Advocacy and Shared Decisions - Review journal

Review an attempt at advocacy and shared decisions and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Casey wants a personal goal included in a treatment review.

Use an ordinary or fictional example, with a clinician when appropriate. A person's expertise about their life belongs in care planning.

Practice task

Prepare a meeting agenda with one priority, one concern, one question, and one request for a shared decision.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What would show that your preference influenced the plan? My optional adjustment or support request:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A18-5