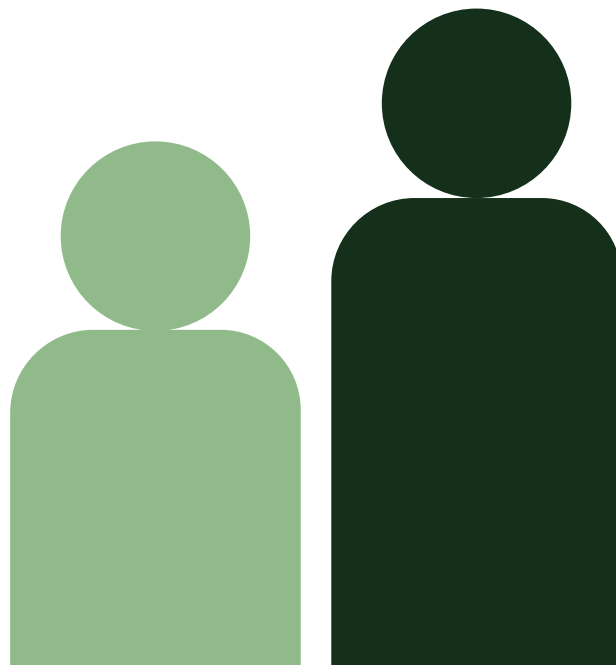


# Making Decisions Together

Workbook



## Being an Active Partner in Your Treatment and Recovery

### Support and Information for Schizophrenia

Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique. By making a personalized, inclusive plan for managing a mental health condition, a person has the best chance of living a meaningful life.

# The Journey of Mental Health Recovery

**7 out  
of 1,000  
US Adults Are Living  
With Schizophrenia**



Mental health recovery is a lifelong journey. There are ups and downs and twists and turns along the way, **but it's important to be hopeful.**



You are not alone. Many people living with a mental health condition are active in their recovery, receive help from people known as their **support network**, and are able to live productive and fulfilling lives.

Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique, and by making a personalized, inclusive plan for managing a mental health condition, a person has the best chance of living a meaningful life.

# Making Decisions Together



If you are healthy and you want to, you can be involved in making decisions about your treatment, wellness, and recovery. This works best if both you and your healthcare professional are able to partner with each other in the spirit of teamwork.



Being active in treatment and recovery decisions and making decisions together are based on having an open and honest relationship with your healthcare professional. It is a respectful exchange of information between two experts.

**In this relationship,  
YOU know and  
can share:**



What matters most to you in your life



Your values and preferences



Your life experiences and goals

# Making Decisions Together

(Continued)



In this relationship, the **HEALTHCARE PROFESSIONAL (HCP)** can provide information on:



Treatment/medication options



Details about the pros and cons of the options



Evidence to support information about the options



Mental health services

When you are involved and receive appropriate care based on **YOUR** needs, you may be more likely to follow through with treatment and services.

When you and your support network have a dialogue about your treatment and recovery, your health may improve.

# Elements of Making Decisions Together



Establish a Partnership



Find & Share Information



Weigh Options Together



Make a Decision

## Being Active in Your Recovery Empowers You to:

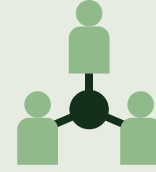
Make informed decisions based on what's important to **YOU**.

Receive treatment, medication, and services that reflect **YOUR** goals.

Make sure that decisions are right for **YOUR** needs and preferences. This may help motivate you to follow through with treatment and services **YOU** have played a part in choosing.

# Your Support Network

The people who can support you in your recovery journey and decisions are called your **support network**.



## Your support network may include:

- Family
- Spouse or partner
- Friends
- Doctors
- Nurses
- Therapists
- Social workers
- Case managers
- Peer counselors
- Housing specialists
- Support group leaders
- Clergy
- Others

## List the people who are part of your support network:

Name	Their Role
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

# Recovery Decisions



Along the mental health recovery journey, you may be faced with decisions about **medication**, **therapy**, and **overall health**.



Other recovery decisions you may have to make may be related to **housing**, **employment**, and **personal finances**.

