

Making Decisions: What Treatment Is Right for Us?



*The **Treatment Planning Decision Matrix** helps clinicians and families systematically evaluate interventions that they might want to consider via five broad factors: need, accessibility, treatment experience, evidence, and fit.*

Broad factors to consider when engaging in a shared decision-making conversation with families about how to choose the best treatment include:

- **Need** – based on assessment results, what family needs have been identified?; given the family’s context what are the most pressing needs?
- **Accessibility** – does the availability of the treatment match with the family’s ability to attend and participate?
- **Treatment Experience** – is the way the intervention is delivered tolerable for the family?
- **Evidence** – are there specific evidence-based interventions available that are appropriate for this specific family?; do the specified outcomes indicated for this intervention match with the family’s needs?
- **Fit** – given the family’s previous treatment history and current status, can they buy-in to this intervention?; is the intervention consistent with their beliefs and values?

Recommendations for Using the Treatment Planning Decision Matrix

The shared decision-making process used along with the Treatment Planning Decision Matrix consists of several parts.

First, following a comprehensive family assessment and feedback session with the family, several intervention options are considered. Information on each intervention is gathered so that the family can be given all of the information necessary to make an informed choice.

Second, the family is provided with sufficient information about each intervention being considered so that they can participate in a productive discussion related to the five areas listed above, and to arrive at a decision to move forward (or not) grounded in solid information from multiple sources. This process will assist you in communicating with your clients and in developing a personalized, family-centered Treatment Plan.

Third, this information is presented to the family and discussed using the prompts listed under each area of the pentagon. These prompts are not exhaustive, and you may decide to add additional ones.

For example, under Fit, you are reminded to consider:

- How does the recommended intervention 'fit' with the family's expectations about the treatment they choose.
- How does it 'fit' with the family's readiness to engage in change?
- Does the treatment 'fit' with the family's values and beliefs?
- How does it 'fit' within their current life style and with other activities that they are committed to as a family?

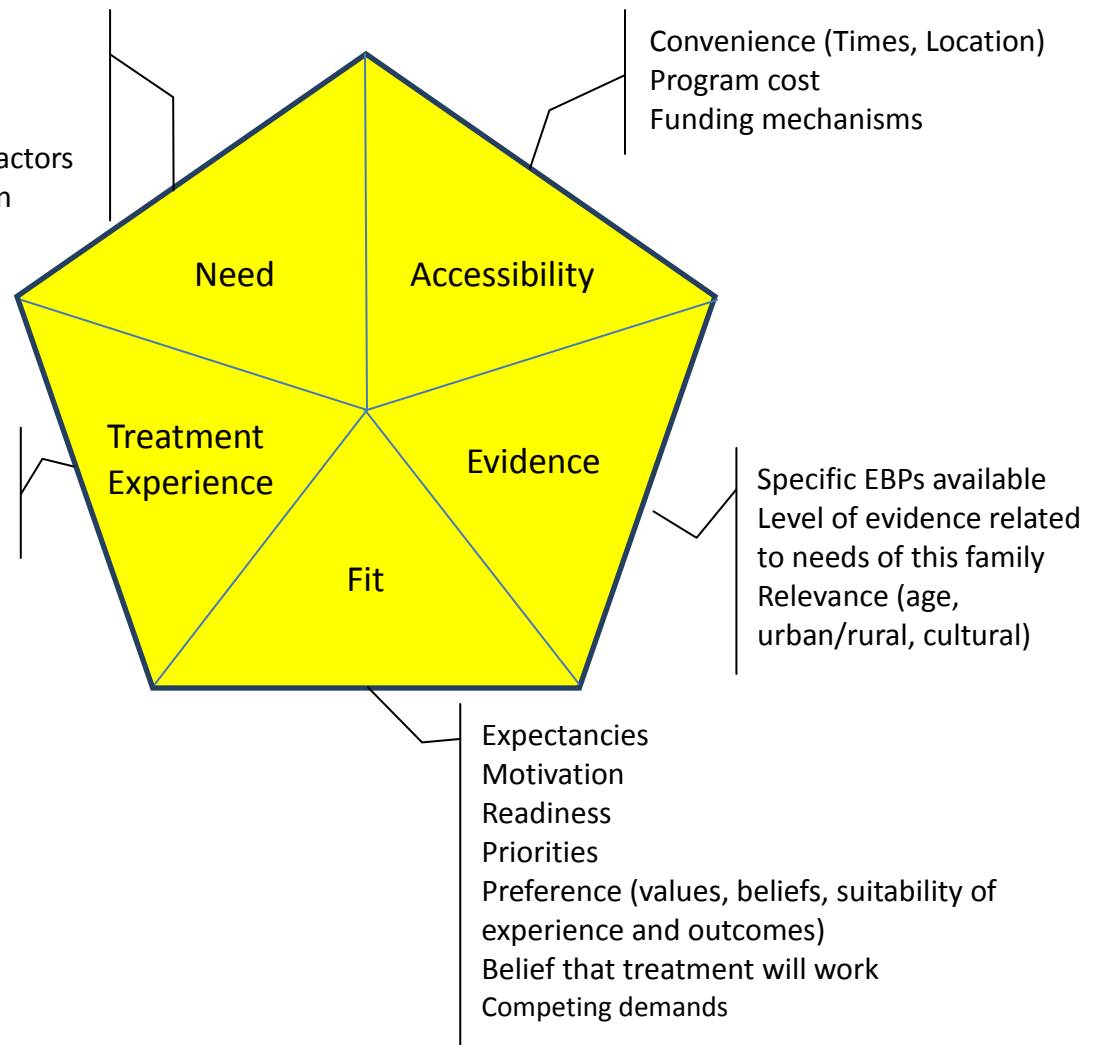
Fourth, rate each factor on a 1 to 5 scale, where 1 indicates a low level of acceptability or feasibility, 3 a moderate level and 5 indicates a high level for the factor. Midpoints can be used and scored as 2 or 4. Each intervention being considered is given a total score which can be used to identify which intervention is most likely to meet the family's needs and achieve the best outcomes. The scoring process is primarily designed to generate discussion and to help arrive at consensus for each factor as well as overall consensus related to choosing the best intervention. The numbers do not make the decision, the family does.

Treatment Planning Decision Matrix

This tool supports a shared decision-making process for determining best fit when a family is considering multiple interventions.

Assessment Results
Safety Issues
Multiple Risk Factors
Minimal Protective Factors
Antecedent Condition

Convenience (Times, Location)
Program cost
Funding mechanisms



Treatment Name:			
Five point scale: High = 5; Med = 3; Low = 1 Midpoints can be rated 2, 4	High	Med	Low
Need			
Treatment Experience			
Accessibility			
Evidence			
Fit			
Total Score			