

Psychiatric Rehabilitation Learning Collaborative

Session 3: Person-Centered Planning

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July 11, 2023

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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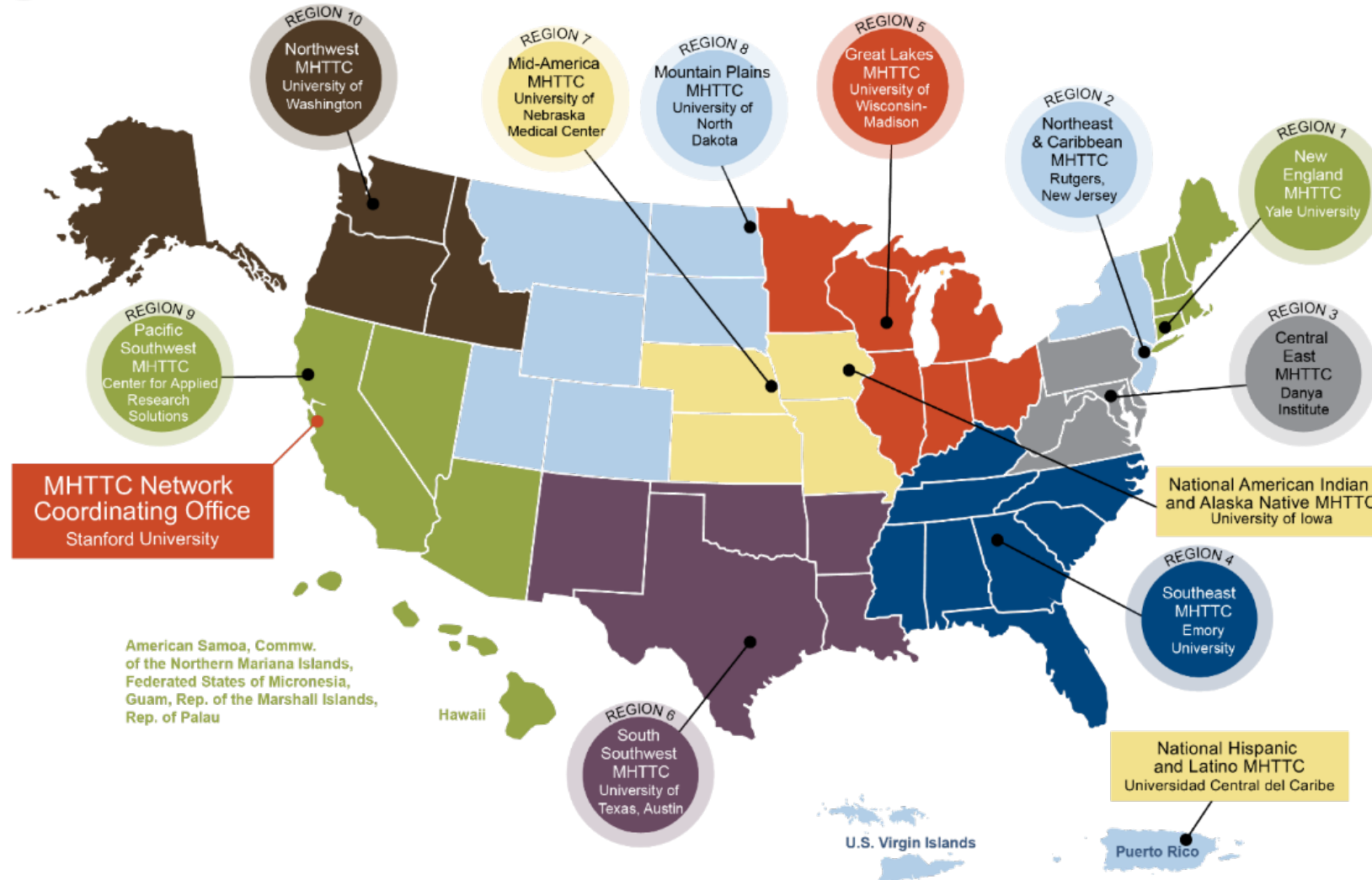