Can you be a part of these decisions?

**Yes!**

It's your right to participate in decisions about your treatment and recovery if you feel healthy and confident.



It's important to be aware that in some instances, like a crisis, an episode, or hospitalization, it may not be the right time for you to participate in decisions about your treatment. Your doctor will use their medical judgment to determine if you are able to participate.

**Remember—YOU are an important member of your treatment team and are encouraged to communicate and partner with healthcare professionals about your treatment and recovery.**



# Every Day, You Make **Decisions**



## Day-to-Day Decisions

Whom to talk with?

What to wear today?

What to eat for lunch?

Which movie to see?

What are some other day-to-day decisions you make in your life?

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Sometimes decisions are related to your treatment and recovery.

## Life Decisions

Should I go back to school?

Do I want a new housing situation?

Do I want to be involved in treatment decisions?

Do I want to get a job?



# Life Decisions

Check if you've ever had to make decisions in these areas:

Going back to school

Moving to new housing

Getting a job

Figuring out a treatment plan

What are some other decisions you make in your life?

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It may take time to become comfortable with the idea of playing a more active role in your treatment and recovery. Who participates in decisions about your care and how **YOU** participate are ultimately **YOUR** choices.



**Just Me**



**I'd Like Your Help/Ideas**



**Make the Decision for Me**

# Housing

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

## What decision am I facing?

Choosing a housing option

### Whom do I want to participate in this decision?

- Me
- My doctor
- My therapist
- My social worker/case manager
- Other \_\_\_\_\_
- Other \_\_\_\_\_
- My family member, spouse/partner, or friend  
\_\_\_\_\_

## Values and preferences

Think about what your experiences, values, and preferences are around this topic. Make sure to share these with members of your treatment team.

### What is important to me (my values), and what are my experiences?

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## What are my options?

With the help of your treatment team, you can gather information and come up with a list of options that are available to you.

**Example:** Stay in supportive housing, live on my own

Option A \_\_\_\_\_

Option B \_\_\_\_\_

Option C \_\_\_\_\_

# Pros and Cons

Work with your doctor and your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “it does not matter at all.”

	Pros	How much it matters	Cons	How much it matters
<b>Option A</b> <b>Example:</b> Stay in supportive housing, live on my own				
<b>Option B</b> <b>Example:</b> Live on my own				
<b>Option C</b>				

## Now it's time to make a decision

Which option do you prefer?

- Option A
- Option B
- Option C
- Unsure

Which option does my support network member prefer?

- Option A
- Option B
- Option C
- Unsure

# Decisions Along the Recovery Journey

For people living with schizophrenia, there are many decisions along the **recovery journey**.

One important treatment decision is about medication—which, for many people, is a foundation of recovery.

There also are other decisions about supportive treatments that help a person's recovery.



## Supportive Treatments



Going to therapy



Attending support groups



Finding safe and stable housing



Getting employment or vocational counseling

**What other supportive treatments could help YOU in your recovery?**

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# Medication Decisions

If medication is part of your treatment plan, you can participate and partner with your doctor to choose the best medication for **YOUR** needs. The following information is specific to schizophrenia medication.



## Schizophrenia Medication Considerations

Talk to your doctor about:

	Your medical history		How to take the medication
	Risks and benefits		Financial costs
	Potential side effects		

## Schizophrenia Medication Options



### Oral medications

are taken every day or several times a day and include pills, dissolvable tablets, and oral solutions.

#### Examples

Pills, dissolvable tablets, & oral solutions



### Injectable medications

**Long-acting** injections are given less often than daily—for example, once or twice a month are common.

**Short-acting** injections can be taken daily, and often are used in crisis situations.

Talking to your doctor about these and other considerations can help you understand your options and the benefits and risks.

# Medication

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

## What decision am I facing?

Choosing a medication

### Whom do I want to participate in this decision?

- Me
- My doctor
- My therapist
- My social worker/case manager
- Other \_\_\_\_\_
- Other \_\_\_\_\_
- My family member, spouse/partner, or friend \_\_\_\_\_

## Values and preferences

Think about your medical history, experiences with medication, and what your values and preferences are around this topic. Make sure to share these with your doctor and members of your treatment team.

