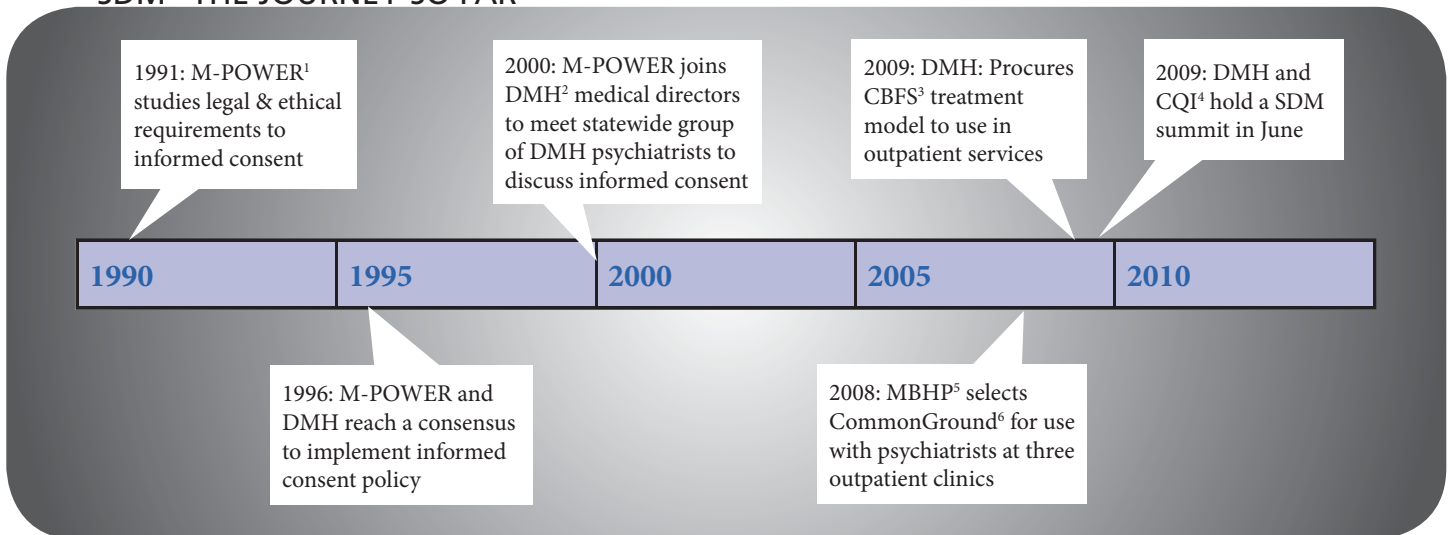


## First Steps & Beyond: Incorporating Shared Decision Making (SDM) in Massachusetts Mental Health Services (*Report & Recommendations from the 2009 Summit*)

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.\*

### SDM –THE JOURNEY SO FAR



### 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 ([M-POWER](#)), 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. [CommonGround](#), 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: <http://www.samhsa.gov/ConsumerSurvivor/shared.asp>

\*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.