



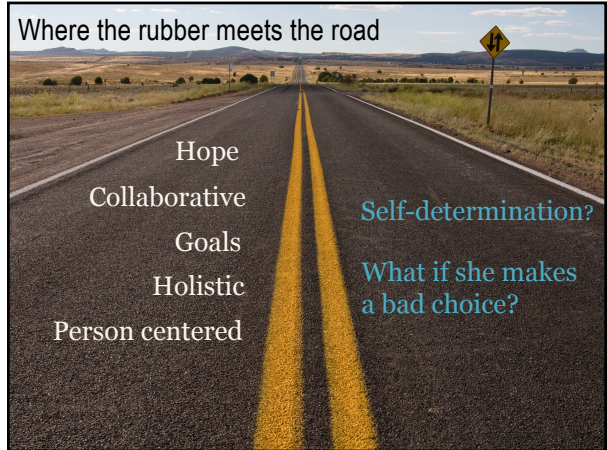
**Navigating Risk: The Dignity of Risk and the Duty to Care**

Patricia E. Deegan, PhD  
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pat@patdeegan.com

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Where the rubber meets the road



Hope  
Collaborative  
Goals  
Holistic  
Person centered


Self-determination?  
What if she makes a bad choice?

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**Decision capacity**

**CATIE Trial**

- 1,158 participants w/ psychosis
- 96% remained above threshold for consent related decision capacity over 18-months
- 4% fell below
- 25% had a period of worsening