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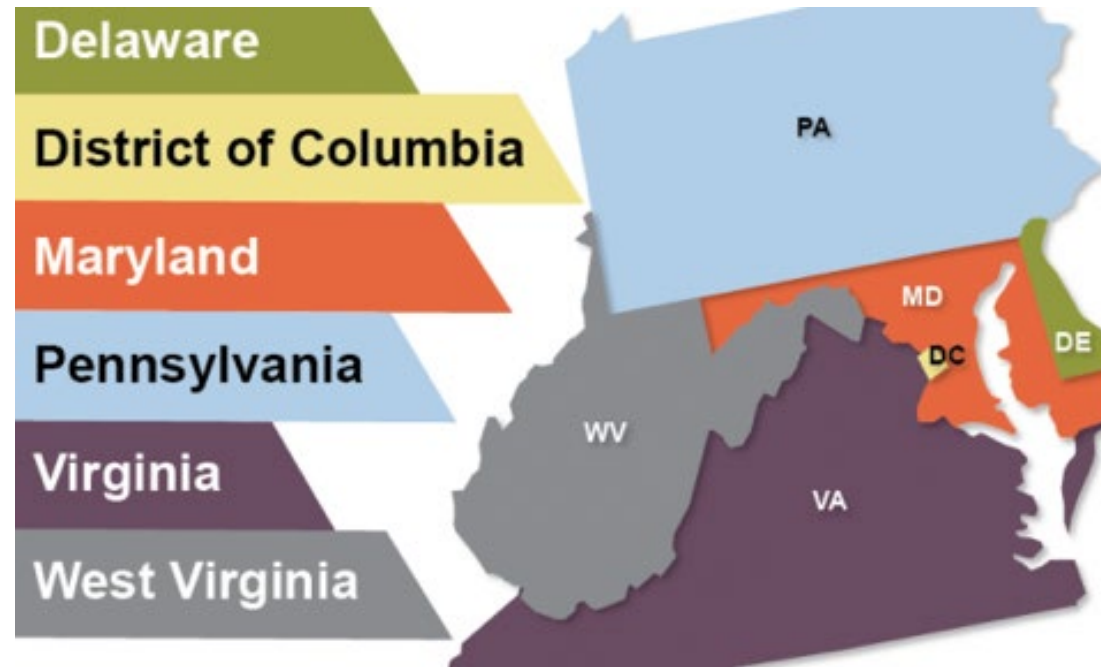
Mental Health Technology Transfer Center Network

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Central East Region 3



Central East (HHS Region 3)

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., serves as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services (HHS) and the Administrator of SAMHSA.

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This work is supported by grant SM081785 from HHS, SAMHSA.

Presented 2023

Evaluation Information

- The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.
- At the end of the fourth training (August 8, 2023) you will be asked to complete a **brief** survey about Sessions 1 through 4.

Agenda

1. Person-centered planning—what does it look like?
2. Helping define what to change.
3. Fostering full access to the community.

Process of Delivering Services



ASSESSING



PLANNING



INTERVENTION

Scenario – Breakout Room (5 mins.)

*Together, review what is **strong** and what can be **changed** about the following plan:*

You are reviewing a case manager's person-centered plan for Phoebe - who is diagnosed with major depressive disorder. Phoebe wants to get a job so that she can eventually live on her own.

The case manager has shown you the following as a set of goals for her:

1. Phoebe will stop using negative coping skills to manage depression.
2. Phoebe won't yell at family members when overwhelmed.
3. Phoebe will attend community college courses in fall 2023.
4. Phoebe will be physically active throughout the week.





What Is Person-
Centered Planning?

Evidence for Person-Centered Plans

Shared Decision-Making Increases:

A person's knowledge of their health

Confidence in making decisions about health care

Consistency with personal preferences

Adherence to treatment

Are we doing it?

Only **42% of clients** reported that they agreed to the type of care plan they received within mental health services.

Only **55% of clients** reported being as involved as they wanted in deciding about treatment.



Shared Decision-Making

Expert-by-Experience

- Person knows what has **worked** in the past.
- Has information on **natural** skills and resources.
- Is the person who will be **living** with the plan.



Expert-by-Training

- Person has an **outside** view of the situation.
- Has information on potential **new** skills and resources.
- Is the person who will be **supporting** with the plan.



