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## Personal Medicine

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Personal Medicine are the things we do to get well and stay well. Personal Medicine supports recovery-oriented practice, is evidence-based and has been shown to increase activation which leads to more robust health outcomes<sup>1</sup>. The practice of Personal Medicine meets SAMHSA's criteria for recovery-based practice and the core competencies of peer support. Clinicians, case managers, peer specialists and other disciplines may become a Certified Personal Medicine Coach.

## Outcomes

### Self-management & Activation

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#### **Personal Medicine in person centered care improves activation**

A federally funded PCORI study involving nearly 2,500 adult consumers with mental illness across 14 facilities finds: <https://www.pcori.org/research-results/2013/comparing-two-web-based-programs-improving-peoples-experience-and-shared>

- 1.5 points increase in patient activation as measured by the Patient Activation Measure (PAM) or 2% increase in medication adherence and 2% decrease in hospitalizations
- 3% increase in quality of life
- Decline in symptom severity over time
- Decrease in number of medication visits and psychotherapy visits
- Improvement in functional status

#### **Personal Medicine leads to increased activation/self-management**

A study involving a survey completed anonymously by 716 people diagnosed with serious mental illness in 16 agencies at 6, 18 and 36 months finds using Personal Medicine results in:

- 86% of respondents reporting improved self-care, activation/engagement in treatment strategies finding Personal Medicine very helpful
- 64% of respondents use Personal Medicine each week even after 36 months, which translates into greater levels of high activation/engagement in treatment/self-management

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<sup>1</sup> MacDonald-Willson KL, Deegan PE, Hutchison HL, Parrotta N, Schuster JM (2013). Integrating Self-Management Strategies into Mental Health Service Delivery: Empowering People in Recovery. *Psychiatric Rehabilitation Journal*, 36,4 258-263.