



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Shared Decision Making for Assertive Community Treatment Teams

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At the time of this publication, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Announcements

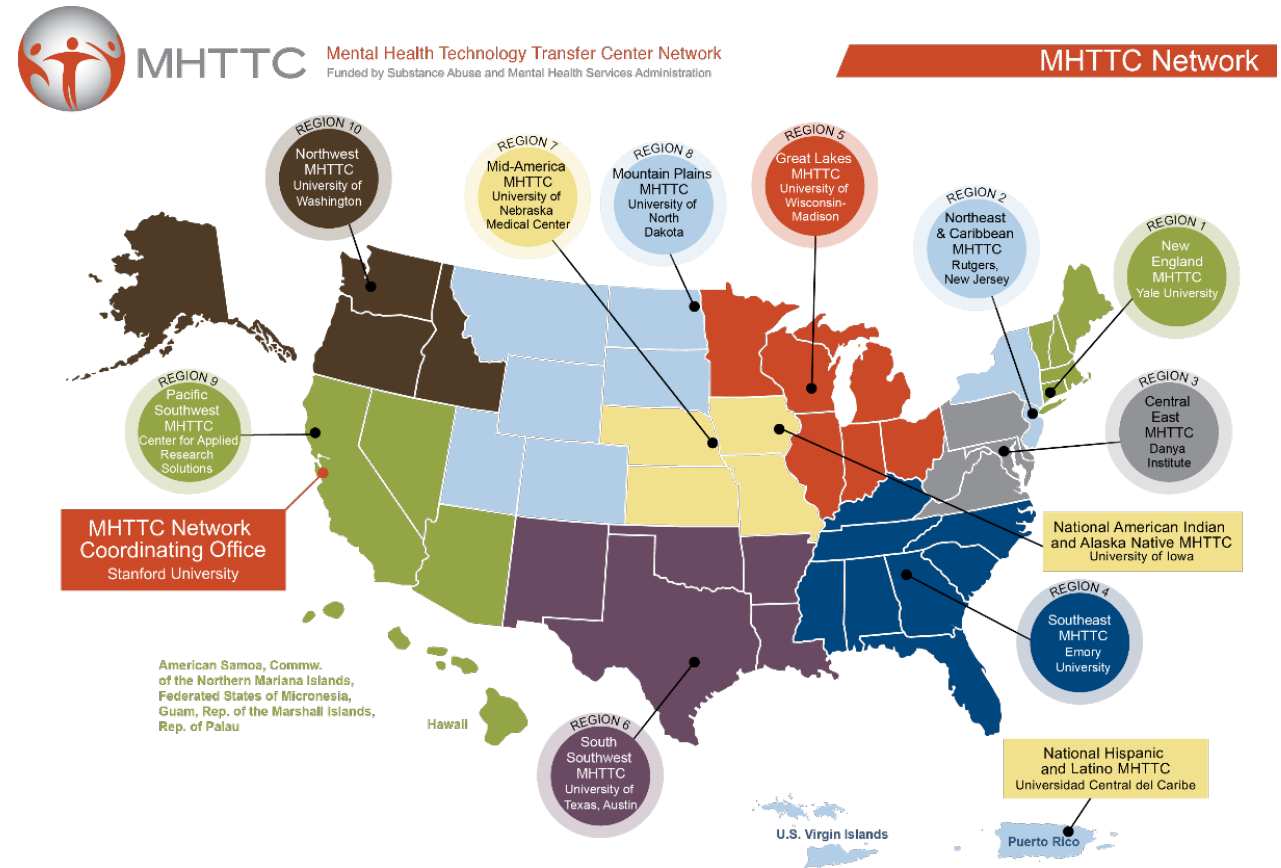
- This webinar recording is available at.

<https://mhttcnetwork.org/centers/mid-america-mhttc/implementing-assertive-community-treatment-act-kansas>

Mid-America Mental Health Technology Transfer Center

Established to increase utilization of evidence-based mental health practices.