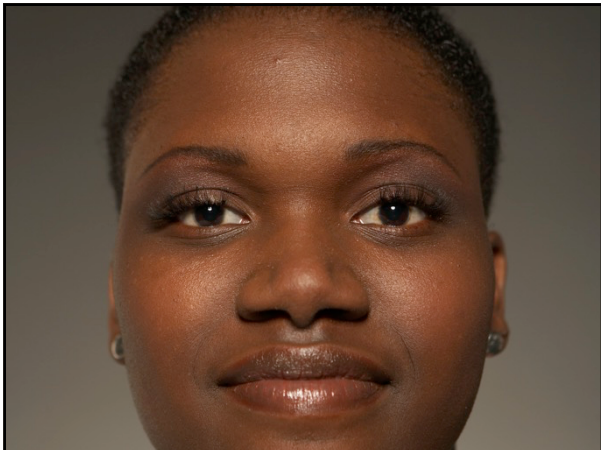


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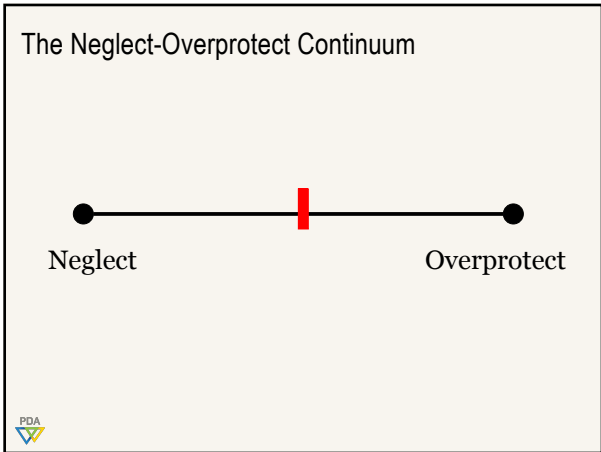
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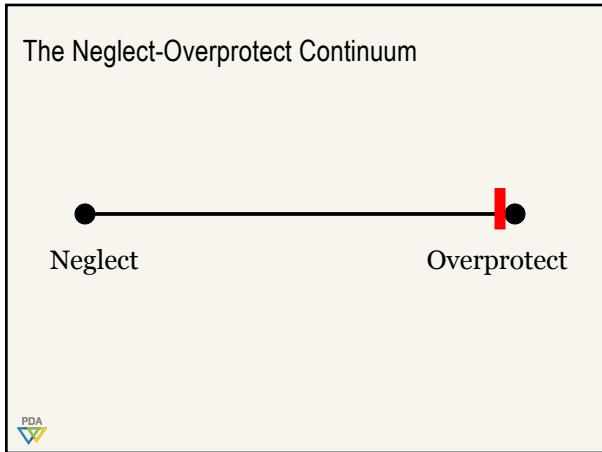
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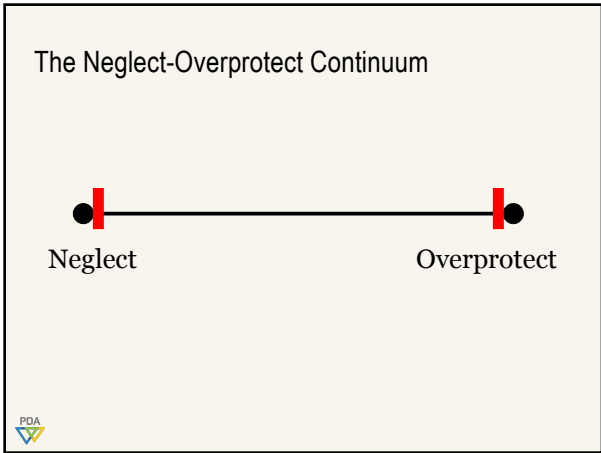
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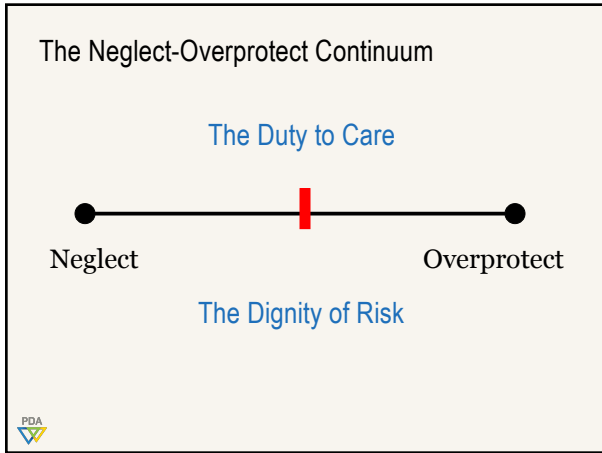
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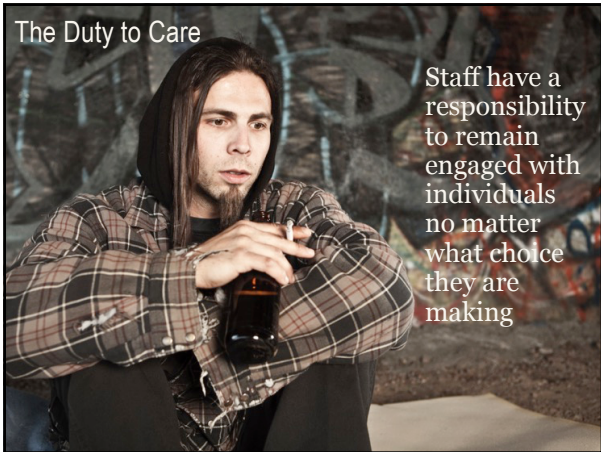
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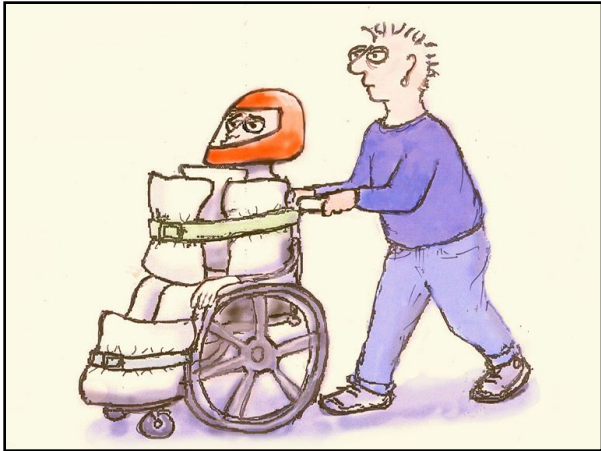
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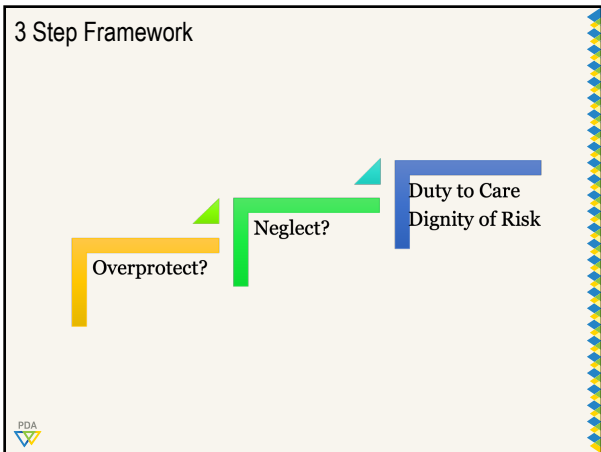
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**Applying the Duty to Care and the Dignity of Risk**

