Behavioral Health is Essential To Health
Prevention Works
Treatment is Effective
People Recover
The Role of Medication and Shared Decision Making in Recovery-oriented Care

with
Kenneth S. Thompson, M.D.
and
Melody Riefer, M.S.W.

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SAMHSA’s Vision for Recovery to Practice

Through education, training, and resources the Recovery to Practice (RTP) program supports the expansion and integration of recovery-oriented behavioral health care delivered through multiple service settings.
Recovery in Behavioral Health

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
SAMHSA’s 10 Components of Recovery in Behavioral Health

- Hope
- Person-Driven
- Many Pathways
- Holistic
- Peer Support
- Relational
- Culture
- Addresses Trauma
- Strengths / Responsibility
- Respect
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Agenda

Role of Medication in Recovery
Shared Decision Making
Strategies and Challenges

Content adapted from
American Psychiatric Association/American Association of Community Psychiatrists
Recovery to Practice Curriculum
POLL

Shared Decision Making is:

- A process for establishing informed consent
- A process through which providers share information
- A partnership in which a clinician shares their decisions for treatment with the person receiving the treatment
- A collaborative process that uses best evidence and personal preferences for decisions
- A model for team members to communicate together about treatment decisions
In the absence of a simple cure, the engaged and active individual is critical.
Medication and our other treatments must be seen as helpful by the people using them.
(Lots of scripts never filled; lots of bottles never taken)
Recovery-oriented Use of Medication

Medication use is a personal choice (with very limited exceptions)

The successful use of medication requires the sharing of information and decision making

It requires flexibility and the assumption of some risk

Medication is a *tool* - not the solution

It is *one of many tools* for recovery
Paradigm Shift: Moving Toward Recovery

Moving FROM: Primary focus on diagnosis and symptoms

Moving TO: Incorporating wellness and well-being of the whole person

The successful use of medications is predicated on the support of other helping services and resources, including therapeutic alliances.
Diverse Perspectives on Medication

Useful
Healing
Reduces Symptoms

Not Useful
Causes Discomfort
Why Take Medication?

Although generally not a cure, medication CAN help.....

...Manage symptoms
Improve quality of life
Increase capacity to meet challenges and take opportunities that life brings
Medication is a Critical Tool

When it works, medication can be a lever a person can use to accomplish important goals in life and manage its ups and downs.
Shared/Collaborative Decision Making

• Fosters trust and demonstrates respect

• Encourages active learning

• Builds personal capacity by modelling and promoting informed decision making

• Helps develop self-reliance and responsibility

• Creates personal investment in follow-through
Process for Shared Decision Making

1. Objectively evaluate individual’s experience
2. Clarify individual’s goals for change
3. Consider possible interventions
4. Examine pros and cons of each
5. Select, implement and evaluate choices made
Evaluate Experience

Understand the nature and the impact of the problem to be considered

Understand what has been tried and what happened
Clarify Goals for Change

Identify individual's goals for change

*Remember, taking medication is not the goal of treatment*
Discuss Options

Therapies

Complementary approaches

Well-being actions

Peer, family, community support

Social determinants of health

Medications
Evaluate Medication Options

• Likely effectiveness
• Past experiences
• Targeted symptoms
• Effects on day to day living
• Beliefs and attitudes
• Co-occurring disorders and health problems
• Interaction with other medications
• Possible side effects
Many Choices

• Which medication?
• Effects, risks, costs?
• How much, how soon?
• When to take?
• When to taper/stop?
• How to take?
• How to taper/stop?
Challenges

Developing trust

Dealing with bad choices: “I won’t practice bad medicine”.

Short appointments

Cultural focus on medication

Lack of knowledge

Cognitive challenges

Emotional meaning of medication
New Resources

Health Care Team
Engaging the Family
Peers
New Ways of Collecting Information
Summary

Medication is one kind of tool in the recovery oriented care tool box

People make decisions about their lives - and their medications

Our job is educate guide and support people in their recovery

A respectful, collaborative approach is essential!
Finding Hope
Shared decision making takes two

- Expertise of both
- Ongoing practice
- Hinges on collaboration and activation
- Begins before the consultation begins
Maximizing the expertise of both

Two experts in the room

The person is the expert in the context of their life, the experience of their body, and their values and preferences

The provider operates and offers technical and clinical expertise
Ongoing practice that strengthens relationship

- Specific and concrete
- Short-term, action step
Ongoing practice that strengthens relationship

How did it go?

Shared Decision Making builds continuity

Skipping SDM due to a lack of agreement makes the next shared decision harder
Collaboration and activation

Leveraging Points of Consensus

Look for points of agreement – not full consensus

OK to agree to disagree or “wait and see”
Identifying Actual ‘Next Steps’

- Achievable
- Partner with others to provide support and education
- Understandable language and terms
Begins before the consultation begins!

Help people prepare to participate

- Develop an agenda or priorities for consultation
- Preparation tools
- Ask for that information!
- Demonstrate that you need the person to be your partner
- Help identify their ‘meta-goal’...
The “Meta-Goal”

- This is what drives the person to seek out or consent to recovery-oriented treatment
- Nobody wants to take medicine as a goal
- The personal ‘benefit’ is the motivator
- Meaningful motivators help with the hard times

i’m not telling you it is going to be easy, i’m telling you it’s going to be worth it.
POLL

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Join Recovery to Practice!

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http://www.samhsa.gov/recovery-to-practice
Coming up!

• **August 31** - Partnership, Engagement and Person-centered Care
• **September 2** - RTP Applications: Incorporating Recovery-oriented Practice Competencies in Practitioner Training
• **September 3** – Whole Health and Recovery (part 2)
• **September 9** - Healthcare Reform and Recovery

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Resources


http://store.samhsa.gov/product/Shared-Decision-Making-in-Mental-Health-Care/SMA09-4371