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CommonGround

CommonGround exists to transform the mental health system so people recover after a diagnosis of mental illness and health care providers reignite their passion for the work they were called to do. Our program draws people receiving and providing services to the common ground of their shared humanity so that together they can co-create health.

The CommonGround Program is founded on four principles: awakening hope for recovery, activating self-care, advocating for life and health goals, and supporting life and health decisions. The program spans several solutions, including an experiential simulation (Hearing Voices), practical tools for recovery (Library), staff and program training (On Demand Academy), self-paced self-help and facilitator workbooks (Guides) and our award-winning clinical software (Software).

Outcomes

Service Utilization

CommonGround leads to decreased ER visits, decreased hospitalizations and improved experience of care

A case study from one of the largest hospital systems in the U.S. involving ~4,000 Medicaid recipients diagnosed with mental illness finds that CommonGround results in:

- Utilization reduction per 1,000 consumers of -520 visits for emergency department (ED) and -424 visits for inpatient admissions (IA), translating into annualized savings of \$2.2M+ (\$500K for ED and \$1.5M+ for IA) in 2014-15
- Utilization reduction per 1,000 consumers of -808 visits for ED and -612 visits for IA, translating into savings of \$3.2M+ (\$800K+ for ED and ~\$2.5M for IA) in 2015-16
- Improved experience of care across all measures between baseline in 2014 and 2016:
 - Physician listens to you (from 4.03 to 4.68)
 - Physician takes enough time (from 4.04 to 4.66)
 - Physician explains what you want to know (from 3.98 to 4.67)
 - Physician encourages me to participate (new item to 4.65)
 - Overall rating of CommonGround (new item to 4.60)

Engagement & Activation

CommonGround improves activation, quality of life, experience of medication management and shared decision making

A federally funded PCORI study involving nearly 2,500 adult consumers with mental illness across 14 facilities finds that using CommonGround results in:



- 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
- Greater positive experience with medication management and shared decision making for consumers 18-49 years
- Decline in symptom severity over time
- Decrease in number of medication visits and psychotherapy visits
- Improvement in functional status

CommonGround increases treatment engagement and antipsychotic medication adherence for consumers diagnosed with schizophrenia

A study involving a matched control group finds that using CommonGround results in:

- Significantly higher treatment engagement in service at 1-year follow-up
- Higher adherence to antipsychotic medication among people diagnosed with schizophrenia when compared with controls during the follow-up year

CommonGround reduces consumer concerns about using psychiatric medication

A peer-reviewed study involving over 30,000 health reports completed by more than 5,000 consumers across 12 facilities finds that using Personal Medicine (i.e., CommonGround's method for self-care, activation/engagement in treatment strategies) results in:

- 10% decrease in concerns about medication side effects
- 9% decrease in concerns about impact of medication on physical health
- 8% increase in belief that mental health medication is helping

CommonGround leads to better communication with providers and increased activation/engagement

A study involving a survey completed anonymously by 716 consumers in 16 agencies at 6, 18 and 36 months finds that using CommonGround results in:

- More than 66% of respondents reporting improved communication with doctors and improved quality of time spent with doctors
- 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 in the program, which translates into greater levels of high activation/engagement in treatment

Therapeutic Alliance

A better therapeutic relationship in the treatment of psychosis predicts better treatment adherence, less severe symptoms, better social functioning and fewer hospital admissions. The odds of a person adhering to treatment is 2.16 times greater if there is a good clinician-consumer relationship.



CommonGround increases clinician empathy and attitudes towards people with psychosis

Nine peer reviewed articles involving psychiatrists, nurses and students find that the use of the CommonGround Hearing Voices Simulation (i.e., CommonGround's method for creating empathy) results in improved empathy and significantly improved attitudes toward people with psychosis.

CommonGround helps clinicians shift the focus to consumers' goals for treatment

A peer reviewed study involving ~17,000 consumers across 69 facilities finds that the use of Power Statements (i.e., CommonGround's method for consumer communication regarding goals for using psychiatric medication) results in:

- 79% of consumers developed self-advocacy statements describing how they wanted treatment to help them, which translates into enhanced consumer communication regarding goals for using psychiatric medication
- A simple and scalable technique to enhance consumer communication of goals for treatment

CommonGround improves skills, knowledge and attitudes toward mental health recovery in integrated health/behavioral health nurses

Pre- and Post-Academy measures of 22 wellness nurses from 15 facilities, working with Medicaid-eligible adults with serious mental illness and co-occurring health disorders finds that using CommonGround results in:

- Improved skills, knowledge and attitudes toward mental health recovery after attending 8 Academy classes
- Improved Recovery Knowledge Inventory scores for a majority of survey items (18 of 20 items) from baseline to follow-up survey

CommonGround allows for effective shared decision making in real world situations (15-20 minute med checks)

A review of records among more than 70,000 consumers across 93 facilities show that CommonGround results in a 70% rate of Shared Decision Making (SDM).

CommonGround empowers consumers to be more involved in treatment-related decision making

A peer-reviewed study finds that CommonGround results in:

- Efficiencies in routine "med check" appointments
- Consumers who are empowered to be more involved in treatment-related decision making