Taking on more tasks/responsibilities-work and home

Decreased overall stress

Less anxiety in the moment

More confident

More efficient

Many Benefits of Using OPA:

Managing stress-when feeling overwhelmed

Creating healthy sleep routine

Structuring Monday through Sunday

Taking medications daily/on time

Keeping appnts/attending grps

Following through with housing

Achieving steps towards employment

Eating three healthy meals

Exercising regularly

Socializing in one's community

Managing sleep routine

Attending to basic Hygiene

Doing daily/weekly house chores

Additional Benefits:

Simple to explain, create, and use daily

Affordable-pen and paper

Potential cost savings-minimizing ED visits and inpatients length of stays

Small steps create great changes!

Conclusion:

OPA gives a disorganized and often chaotic mind order and relief when engaging with ALL four-steps on paper!

OPA's Five Benefits:

- 1) Creates and manages daily structure
- 2) Creates and brings goals to fruition
- 3) Manage one overwhelming stressor
- 4) Manage multiple stressors
- 5) Get needs met with providers, CMs, SW, Peer Specialists, other professional staff and with loved ones

OPA gives hope and empowers an individual!

OPA is simple to create, use, and teach others

It is imperative to manage stress in order to work towards recovery, live a longer life, and have greater life satisfaction!

Special Thanks:

My wife Kelli Abdo

Annette Jones with Community Jones Solutions/
Community Life

Sunny Lovin, Director of Harborview Mental Health
and Addiction Services

Kate McNulty, former nurse manager for inpatient
5WA at Harborview Medical Center

OPA for Mental Health Resources:

www.opaformentalhealth.com

>Free OPA worksheet and OPA Provider Form

>Free OPA Guide

opamentalhealth@gmail.com

>Offer trainings

>Set up groups

>I can be contacted via my website

You can find a simple OPA training video on U-Tube. Search under “OPA for Mental Health”

In addition, you can find OPA for Mental Health on Facebook

Questions and Answers

OPA for Provider Appointments

Date: _____

- 1) **Organize** random concerns that come to mind by listing them from top to bottom in the left-hand column.
- 2) **Prioritize** the random concerns by number. Most important concern assigned number 1, second most important concern assigned number 2, etc. Write numbers in the small square boxes next to your concerns.
- 3) **Act!** Share with your provider what you would like to address, starting with number 1. Write the providers answers to your concerns in the right had column. Continue to bring you OPA Provider Form to your future appointments.

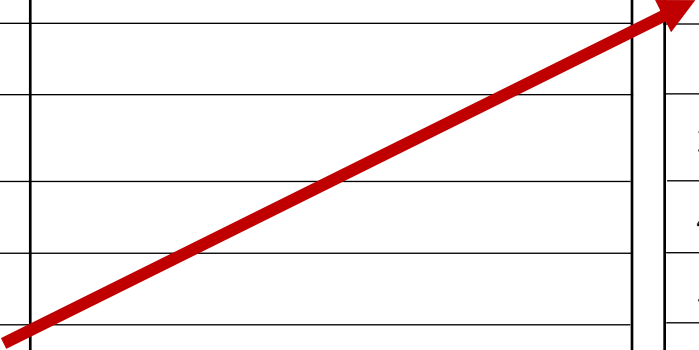
| Topics to discuss with Provider | | Solutions/Suggestions | |
|---------------------------------|--|-----------------------|--|
| | | 1. | |
| | | 2. | |
| | | 3. | |
| | | 4. | |
| | | 5. | |
| | | 6. | |
| | | 7. | |
| | | 8. | |
| | | 9. | |
| | | 10. | |
| | | 11. | |
| | | 12. | |
| | | 13. | |
| | | 14. | |

OPA for Provider Appointments

Date: _____

- 1) **Organize** random concerns that come to mind by listing them from top to bottom in the left-hand column.
- 2) **Prioritize** the random concerns by number. Most important concern assigned number 1, second most important concern assigned number 2, etc. Write numbers in the small square boxes next to your concerns.
- 3) **Act!** Share with your provider what you would like to address, starting with number 1. Write the providers answers to your concerns in the right had column. Continue to bring you OPA Provider Form to your future appointments.

| Topics to discuss with Provider | | Solutions/Suggestions | |
|---------------------------------|--|-----------------------|--|
| 4. | | 1. | |
| 7. | | 2. | |
| 6. | | 3. | |
| 2. | | 4. | |
| 5. | | 5. | |
| 1. | | 6. | |
| 3. | | 7. | |
| | | 8. | |
| | | 9. | |
| | | 10. | |
| | | 11. | |
| | | 12. | |
| | | 13. | |
| | | 14. | |



O.P.A.Organize Prioritize Act

OPA is a 5 in 1 Cognitive Tool

- Managing one Overwhelming Stressor
- Managing Multiple Overwhelming Stressors
- Creating and Managing Daily Structure
- Creating and Achieving Goals
- Getting Needs met with Providers, Professional Staff and Loved Ones (Please refer to separate provider form)

Organize Random Supportive Thoughts. Prioritize by number. Act.

Instructions:

1) Give it a title: Identify the feeling (overwhelming stressor), name the day (daily structure) or name the goal you are trying to manage.

2) Organize: Use lines provided below to list random supportive thoughts/ideas by using numbers, top to bottom.

3) Prioritize: The random supportive thoughts/ideas by using numbers-most important idea/task assign number 1, second most important idea/task assign number 2, etc...

Key: take your time and be honest with yourself. Decimals make your action list flexible, if future priorities come up. Use dates next to numbers, for achieving action steps with goals.

4) Act! Just follow the numbers in numerical order to reduce stress. Focus on one number at a time. Cross out the number once completed for daily structure and goal setting.

Title: _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____

[]> _____