- Missouri, Iowa, Nebraska, and Kansas.
- Free training and technical assistance.
- SAMHSA grant awarded to the Behavioral Health Education Center of Nebraska at University of Nebraska Medical Center.
(5 years, \$3.7 million, grant number: H79SM081769)





Disclaimer

University of Nebraska Medical Center

Mid-America Mental Health Technology Transfer Center

I, Angie Schindler-Berg attest that I have no financial, personal, or professional conflicts of interest in this training titles
Implementing Assertive Community Treatment in Kansas: Shared
Decision Making

Discussion ABCs

- ❖ Assume Positive Intent
- ❖ Be Here Now
- ❖ Come Prepared to Ask Questions
- ❖ Decrease Distractions and Respect Time
- ❖ Everyone Teaches, Everyone Learns



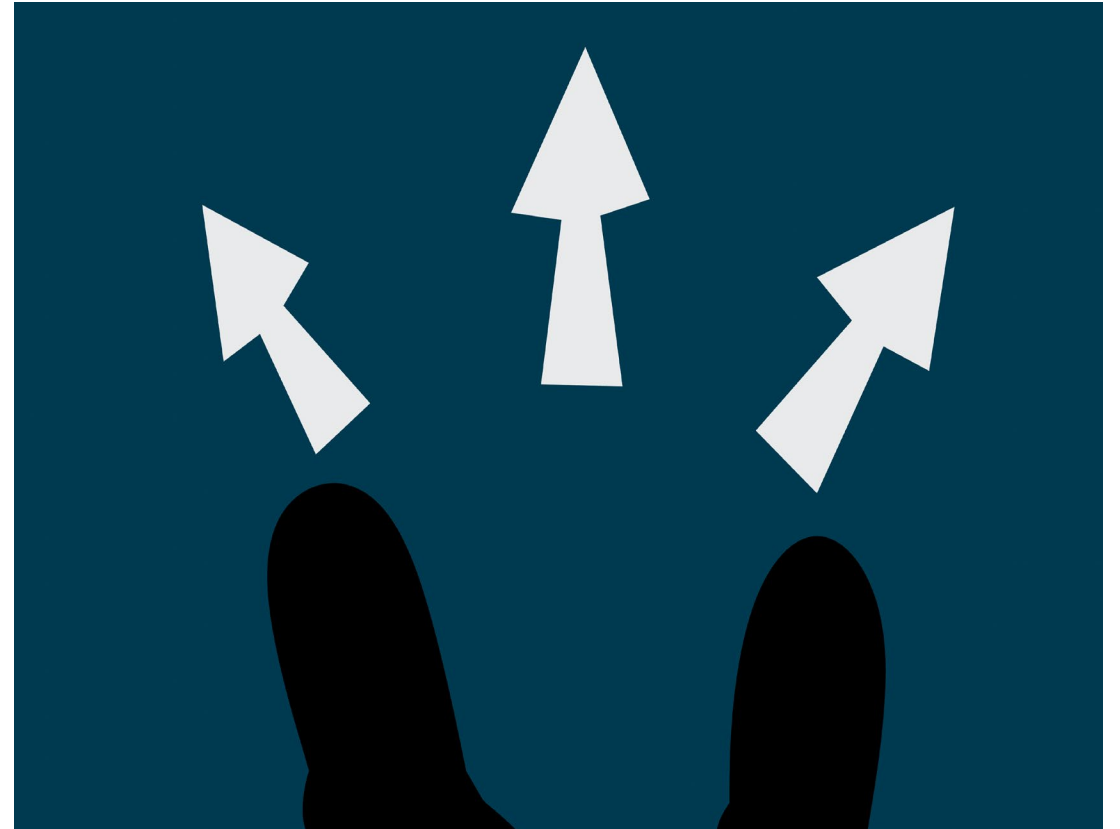
Objectives

- Identify the essential components of shared decision making
- Identify steps to build a consistent approach when engaging clients in shared decision making within your team
- Discuss key tactics to ensure shared decision making is a part of the culture within your teams

Shared Decision-Making

An approach where clinicians and clients share the best available evidence when faced with the task of making decisions, and where clients are supported to consider options, to achieve information preferences.

Elwyn G, Coulter A, Laitner S, Walker E, Watson P, Thomson R-definition



Outcomes of Shared Decision Making



Informed decision that reflects the persons values



Improved understanding of risks and benefits of all the options



Increased comfort level with decision making



Improved adherence to treatment and care



Decreased decisional regret

SAMHSA Statute

Requires the use of Evidence Based Practices (EBP) on a more **consistent** basis by providing care that is:

- Patient Centered
- Trauma Informed
- Recovery oriented
- Integration of physical and behavioral health to serve the “Whole person” rather than simply one disconnected aspect of the individual

SAMHSA Criteria to Establish CCBHC

SAMHSA expects that this program will improve behavioral health care for individuals across the lifespan by supporting providers to operate in accordance with program criteria and:

