

PERSON CENTERED PLANNING



Meets Requirement for- MMHS, MDHHS P.4.4.1.1 PCP Guideline Rev P
4.7.1-Self Determination;P7.10.2.5 Family-Driven and Youth-Guided Policy
and Practice Guideline; Final Choice Voucher System for Children

Fulfills Topic Requirement: Person-Centered-Planning with Children,
Adults & Families, Self Determination & Independent Facilitation, Plan for
Difficult Times/Advanced Directives

Updated 02/24/2022 1



“Person Centered Planning” means a process for planning and supporting an individual receiving services that builds upon the individual’s capacity to engage in activities that promote community life and that honors the individual’s preferences, choices, and abilities.

MCL 330.1700



Person-centered planning (PCP) is a way for an individual to plan their lives with the support and input from those who care about them. PCP is at the heart of supporting individual choice and control.

Children's plans shall be devised through a Family Driven, Youth Guided process.

PCP VALUES AND PRINCIPLES

Person-centered planning is a highly individualized process designed to respond to the expressed needs/desires of an individual.



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- Every individual or family is presumed competent to direct this planning process, achieve his or her goals and outcomes, and build a meaningful life in the community.
 - Every individual has strengths, can express preferences, and can make choices.
 - The individual's choices and preferences are honored and considered, if not always implemented.

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- ⦿ Every individual or family contributes to his or her community and has the ability to choose how supports and services enable him or her to meaningfully participate and contribute.
 - ⦿ Through the person-centered planning process an individual maximizes independence, creates community connections, and works towards achieving his or her chosen outcomes.

- An individual's cultural background is recognized and valued in the person-centered planning process.



PCP ESSENTIAL ELEMENTS

- Person-Directed: The individual or family directs this process including when and where planning meetings are held, what is discussed, and who is invited.
- Person-Centered: Focuses on the individual not the system, family or guardian.

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- Outcome Based: Outcomes are developed based upon the person's goals, plans, and desires. Staff are trained in how to help the person accomplish these outcomes.
 - Information, Support and Accommodations: The individual receives information about mental health services, community resources, and available providers.



The individual or family may

- Freely express themselves
- Talk about the help that may be needed
- Talk about who can help and how
- Make a plan for the future including meaningful activities that move toward personal dreams with supports as needed



Independent Facilitation: Consumers have the right to choose an independent or external facilitator of the person centered planning process. This facilitator is chosen by the person and helps guide them throughout the process. Their job is to make certain that the person's hopes, interests, desires, preferences, and concerns are heard and addressed.

INDEPENDENT FACILITATION- CONT'D

- An Independent Facilitator assists consumers with understanding and moving through the person-centered planning process. Consumers of developmental disability and mental health services have a right to person-centered planning, which includes the right to choose a trained helper called an Independent Facilitator.
- Independent Facilitation is not available to consumers receiving short-term outpatient, medication only, or substance use disorder services. An Independent Facilitator is NOT an advocate. An Independent Facilitator is neutral. He or she walks the consumers through the process, but does not promote any particular viewpoint. Independent Facilitators receive special training so that they can help consumers understand their choices.
- Contact NorthCare Network at 1-888-333-8030 if you are interested in finding out more about Independent Facilitators. NorthCare staff will help secure an Independent Facilitator that you agree to. You always have the right to ask for a different Independent Facilitator if you would like.



Pre-planning: This is the gathering of information and resources to begin the PCP process.

Engages the individual or family to choose:

- When and where the meeting will be held
- Who will be invited
- What will be discussed and not discussed
- What accommodations the individual may need to participate
- Who will facilitate the meeting
- Who will record what is discussed at the meeting
- Emphasizes maximum understanding and participation

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- Wellness and Well-Being: Issues of wellness, well-being, health, and primary care coordination/integration, are addressed as determined by the person to help them live as independently as possible.
 - Participation of Allies(natural supports):The individual or family selects allies (friends, family members, and others) to support them through the PCP process.

DREAMS, WISHES, OR DESIRED OUTCOMES

- Should be reported as the individual or family describes them
- Includes wishes of others for the person
- Should not be modified by anyone else
- Determine what is important to the person and for the person

INDIVIDUAL PLAN OF SERVICE

The Mental Health Codes establishes the right for all individuals to develop an individual plan of services (IPOS) through a person-centered planning process. The PCP process must be used at any time the individual wants or needs to use this process. An agenda for each PCP meeting should be set by the individual. The IPOS shall be kept current and modified when needed. Reviews of this plan may be requested at anytime.



An individual must be provided with a written copy of his or her plan within 15 business days of conclusion of the PCP process.

