



Supporting Youth Empowerment through Shared Decision Making: Questions for Applications in Practice

The following questions are designed to help you think about how you could apply the ideas from Dr. Ajit Jetmalani's video on shared decision making in mental health treatment in your work. Ideally, discuss the video and your thoughts about it with a supervisor or co-worker and consider the following questions:

1. What do you typically do to gain a comprehensive understanding of the challenges a youth is experiencing from their perspective and explore a **broad array of intervention options**?
 - Are there ways that you could expand your understanding and the intervention options you consider?
2. How can you increase youth's sense of **empowerment** in their own mental health services?
 - What are some specific strategies you use to support youth empowerment?
3. Consulting with young people about **treatment choices** involves using your knowledge and expertise while also encouraging youth empowerment.
 - What have you found to be helpful in achieving this delicate balance?
 - What could you do to improve youth autonomy?
4. How do you support **shared decision making**?
 - Is there more you could do to describe and explain the risks, benefits, and alternatives of various options, in order to assure **informed consent**?
5. Dr. Jetmalani suggests disentangling youth assertions of autonomy from considerations of their **best interests in decision making**. Think of a time a young person disagreed with your treatment recommendation.
 - Do you think the youth was acting in their own best interests or asserting their own autonomy?
 - How could you approach a discussion of youth autonomy and best interests with a young person?



Resources on Supporting Youth Empowerment through Shared Decision Making

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