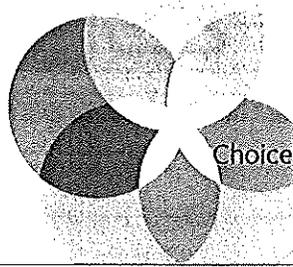


Supported Choice Making



Staff Skills: Learning Moments

Supported Choice Making

Staff working with individuals to help them learn the skill of making effective choices

Shared Decision Making

Staff and individual (each with expertise) making a choice together.

“Professionals must embrace:

The **Dignity of Risk**
and the **Right to Failure”**

Patricia Deegan, PhD

Staff Styles Managing Risk

Risk Managers: take control

Coercers: use coercion/bribes/threats

Passive: staff disengaged

Partners/Teachers

What Influences Choices

1. Identity
2. Values
3. Presence of Choice Blockers
4. Presence of Choice Enhancers

5 Blockers of Effective Choice Making

Substances

Small amounts can make choices less effective

Symptoms

Symptoms of SMI can interrupt thoughtful choice making

Extreme Emotions

Emotions can hijack the choice

Identity that Harms

Individual with spoiled identity makes less effective choices

Connections that Harm

Individuals may spend time with others who interfere with independent choice making

5 Enhancers of Effective Choice Making

Being in My Wise Mind

Unbalanced Emotions or Thinking = Ineffective choices

Choosing for my Future H&D

Choices to feel better now = lead away from H&D

Aligned with my Values

Remember Guiding Values

Aligned with my Connections

How will this choice affect other people and my spirituality?

Have I been down this road before?

Remembering lessons from past choices

Control-Choice Continuum

The choices a provider makes about the use of control determines the choices available to the Individual

Provider's Choice	Absolute Control	Intentional Control	Respectful Control	Partnership	Unexamined Control
Individual's Choice	No Choice (Force)	Coerced Choice	Influenced Choice	Thoughtful Choice	Unmindful
Effect on Individual	Traumatic Long Term Harm	Causes Harm	Self Responsibility	Self Determination	Causes Harm

Supported Choice Making Resources

Tools

- A Coming Choice
- A Past Choice
- Plan for Success

Learning Moments

Where are the Learning Moments in your program?

Plan For Success

What to do when individual is unable to participate

Plan for Success: The Clients Plan Developed with guidance from staff

- Identify Harmful Behaviors
- Things That Can Help
- Things that Staff Will Do
- “Once you regain self-control”, Discuss and Learn

Recovery is Self-Determination

- Learn Self-Determination. How do you do that?
- Learn Self-Responsibility. How do you **do** that?
- Learn Self-Control. How **do** you **do** that?

Learn Choice-Making Skills

Developing Staff Skills to Teach

Options

- Mindfulness
- Enhancers / Strengths
- Options
- Pros & Cons

Developing Staff Skills to Teach

Action

- Choose
- Take Action
- Have a Plan B

Developing Staff Skills to Teach

Review

- Review / Debrief
 - Results you wanted?
 - What you did well
 - What you could do better
 - Another option next time?

4 Steps to Making Effective Choices

S Situation

O Options

A Action

R Review



Options

Are you mindful now?

What options do you have?

Any Enhancers or Strengths to call on

Pros & Cons of each option



Take Action

Choose the Action you are going to take.

Go to Plan B if Action isn't working



Review & Learn

Need prompt Feedback

Did you get the result you wanted?

Yes - learn what you did well.

No - learn what you could do better next time.

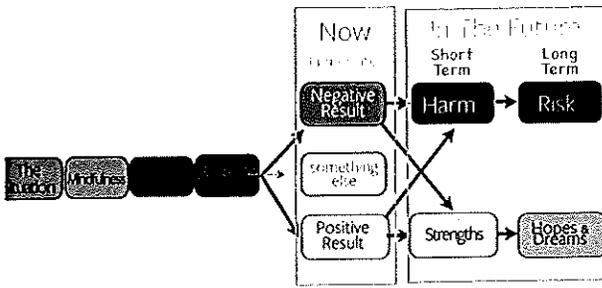
Would another option have been better?

Developing Staff Skills to Teach

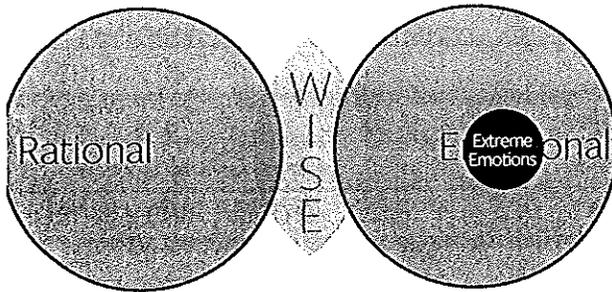
Situation

- Circumstances
- Prompting Events
- Individual Factors (culture, age, identity, etc.)
- Desired Result (long & short term)
- Presence of Blockers

Mechanics of Choice



THREE STATES OF MIND



4 Steps to Making Effective Choices

- S Situation
- O Options
- A Action
- R Review



Situation

What is the situation you are in?
... or are considering?

What do you want the result to be?

Any Choice Blockers present?

Mindfulness

Mindfulness

Attentional Control

- Paying attention
- On purpose
- In the present moment
- Without judgment

Mindfulness allows us to have thoughts and emotions without judging (reacting to) or acting on them

Mindfulness

Attentional Control

Being Mindful within your Program Culture

1. We live in the present moment
2. We are aware of our emotions, thoughts, judgments and actions
3. We accept the thoughts and feelings of the person we are with
4. Acceptance is not Approval

Stop ...Breathe ...Think



Stop



Breathe



Think

A Past Choice

Learning from Experience

Situation: What was the Situation? "Jane"

Describe the Circumstances, the Actions you took and what the Result was.

upset, lonely, med issues
wants to engage in harmful activity

What did you want the result to be? wants to go to Paris, have family, be grandpa

Were there any Choice Blockers present? Yes No ? If yes, what? extreme emotion, identity?

Were you in your Wise Mind? Yes No

Options: What options did you have?

On the first line write the choice you made. What were the Pros and Cons at the time?

Think of 2 other options you may have had. For each one list Pros and Cons that existed.

Name of Options	Pros	Cons
Ask a friend	getting support	depends on other
Self-soothing ^{make}	relief	lonely
pros + cons list		

Action: Which Option would have been the best choice?

to avoid long term bad choice

Describe the Action that would have been better

Revision and Learn:

What can you do next time these circumstances occur to get a better result?

get a handle on emotion

If you had a Choice Blocker, what could you do to make it less strong?

Are there any Choice Enhancers that would help you?

crossing for future, think + choose about values

A Coming Choice

Staying on Track

Situation: What is the Situation?

Describe the Circumstances:

What do you want the result to be?

Are there any Choice Blockers present? Yes___ No___ ?___ If yes, what?

Are you in your Wise Mind now? Yes___ No___ If "No" do a Stop, Breathe, Think

Options: What options do you have?

Think of 3 or so options you have. For each one think of Pros and Cons

Name of Choice	Pros	Cons

Action:

Which option do you choose? _____

What is your Plan B? _____

Review and Learn: Do this soon after taking Action.

What Happened?

Were any Choice Blockers present? Yes___ No___ What: _____

Did you get what you wanted?

Yes: Describe what you did well.

No: Describe what you could do better next time.