

# **Research You Can Use**

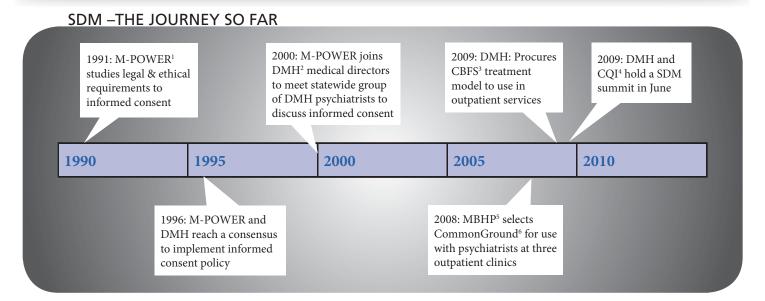
Issue 1

A Publication of the Center for Mental Health Services Research A Massachusetts Department of Mental Health Research Center of Excellence

2011

First Steps & Beyond: Incorporating Shared Decision Making (SDM) in Massachusetts Mental Health Services (Report & Recommendations from the 2009 Summit)

Shared Decision Making (SDM) is the process in which provider and consumers participate in all phases of the decision making process and together negotiate a treatment to implement.\*



## **Key Findings From The 2009 SDM Summit**

- Providers have concerns that many consumers lack the resources and support to actively participate in SDM.
- Consumer's racial, ethnic and cultural background can affect his or her views about health conditions and treatments.
- SDM require new kinds of provider training.
- Peer specialists have the potential to serve as effective decision coaches.

### **Moving Forward**

- State policy and opinion leaders should send clear message that SDM is critical to high quality care.
- SDM initiative should take into account racial, ethnic and cultural factors of SDM.
- A workforce training strategy should be developed.
- The roles of peer specialists should be formalized.

#### **Additional Resources:**

- 1. Massachusetts People/Patients Organized for Wellness, Empowerment, and Right (<u>M-POWER</u>), a grassroots organization
- 2. Department of Mental Health (DMH)
- 3. Community Based Flexible Supports (CBFS), a treatment model
- 4. Consumer Quality Initiatives (CQI)
- 5. Massachusetts Behavioral Health Partnership (MBHP)
- 6. <u>CommonGround</u>, a clinical decision support model created by Pat Deegan for use with patients seeing psychiatrists

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For more information on SDM visit: <a href="http://www.samhsa.gov/ConsumerSurvivor/shared.asp">http://www.samhsa.gov/ConsumerSurvivor/shared.asp</a>

\*Charles, CA., Whelan, T., Gafni, A., Willan, A., & Farrell, S. (2003). Shared treatment decision making: What does it mean to physicians? Journal of Clinical Oncology, 21(5), 932-936.