### What is important to me (my values), and what are my experiences?

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## What are my options?

With the help of your treatment team, you can gather information and come up with a list of options that are available to you.

Name	Purpose
Medication A	
Medication B	
Medication C	

# Pros and Cons

Work with your doctor and your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “it does not matter at all.”

	 Pros	How much it matters	 Cons	How much it matters
Medication A				
Medication B				
Medication C				
Not taking medication				

## Now it's time to make a decision

Which option do you prefer?

- Option A       Option B  
 Option C       Unsure

Which option does my doctor prefer?

- Option A       Option B  
 Option C       Unsure

Are my doctor and I in agreement about the medication decision?

- Yes       No

## Decision Worksheet

Use this worksheet to begin a conversation with your treatment team about your preferences and to make an informed decision that is best for your needs.

### Decision

What decision am I facing?

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Next, decide how big of a role you want to play in the decision. If you decide to take part in the decision, you can use the rest of the worksheet to help guide your thoughts and discussion with your treatment team.

Whom do I want to participate in this decision?

<input type="checkbox"/> Me	<input type="checkbox"/> My doctor	<input type="checkbox"/> My therapist	<input type="checkbox"/> My social worker/ case manager
<input type="checkbox"/> My family member, spouse/partner, or friend	<input type="checkbox"/> Other	<input type="checkbox"/> Other	

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### Values and preferences

Think about what your experiences, values, and preferences are around this topic. Make sure to share these with members of your treatment team.

What is important to me (my values), and what are my experiences?

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### What are my options?

With the help of your treatment team, you can gather information and come up with a list of options that are available to you.

Option A



Option B

Option C



# Pros and Cons

Work with your doctor and your support network to make an informed decision. Together, you can list the pros and cons based on your preferences and weigh your options. Use stars (★) to show how important the pro or con is to you. Five stars (★★★★★) means it matters “a lot.” No stars means “it does not matter at all.”

	 Pros	How much it matters	 Cons	How much it matters
Option A				
Option B				
Option C				

## Now it’s time to make a decision

Which option do you prefer?

- Option A
- Option B
- Option C
- Unsure

Which option does my support network member prefer?

- Option A
- Option B
- Option C
- Unsure

# Be Active in Your Treatment



## Practice Partnership

Remember, you and your treatment team are equal partners. Ideally, your relationship should be built on mutual trust and respect.



## Inform Yourself

Try to get as much information as possible about your mental health condition and available medication and treatments. Being informed will empower and prepare you to make decisions.



## Be Open and Honest

Tell your treatment team what's important to you. Don't be shy—say what you want and need from your treatment.



## Listen Carefully

Take notes to remember what was said during your appointments. If it's helpful, bring a friend or relative with you for support and another set of ears.



## Ask Questions

Discuss available treatment options and the pros and cons. If you don't understand or need something explained more clearly—speak up!



## Access Culturally Competent Care

Everybody deserves mental health treatment that respects his or her cultural beliefs and language needs. It's your right to ask for an interpreter or a healthcare professional who is familiar with and sensitive to your cultural needs.

# Decision Aids Can Be Helpful



Decision aids are used in mental health and other health conditions to help **YOU** work through treatment and recovery decisions with **YOUR** treatment team.



They provide information about the condition(s), treatment options, and risks and benefits of each option.



They also can help you organize and share what's important to you and any worries or concerns you may have with your healthcare professional and treatment team.



Decision aids can be booklets, group discussions, computer-based programs, or decision boards.



There are many decision aids available for people living with mental health or other health conditions. Ask your treatment team for assistance, or feel free to search the Internet for decision aids.

**It is important to note that decision aids DO NOT replace discussions with your healthcare professional, but they can add to the discussion.**

# You Are Ready

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**HOPE**  
for Schizophrenia

For more information, visit  
[www.HopeForSchizophrenia.com](http://www.HopeForSchizophrenia.com)

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