



MyCHOIS – CommonGround

What is MyCHOIS?

- Stands for “My Collaborative Health Outcomes Information System” and includes CommonGround, a shared decision-making platform developed by Pat Deegan
- Supports shared decision-making, patient reported outcomes, and patient access to their personal health record through a secure, HIPAA-compliant web-based application
- Consumer-facing and provider-facing portals
- Helps clinicians & consumers track treatment engagement, concerns, preferences and outcomes
- The Learning Center links include Pat Deegan’s Recovery Library and a rich menu of wellness self-management tools and resources in multi-media formats
- Allows direct to consumer messaging and data collection from consumers and supports standardization of screening (e.g. tobacco & depression)
- Available for consumers with English and Spanish language preferences and audio assisted options

Goals of MyCHOIS

- Improve doctor-patient communication and promote patient centered care through shared-decision making
- Increase empowerment, health literacy, and wellness self-management
- Improve treatment engagement and medication adherence
- Support data-driven treatment decisions by consumers and treatment team
- Improve the ability to monitor and report on treatment outcomes to support quality improvement
- Promote recovery and improved outcomes of care

What can the treatment team do in MyCHOIS?

- Review a dashboard of patient data containing clinical assessments (e.g. graph of PHQ-9 scores over time), CommonGround Reports and history of shared decisions entered, safety plans and other important health documents, medication/service history, and quality alerts
- Create an individualized caseload of consumers with option to identify individuals at high risk
- Assign a core battery of measures for all consumers and their family members, or assign individual assessments to specific consumers or family members
- Enter shared-decisions or conduct clinician rated assessments, and review assessments and ratings by other clinicians, or by consumers and family
- Receive notifications when clients screen positive on a risk assessment, e.g. PHQ-9 or Suicide Screen
- Access Medicaid and State Psychiatric Center treatment history data
- Access Learning Center recovery videos, worksheets, articles, and symptom management tools



What can consumers do in MyCHOIS?

- Log in from home, community, service setting, or anywhere on any device
- Complete surveys, screenings, and assessments assigned by their treatment team and to report on and track their progress, concerns, preferences
- Review graphs of clinical assessments they have taken to track progress over time, and previous CommonGround Reports and associated shared-decisions
- Access personal health records (for Medicaid/State PC clients)
- Receive Personalized health messages - e.g. no diabetes screen for individuals with schizophrenia
- Access to a library of recovery resources and tools to support wellness self-management of health and mental health conditions, as well as support life goals
- Upload important health documents, for example Safety Plans, or Advance Directives

Impact and User Perspectives

- Pat Deegan's CommonGround has won national awards for innovation
- MyCHOIS – CommonGround preliminary findings in NYS from 12 specialty mental health clinics
 - Increased engagement in outpatient mental health services
 - Increased medication adherence for individuals with schizophrenia
- Consumer perspective:

"It gives you and your doctor a chance to see if something else is bothering you. Like is the medication okay? How do you feel when you're taking your medication, and so forth? I think it's better – it's better than it was before."
- Physician perspective:

"It grounds me a little bit about where the patient is at in their treatment and what sorts of things are important to them so that we can work on the same page."

Access to PSYCKES & MyCHOIS

- MyCHOIS is embedded within PSYCKES, and is turned on for your agency by the PSYCKES team
- Contact the PSYCKES team to express interest in obtaining PSYCKES and MyCHOIS access

Contact the MyCHOIS Team

- Website: www.psyckes.org
- Email: PSYCKES-Help@omh.ny.gov