In recovery-oriented practice, staff strive to avoid the extremes of neglect and overprotect. Use this worksheet to assess where you or your team's responses fall on the Neglect-Overprotect Continuum, and to plan for a response that adheres to both the Duty to Care and the Dignity of Risk.

The Neglect - Overprotect Continuum

Neglect ————— Overprotect

Describe a situation in which an individual you are working with is facing an important decision or choice:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What would overprotective responses to the situation be?

\_\_\_\_\_

\_\_\_\_\_

What would neglectful responses to the situation be?

\_\_\_\_\_

\_\_\_\_\_

What action(s) might you take that uphold the Duty to Care AND the Dignity of Risk?

\_\_\_\_\_

\_\_\_\_\_

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Describe a situation in which an individual you are working with is facing an important decision or choice: Segi wants us to take her to an interview and drop her off. But she doesn't know the name of the business, and the location is in a residential area. We are worried she is being lured into an unsafe situation.

What would overprotective responses to the situation be?

- She's lacking insight - she should go back to the hospital
- Take her to her favorite restaurant during the interview time
- No - that's not a good choice. Let's look for something different

What would neglectful responses to the situation be?

- Drop her off at the interview - fingers crossed!
- It's her life, her choice. We'll let her make her own choice
- She'll just have to suffer the natural consequences


What action(s) might you take that uphold the Duty to Care AND the Dignity of Risk?

- Review information about employment scams
- Help Segi develop a safety plan
- Ask the employer to conduct the interview in a public place


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## Decisional Balance Worksheet

I'm quitting the meds.



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**Decisional Balance Worksheet**  
Making Decisions That Support My Recovery and Wellness

**Step 1:** Describe the decision you are facing: \_\_\_\_\_

**Step 2:** Below, describe your options and then list the pros and cons of each option:

	Possible reasons to choose this option are: *	Possible reasons to avoid this option are: *
Option #1 is:		
Option #2 is:		
Option #3 is:		

**Step 3:** On the list above, rate each item in terms of how important it is to YOU. For instance, an item that is very important to you might get 5 stars (★★★★★) but an item that is not terribly important to you might get only 2 (★★) stars. There is no need to add the stars up.

**Step 4:** Discuss how you rated each item with someone you trust. Put a circle around the items you need more information about. Would information from the Recovery Library help clarify any items?

**Step 5:** Place a check in the box for which option you prefer and discuss why.  Option #1  Option #2  Option #3  Unsure

**Step 6:** Now that you have done the exercise, put a circle on the line below to show which way you are leaning in your decision.

I am very unsure about the decision I need to make.
 
 I feel confident about the decision I need to make.

