

Shared Decision Making *in Mental Health*



Creating Dialogue

Promoting Choice

Supporting Recovery



Better Communication Leads to Better Decisions

New Tools Can Help



This brochure is part of a set of materials designed to promote and support shared decision making in mental health. These materials include printed descriptive and informational materials, step-by-step decision making workbooks, videos and user guides, worksheets and tools, tip sheets, podcasts and archived webinars, and an interactive decision aid on using antipsychotic medications as part of a recovery plan.

All of these materials are available to download at no cost from <http://store.samhsa.gov>. Print copies, DVDs and CD-ROMs of the material are available from SAMHSA's Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727).

Jan's doctor has suggested she use medications to help her recovery

What would it mean for her health, her job, her hopes of starting a family? What are the benefits? What are the side effects? Are there other options? What tradeoffs must she make?

Jan wants information. She wants an honest dialogue with her doctor about her concerns. She wants, and has the right, to make important decisions about her life, which includes her mental health treatment.

People make their best decisions when they have accurate information, consider the input of others, and think through what is most important to them.

Shared decision making is about having more collaborative and satisfying conversations about all aspects of a person's recovery. It combines transparent information and decision making tools with a respectful two-way conversation between a person and his or her provider. Each person brings important expertise and knowledge to the decision making process.

The outcome is treatment decisions that fit and reflect the personal values and preferences of the person using the services.

Shared decision making can include:

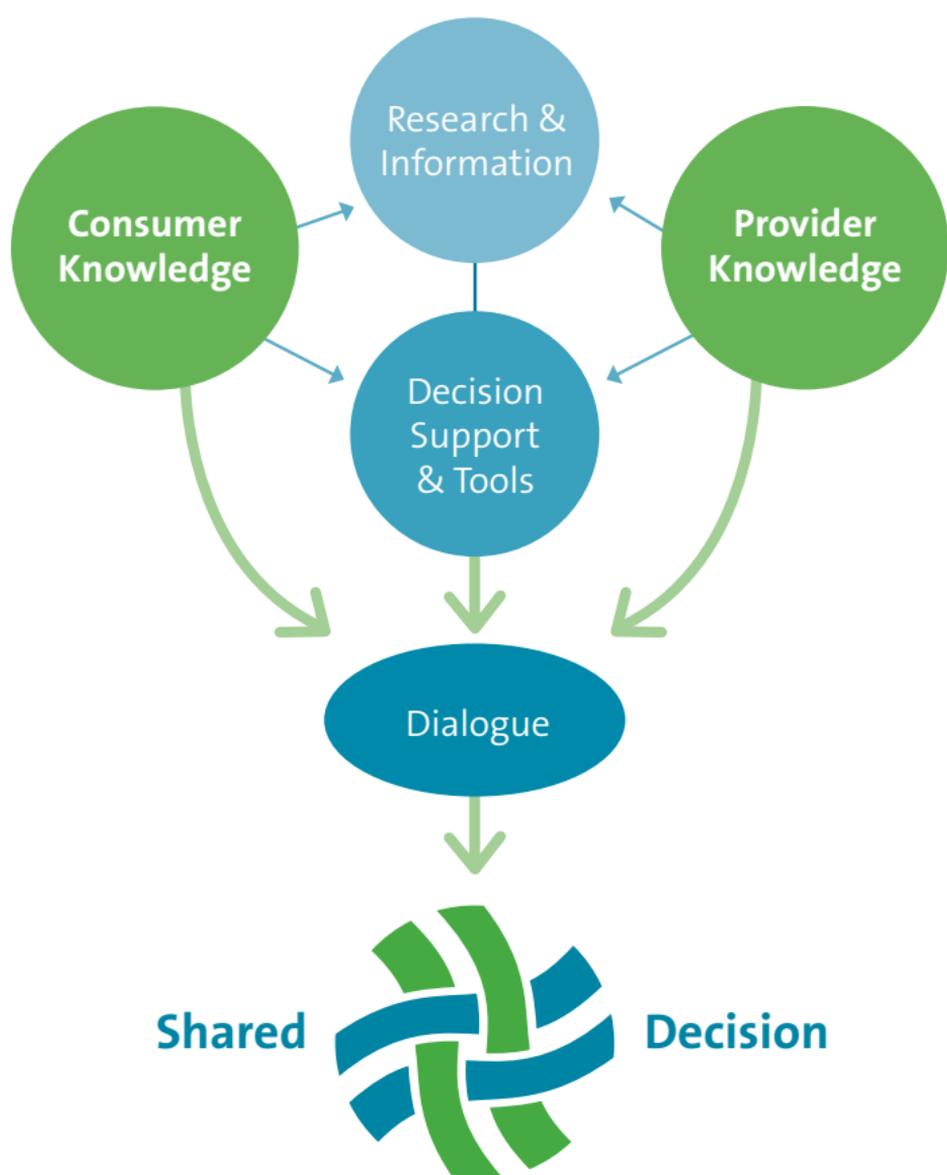
- A useful and satisfying conversation about options.
- The use of tools and resources that can help providers, people who use mental health services, and others (such as family members) communicate with each other, learn about the possible courses of action, and decide what to do.

With Shared Decision Making, Mental Health Consumers and Providers Are Partners

People using services have knowledge about life experiences, culture, goals and priorities, preferences, values, concerns, and responses to past treatment and services.

Those providing services have knowledge about treatments, services, and medications; alternatives to consider; and the possible risks and benefits of each option.

Together, they explore how different options may affect the person's life and recovery. The end result is a mutually agreeable course of action.



Tools Can Help Individuals and Providers Communicate

New tools are becoming available that can improve communication between service users and providers. These tools can lead to better mental health decisions.

Tools for decision making help make sure that important information is shared and understood. They help individuals explore what matters most to them and get the information they need.

A tool can be:

- A workbook,
- A computer program,
- A questionnaire, or
- Any of these, used along with, or with help from a peer, provider, a friend, or a trusted family member.

Find Out More

Substance Abuse and Mental Health
Services Administration

<http://store.samhsa.gov>

Dartmouth Center for Shared Decision Making

http://www.dhmc.org/shared_decision_making.cfm

Ottawa Health Research Institute

<http://www.ohri.ca>

This publication may be downloaded or ordered at <http://store.samhsa.gov>. Or, please call SAMHSA's Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727).

Individuals Benefit from Shared Decision Making

They can...

- Be active in making important decisions about personal treatment and services;
- Make decisions based on what is important to them;
- Feel more comfortable about treatment and services that reflect their goals;
- Follow through with treatment and services they have chosen; and
- Build skills in self-advocacy and informed decision making.

Providers also Benefit from Shared Decision Making

They can...

- Help engage individuals in their personal recovery;
- Help people understand the risks, benefits, and outcomes of treatment options;
- Better understand what matters most to each person;
- Develop plans that people who use mental health services find meaningful and useful; and
- Build skills in recovery-oriented practices.

This publication may be downloaded or ordered at <http://store.samhsa.gov>. Or, please call SAMHSA at 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).

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