- Increase access to and availability of high-quality services that are responsive to the needs of the community
- Support recovery from mental health and substance use disorder challenges via comprehensive community-based mental and substance use disorder treatment and supports
- Use of evidence-based practices that address the needs of the individuals receiving ACT services
- Continually work to measure and improve the quality of services
- Meaningfully involve consumers and family members in their own care and the broader governance of the ACT program

The Four Major Dimensions of Recovery

Health

overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being

Home

having a stable and safe place to live

Purpose

conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

Community

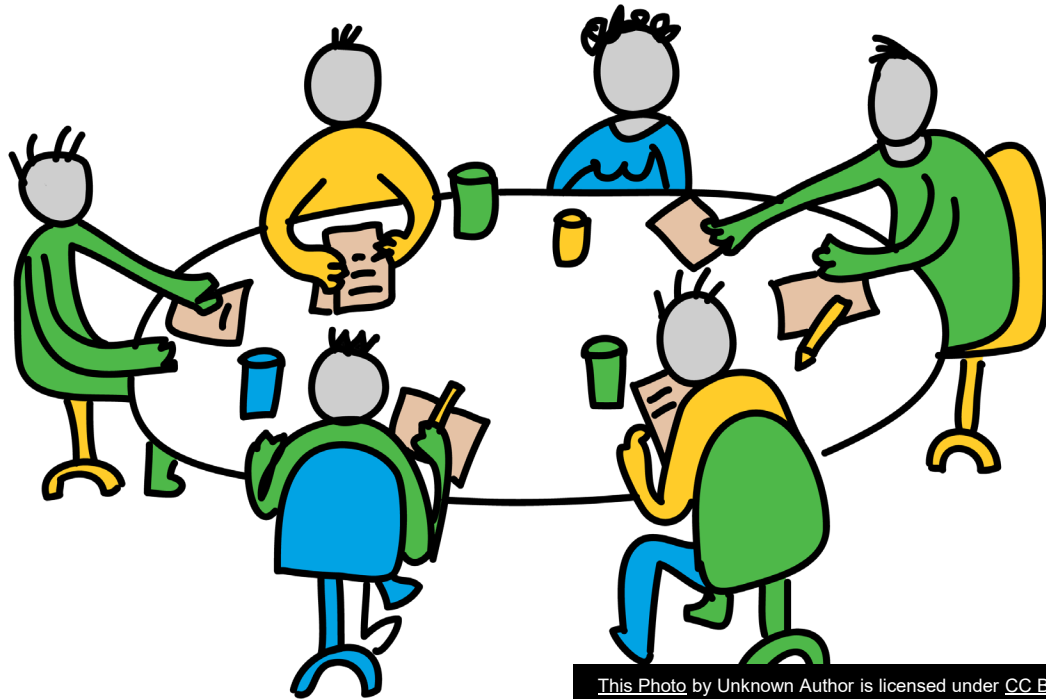
having relationships and social networks that provide support, friendship, love, and hope



Multidisciplinary Team

- Psychiatrists
- Nurses
- LCSW
- LMHC
- Licensed Psychologists
- Peer Support Specialists
- Housing Specialist
- Licensed Addiction Counselor
- Community Health Worker
- Licensed marriage/family therapists
- Licensed Occupational therapists
- Case Managers
- Employment Specialist

Workflows That Promote Cross-teaming and Collaboration



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Daily Huddles

- Client snapshot
- Review previous day priorities-identify tasks not completed
- Identify priorities for the day
- Confirm staff tasks (who completes what)
- Enhances communication, team building and trust
- Avoid duplication of work
- Provides a platform to share ideas and approaches to best support clients
- Identifies and uncovers strengths of all team members

Turning Challenges into Opportunities

- Misinterpreting client input/goals when putting it through a professional lens when writing treatment goals.
- Discomfort with prescriptive approaches/tasks
- Feeling uneasy when conversations need to be redirected
- Finding the balance
- Aware and sensitive to team decisions

Shared Decision-Making Scenario

A provider may describe two medications that could be helpful to treat a given condition. However, one has significant weight gain as a potential side effect and the other has sexual impotence as a possible side effect. The person using services—not the provider—must weigh the side effects against the benefits the medication may have for him or her and decide to:

- A. Use one or the other medication
- B. Use one of the medications together with another therapy (e.g., peer support, diet and exercise, massage, acupuncture)
- C. Use another therapy instead of medication
- D. Choose watchful waiting.

Open Discussion & Sharing



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Victor Montori, MD Professor of Medicine, Mayo Clinic [WIHI New Tools and Thinking for Shared Decision Making 1/28/2016 Podcast](#)



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