**Step 7:** What are your next steps?

Discuss with others  Get more information  Find out what others have done  I've decided

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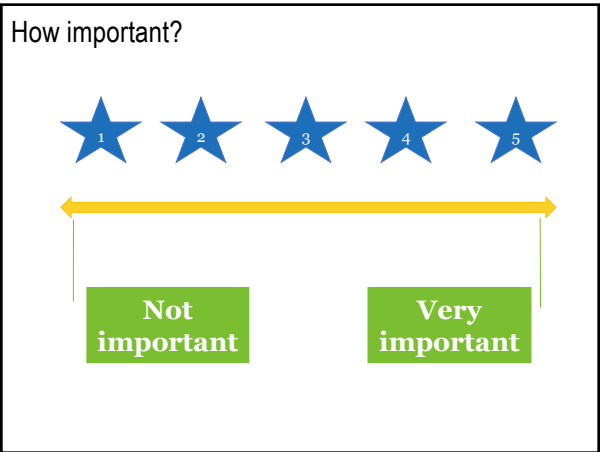
**Step 1:** Describe the decision you are facing:  
Olanzapine helps quiet my voices. But it has caused me to gain weight and now my blood sugar is high. Should I switch to another medicine?

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**Step 2:** Below, describe your options and then list the pros and cons of each option:

	Possible reasons to choose this option are: *	Possible reasons to avoid this option are: *
Option #1 is: <u>Stay on olanzapine</u>	<u>It has helped me get back to work</u> <u>I get along better with my family</u>	<u>The medicine is giving me high blood sugar and diabetes</u> <u>I have gained 40 pounds on it and I'm supposed to diet but I don't</u>
Option #2 is: <u>Switch to another medicine that does not cause diabetes</u>	<u>Maybe the diabetes would go away if I started another medicine?</u> <u>The new medicine might work just as well as olanzapine</u>	<u>I saw my aunt die from diabetes and I don't want that to happen to me</u> <u>I'm scared of trying a new med. I don't want to go backward or lose my job</u>
Option #3 is: <u>Go off meds completely</u>	<u>I would be healthier and maybe lose all the weight</u>	<u>I might have a bad relapse and lose my job</u>

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**Step 2:** Below, describe your options and then list the pros and cons of each option:

	Possible reasons to choose this option are: *		Possible reasons to avoid this option are: *	
Option #1 is: Stay on olanzapine	<i>It has helped me get back to work</i>	5	<i>The medicine is giving me high blood sugar and diabetes</i>	5
	<i>I get along better with my family</i>	2	<i>I have gained 40 pounds on it and I'm supposed to diet but I don't</i>	3
Option #2 is: Switch to another medicine that does not cause diabetes	<i>Maybe the diabetes would go away if I started another medicine?</i>	5	<i>I saw my aunt die from diabetes and I don't want that to happen to me</i>	5
	<i>The new medicine might work just as well as olanzapine</i>	5	<i>I'm scared of trying a new med, I don't want to go backward or lose my job</i>	
Option #3 is: Go off meds completely	<i>I would be healthier and maybe lose all the weight</i>	3	<i>I might have a bad relapse and lose my job</i>	5

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**Step 3:** Place a check in the box for which option you prefer and discuss why.

Option #1     Option #2     Option #3     Unsure

**Step 6:** Now that you have done the exercise, put a circle on the line below to show which way you are leaning in your decision.

←-----●-----→

I am very unsure about the decision I want to make      I feel confident about the decision I want to make

**Step 7:** What are your next steps?

Discuss with others     Get more information     Find out what others have done     I've decided

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**Upholding the the Duty to Care and Dignity of Risk**

- Provide information on diabetes
- Explore lower risk meds
- Use motivational interviewing
- Offer peer support
- Explore healthy alternatives
- Explore the pros/cons

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**Decision Support for Mohammed**

- Protector role
- Find his interests and likes
- Find alternative activities
- Identify patterns when he wants to protect her
- Beliefs & values
- Love is Respect


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