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Dear Colleague:

The Substance Abuse and Mental Health Services Administration (SAMHSA) announces the availability of new Shared Decision-Making (SDM) resources for people who use mental health services and their providers. Through SDM, consumers work with their behavioral health care providers to make informed health care decisions best suited to achieving their own successful path to recovery.

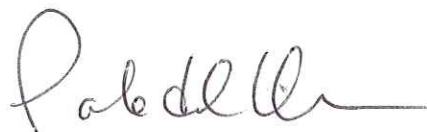
One of the new tools is an online decision aid to assist consumers to make informed treatment decisions about antipsychotic medications. The aid enables consumers to share their treatment preferences and concerns with their provider. It also allows consumers to weigh the side effect profiles of various antipsychotic medications and explore options to promote recovery. This information is then available in printable format to easily share with providers during a treatment meeting. This gives providers a better understanding of consumer needs and preferences and helps to both develop effective therapeutic relationships and increase treatment encounter efficiency by helping to focus treatment encounter discussions.

The new SDM tool can be accessed through [www.samhsa.gov/ConsumerSurvivor/shared.asp](http://www.samhsa.gov/ConsumerSurvivor/shared.asp). It is also available at the SAMHSA store ([www.store.samhsa.gov/home](http://www.store.samhsa.gov/home)), at no charge, on DVD. SAMHSA also has additional SDM tools on their site that can be used by providers and consumers that cover topics such as: complementary and alternative medicines, medication side effects, tips for consumers speaking with their providers, and good questions to ask about medications. In the future, SAMHSA is looking to release SDM tools that have a focus on medication assisted treatment for substance use disorders and other topics.

I encourage you to access this helpful new resource, and I ask that you share the information about its availability to your colleagues who may be interested.

Thank you for all you do to promote recovery.

Sincerely,



Paolo del Vecchio, M.S.W.  
Acting Director, Center for Mental Health Services