

## **Template #8: Person-Centered Planning**

The process used to design your individual plan of behavioral health supports, service, or treatment (IPOS) is called “Person-Centered Planning (PCP).” PCP is your right protected by the Michigan Mental Health Code.

The process begins when you determine whom, beside yourself, you would like at the PCP meetings, such as family members or friends, and what staff from the [Contractor] you would like to attend. You will also decide when and where the PCP meetings will be held. Finally, you will decide what assistance you might need to help you participate in and understand the meetings.

During PCP, you will be asked what your hopes and dreams are and will be helped to develop goals or outcomes you want to achieve. The individuals attending this meeting will help you decide what supports, services or treatment you need, who you would like to provide this service, how often you need the service, and where it will be provided. You have the right, under Federal and State laws, to a choice of providers.

After you begin receiving services, you will be asked from time to time how you feel about the supports, service, or treatment you are receiving and whether changes need to be made. You have the right to ask at any time for a new PCP meeting if you want to talk about changing your plan of service.

You have the right to “independent facilitation” of the PCP process. This means that you may request that someone other than the [Contractor] staff conduct your planning meetings. You have the right to choose from available independent facilitators.

Children under the age of 18 with developmental disabilities or serious emotional disturbance also have the right to PCP. However, PCP must recognize the importance of the family and the fact that supports and service impact the entire family. The parent(s) or guardian(s) of the children will be involved in pre-planning and PCP using “family-centered practice” in the delivery of supports, services and treatment to their children.

### **Topics Covered during PCP**

During PCP, you will be told about psychiatric advance directives, a crisis plan, and self-direction (see the descriptions below). You have the right to choose to develop any, all, or none of these.

#### **Psychiatric Advance Directive**

Adults have the right, under Michigan law, to a “psychiatric advance directive.” A psychiatric advance directive is a tool for making decisions before a crisis in which you may become unable to make a decision about the kind of treatment you want and the kind of treatment you do not want. This lets other individuals, including family, friends, and service providers know what you want when you cannot speak for yourself.

If you do not believe you have received appropriate information regarding psychiatric advance directives from your PIHP Contractor, please contact the [customer services] to file a grievance.

### **Crisis Plan**

You also have the right to develop a “crisis plan.” A crisis plan is intended to give direct care if you begin to have problems in managing your life or you become unable to make decisions and care for yourself. The crisis plan would give information and direction to others about what you would like done in the time of crisis. Examples are friends or relatives to be called, preferred medicines, or care of children, pets, or bills.

### **Self-Direction**

Self-direction is an option for payment of medically necessary services you might request if you are an adult beneficiary receiving behavioral health services in Michigan. It is a process that would help you to design and exercise control over your own life by directing a fixed amount of dollars that will be spent on your authorized supports and services, often referred to as an “individual budget.” You would also be supported in your management of providers if you choose such control.

[Note to the Contractor: you may add additional information to this template]

The Contractor should tailor the contact information in the brackets to reflect their local operations and may add local or additional information to the templates.