

Self-Determination & Person-Centered Planning Resources

For Members:

- Self-Determination 101: https://www.youtube.com/watch?v=Ot8Lh_NJqA
- Explanation of self-determination, person-centered planning and independent facilitator: <https://disabilityvoicesunited.org/interchange/self-determination/person-centered-planning/>
- Partners Advancing Self-Determination: <https://arcmi.org/projects/partners-advancing-self-determination/> (scroll to the bottom to see resources)
- Wayne State University: Individual and Family Training: <https://ddi.wayne.edu/familytraining>
- Training on recruiting, selecting & retaining direct service workers to provide self-directed HCBS: <https://publications.ici.umn.edu/cms/dsw/modules> -
- Self-Directed Services & Options: <https://www.medicaid.gov/medicaid/long-term-services-supports/self-directed-services/index.html>
- Future Planning: <https://futureplanning.thearc.org/>
- Psychiatric Advance Directives (PAD): <https://copelandcenter.com/doors-wellbeing/psychiatric-advance-directives>

A Personalized Wellbeing Plan can be developed and used by anyone to avoid or reduce the distress of any type of crisis in our life. It can be shared with any supporters we choose.



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Based on SAMHSA's Taking Action Curriculum HHS Publication No. 14-4857

Reasons to Have a Psychiatric Advance Directive (PAD)

Having a PAD is important to me because it keeps me in the driver's seat of my own recovery. It allows me to still have my voice in times of crisis when I can't speak for myself.

My mom is my number one supporter & I want her to be involved when I'm in crisis. My PAD allows her to work with my treatment team and advocate for me in the ways I want to be advocated for.

- Kaely Whittington

Having an Advance Directive, including mental health directives, supports our supporters, medical providers, and family members to know how to implement what we learned about our care and respect our cultural and personal wishes. Even at a time when we may be overwhelmed with medical issues, a psychiatric advance directive can put us in the driver's seat of our care and prevent going down a course of treatment that we already know will not help us. Having a PAD is about improving our quality of care, having a voice in our treatment, and protecting our rights to self-disclosure.

- Matthew Federici, CEO

A PAD is about voicing, illustrating and promoting my wellness even when I can't be the me I want to be. It's about helping others help me help myself. My supporters should never have to suffer the dilemma of thinking/saying: "I *think* that's what Natalie would have wanted?" I was empowered to share my voice and choice when I was in a good place, so I have a safety net if I ever need it.

- Natalie Klaus-Rogers



For Providers:

- Wayne State University: Professional and Provider Training:
<https://ddi.wayne.edu/pptraining>