

## **Shared Decision Making: How to be a Partner in Determining Your Mental Health Care**

Consumer Education and  
Support Statewide Call-In:  
October 30, 2008

## **Welcome!**

- Thank you to all who have joined in for today's call!
- Instructions for CEU's for today's call
  - Fax Sign-In Sheets to:  
Josephine Brodbeck, FAX (309) 693-5101
- Date and Topic for Next Call-In
  - No calls for Nov or Dec – Enjoy the Holidays!
  - Next Call: January 29, 2009– Topic To Be Announced

## **Objectives for Today's Call**

- You will learn what shared decision making is and the values that support it
- You will learn the benefits of shared decision making
- You will learn how to discover your preferences

## **Objectives for Today's Call (Continued)**

- You will learn tools to prepare for doctor appointments
- You will learn how to work with your doctor during your appointment
- You will learn where to find more information on shared decision making

## **Guidelines for Today's Call**

- All Speakers Will Use **Person-First** Language
- All Acronyms Will Be **Spelled Out** and **Defined**
- **Diverse Experiences** Will Be **Heard** and **Validated**

## **Meet the Presenters**

- **Bryce Goff, Director of Recovery and Resilience**  
Illinois Mental Health Collaborative for Access and Choice
- **Alisa Lichtenfeld, Peer and Family Support Specialist**  
Illinois Mental Health Collaborative for Access and Choice
- **Joe Ferguson, Peer and Family Support Specialist**  
Illinois Mental Health Collaborative for Access and Choice

## Shared Decision Making

*An interactive process in which individuals and their doctors work together to make decisions, assuming that both members have important information to contribute to the process.*

–Adams and Drake (paraphrased)

## The Decision Making Options

- Option 1:  
The doctor makes decisions for you
- Option 2:  
Someone else speaks to the doctor for you
- Option 3:  
You speak for yourself and share in the decision making process

## The Values of Shared Decision Making

- Shared Communication
- Shared Expertise
- Shared Trust
- Shared Cooperation
- Shared Action

## Decisions You Might Make with Your Doctor

- Your goals for treatment
- The level and kind of service you need
- Medication options
- Plans for the future of your treatment (what might be needed)
- What each of your roles are in the success of your treatment

## Expertise You and Your Doctor Bring to the Process

### You are an Expert in:

- Your own body
- What has worked or not worked for you in the past
- Your values and goals in life. Your hopes and dreams.
- How the medications make you feel

### Your Doctor is an Expert in:

- How medications work
- What evidence has shown to be effective
- Helping you find steps toward achieving your goals and respecting your values
- Reducing or eliminating side effects

## Benefits of Shared Decision Making

- Improves self confidence
- Enhances recovery by balancing personal responsibility and support
- Sharpens problem solving and decision making skills

## Benefits of Shared Decision Making (continued)

- Increases your satisfaction with care
- Promotes successful communication concerning medication choices
- Helps you and your doctor make the most out of your limited time together

## Benefits of Shared Decision Making (continued)

- Helps your doctor to make recommendations based on your actual circumstances
- Helps your doctor to learn what may work or not work as he/she helps you and others in similar circumstances

## Ways to Prepare for Your Doctor Appointments

- Practice or role play what you would like to say before your appointment.
- Bring a friend, family member, or other person to support you as you speak for yourself.
- Research medications through current books and reliable internet sources and write down questions you may have.

## Ways to Prepare for Your Doctor Appointments (continued)

- Write down what you want to talk to your doctor about, for example:
  - positive results
  - changes in symptoms
  - side effects
  - how the medications make you feel
  - desired medication decreases or increases
  - trying a new treatment
  - other medications you may be taking
  - your questions

## Steps to Informed Choice

- **Benefits:** How might this treatment help?
- **Risks:** What are the risks of this treatment?
- **Alternatives:** What other options exist that have not been explored?
- **Nothing:** What might happen if you choose not to pursue this or any treatment?
- **Decide:** The best treatment decisions are made when they are based on your values and goals and are informed by clinical support.

## For More Information on Shared Decision Making

- Read the NEW Consumer and Family Handbook (2<sup>nd</sup> edition)
- Visit [www.IllinoisMentalHealthCollaborative.com](http://www.IllinoisMentalHealthCollaborative.com) - Consumer and Family Section
- Search the Internet for "Patricia Deegan" and "Shared Decision Making"
- Ask a Recovery Support Specialist
- Call the Warm Line at 1 (866) 359-7953

## Guidelines for Questions And Answers

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated
- Limit to One Question per Person, then Pass to the Next Person
- Saying “Thank You” Indicates You Are Finished With Your Question

## Thank You!

- Written Questions Can Be Sent To:
  - Bryce Goff, Director of Recovery and Resilience, Illinois Mental Health Collaborative for Access and Choice  
E-mail: [Bryce.Goff@ValueOptions.com](mailto:Bryce.Goff@ValueOptions.com)  
FAX: (217) 801-9189
  - Nanette Larson, Director of Recovery Support Services, DHS/Division of Mental Health  
E-mail: [Nanette.Larson@Illinois.gov](mailto:Nanette.Larson@Illinois.gov)  
FAX: (309) 693-5101