Mood Enhancing Prescription (MEP)

It is useful to provide the young person with a simple outline developed collaboratively with them (and caregiver if appropriate) that clearly specifies what self-regulatory activities they should pursue during the diagnostic and treatment phases of their contact with their health provider. The Mood Enhancing Prescription is a useful and time efficient tool that can be used to help the young person identify and plan their daily activities. It is embedded below and provided in the Clinician's Toolkit as well. Practically, the clinician can review the MEP with the patient, complete the form and then review it at the next office visit.

Mood Enhancing Prescription

There are many things that you can do to help your mood. Sometimes these activities by themselves will help you feel better. Sometime additional help (such as psychotherapy or medications) may be needed. This is your prescription for what you can do to help your mood. For each activity write in your plan (include what you will do, how often and with whom)

Activity	Plan (what, how often, and with whom)
Exercise	
Eating Well	
Sleeping Well	
Problem Solving	
Being Socially Active	

Enrolling the Help of Others

If the young person has a supportive family, then family members could be involved in the MEP. Other significant persons in the young person's life may also be able to play a role (eg: teacher, school counsellor, coach, neighbour, etc.) It's a good idea to ask the young person about who else can help out and whenever possible get the family involved. Always inquire about school performance. Many young people with MDD may need extra educational interventions or a modified academic load. Discussion with a school counsellor (with permission from the patient) is recommended.

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