Individuals who have a dispute about the PCP process or the IPOS have the right to grievance, appeals, and recipient rights. Staff are available to help the person understand and negotiate the dispute resolution processes.

WRITING GOALS AND OBJECTIVES

Empower the individual by

- Reviewing strengths, dreams, barriers and supports
- Looking at the dreams and brainstorming possible steps towards achievement
- Selecting activities that please the individual and move toward the dream
- Describing the activities included in the IPOS using the scope, duration and intensity format
- Including other activities to be carried out alone or with natural supports

COURT ORDERED TREATMENT

- Individuals who are under court ordered treatment may have limitations placed upon available choices; however, they may participate in person-centered planning within the rules, regulations, laws, code requirements, and health/safety needs of the specified order and setting.

CASE MANAGEMENT RESPONSIBILITIES

The Person-Centered plan must include

- Who is responsible for what tasks;
- Who will monitor as well as duration, scope and intensity;
- Ways of monitoring progress and documentation of that progress.

7 QUESTIONS THAT YOU SHOULD BE ABLE TO ANSWER FOR EACH PERSON YOU

1. What is important to the person?
2. What is important for the person?
3. Is what is important for the person being addressed in the context of what is important to the person?
4. Is there a “good balance” between important to the person and important for the person?
5. What does the person want to learn, what does the person want to do?
6. What needs to stay the same (be maintained or enhanced)?
7. What needs to change?

NATURAL SUPPORTS

The Michigan Department of Health and Human Services (MDHHS) defines “natural supports” as people or entities in the individual’s life who are not paid to perform care-giving or support functions but who might naturally as a parent, relative, neighbor, church, or friend assist the individual. It should be viewed as a more “normal” way of getting help.

HBH workers should assist consumers in obtaining natural supports in their lives if none exist. This can be done through Person-Centered Planning process.



The emphasis on natural supports should not be used however:

- To force an individual to receive help from someone he/she does not want;
- To coerce a potential or existing helper into providing help they do not want to provide.

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- PCP process encourages strengthening and developing natural supports by inviting family, friends and allies to participate in the planning meetings to assist the individual with his/her dreams, goals and desires.
 - The preliminary person centered plan includes: Identification of the individual's need for support systems or other types of services that will assist in continuing his or her recovery or well-being.

SELF DETERMINATION

- Self determination means persons served are able to have more choice and control over their services. Self-determination is part of the Person-centered planning process.
- Consumers must direct the use of resources in order to choose meaningful, specialty mental health services and supports in accordance with their plan as developed through the person-centered planning process. There must be a targeted outcome that these supports and services assist in achieving.

SELF DETERMINATION INCLUDES:

- A consumer initiating this process;
 - Development of a person centered plan;
 - Development of an individualized budget based on this person centered plan;
 - A fiscal intermediary to act as both an employment screening and an employer agent.
- The choice voucher system which includes a set of arrangements that facilitate and support accomplishing self determination;
 - Qualified indicators;
 - Monitoring and ensuring financial and clinical accountability for the process.

PRINCIPLES OF SELF DETERMINATION

Freedom- You plan your life with the support that you need

Authority- You control the money for the support you receive

Support- You arrange resources and supports- both informal and formal- so you can live in and connect with your community

Responsibility- You have a valued role in your community and agree to use public dollars wisely. Arrangements that support self-determination build on the choice and control already available within your mental health agency.

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- Northcare has a brochure that assists in describing how self determination can help persons receiving services on their recovery journey.

<https://northcarenetwork.org/documents/Clinical/Practice%20Guidelines/SD%20Brochure%2012.13.18.pdf>

- MDHHS has a guide to Self-Determination implementation

[self-direction TECHNICAL Requirement Implementation Guide \(michigan.gov\)](#)

PLAN FOR DIFFICULT TIMES/CRISIS PLAN/ADVANCED DIRECTIVES

- During Pre-planning of the person-centered plan, the individual is informed of the opportunity to create a crisis plan/advanced directive and to choose the information to be included in the plan as well as the method for recording the plan.
- If the individual has a “Plan for Difficult Time”, it will be located in the electronic medical record (ELMER) under the “Legal/Court Orders/Releases” section.
- Advance Directives (northcarenetwork.org)

Without choice, you have no control! Without Control you have no Dream.



PCP IN A NUTSHELL

- Is for, about and guided by the individual or family
- Is based on strengths, personal wishes, and needs
- Results in meaningful activities today, not just in the future
- Increases self-esteem, responsibility and membership in the community
- Leads to a more satisfying life of personal choice
- Supports and is supportive of recovery principles.

Test

Upon closing this window, you will be taken to the test.