"Supported Decision Making" in People with Mental Illness

Renata Komalasari
Course Instructors: Constance Walter, Joseph W. Denn

Abstract

People with serious mental illness (SMI) may experience cognitive impairments, requiring others to help in making important decisions. The concept of "supported decision making" is preferable to previous concepts like "substitute decision making" due to more benefits for the person with SMI. Individual Placement Support is a strategy incorporating SDM. While there are challenges, many countries have incorporated SDM in their mental health acts.

Introduction

- 7.4% global DALY caused by mental illness (NIMH, 2010)
- Attracts discussions in academic journal, conferences, symposia
- Psychiatrists do not fully understand the concepts (Gooding, 2015)

Conclusion

People with SMI need support in making important decisions in life. Due to its benefits for people with serious mental illness, SDM should be incorporated in mental health legislations. While there are associated challenges, IPS proves to be an effective SDM strategy. More countries should implement SDM to increase wellbeing of people with SMI.

References

O’Brien, Z. Shackled and locked up for 15 years by her dad - shocking mental health treatment REVEALED! this picture was produced to highlight public awareness of the importance of incorporating "supported decision making" for people with mental illness. Created by Express. (2016).

Supported decision making

- 'Partnership'
- Uphold dignity (Blanck & Martinis, 2015).
- Legal power (Gooding, 2013)
- Protection against abuse
- Learning opportunities

Substitute decision making

- Legal 'guardianship'
- Limited vs full
- Ambiguous standard
- Risk denying one's rights
- Lower self efficacy & satisfaction of care

Individual Placement Support

- 65% people with SMI need works; only 15% employed
- Work is key to recovery (Christensen et al, 2015)
- Skills and behavior training (Kinoshita et al., 2013)
- Integration of employment & psychological therapy
- Evidence-based practice
-internationally recognized as the most effective way
- Reduce stress, improve symptoms & clinical outcomes

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