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

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1990</td>
<td>M-POWER studies legal &amp; ethical requirements to informed consent</td>
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<td>1995</td>
<td>M-POWER and DMH reach a consensus to implement informed consent policy</td>
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<td>2000</td>
<td>M-POWER joins DMH medical directors to meet statewide group of DMH psychiatrists to discuss informed consent</td>
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<tr>
<td>2005</td>
<td>DMH: Procures CBFS treatment model to use in outpatient services</td>
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<td>2010</td>
<td>DMH and CQI hold a SDM summit in June</td>
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<tr>
<td>2008</td>
<td>MBHP selects CommonGround for use with psychiatrists at three outpatient clinics</td>
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### 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

### Authored By:

Jonathan Delman, JD, MPH, PhD (cand.), Mary Ellen Foti, MD, Lisa Mistler, MD, MS, Tamar Skolnick. DMH Website / Center for Mental Health Services Website

For more information on SDM visit: [http://www.samhsa.gov/ConsumerSurvivor/shared.asp](http://www.samhsa.gov/ConsumerSurvivor/shared.asp)