Best Practices

HOLD SPACE FOR

- Person is the expert on their own experience.
- Providers are experts in their specialty.
- We are all learners and teachers.
- Committing to a goal is hard.
- Expect trial and error.
- Allow for dignity of risk.

THE PROCESS : Help them . . .

- Define what to change/strengthen (goal).
- Consider potential speed bumps.
- Brainstorm options—feasible small steps to achieving the goal.
- Explore which of the feasible options they want to try first.
- Identify tasks for team members and individuals.
- Follow through (by following up).

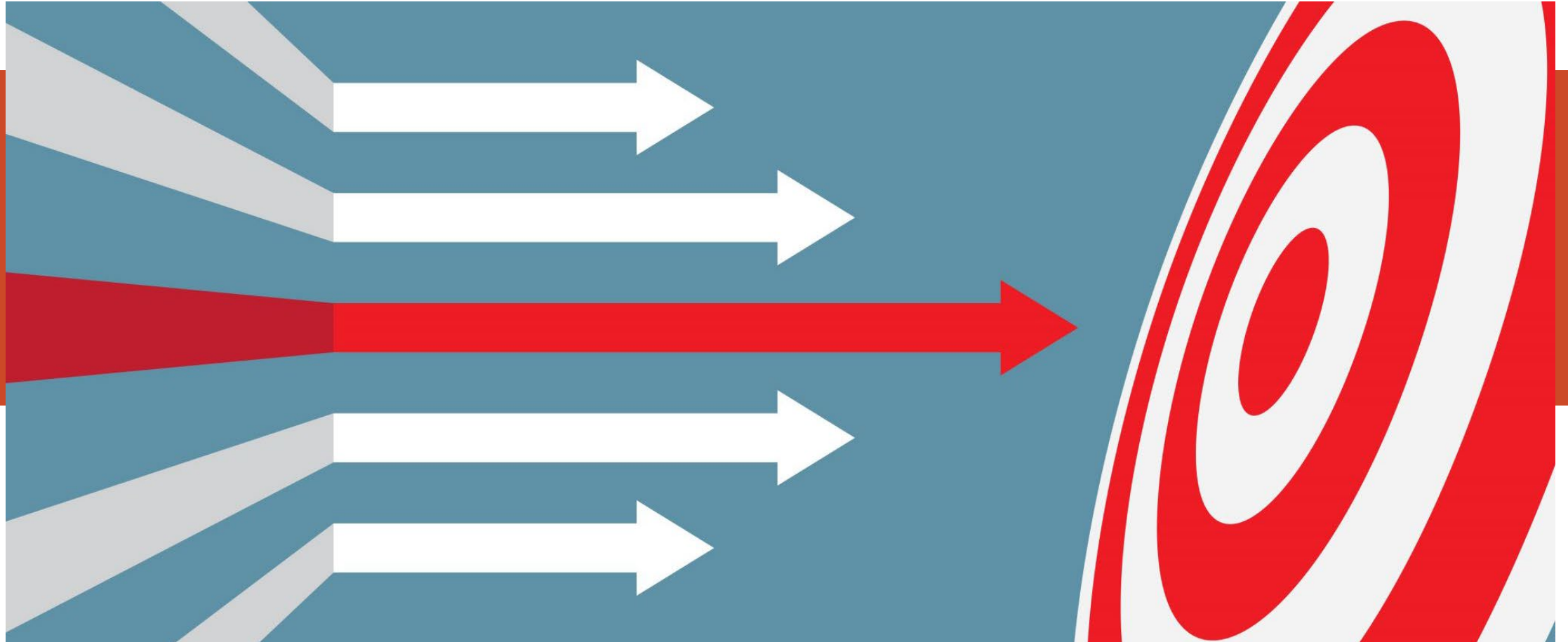
Helping Define What to Change

- Values clarification exercise: What's **important to you**?
- How does that **value show up** in your life—where is it strong—when and with whom?
- Where is it less **present/strong**?
- **What gets in the way** of being/living in that way?
- Was there ever a time when that **barrier wasn't there**? What was that like?
- Do you want to get back to that, or is there a different value you want to **focus on**?

This goal is meaningful to me because I value ____.



SMART Goals



Measurable: Compare and Contrast



I will read more.

I will read 20 minutes a day.

I will eat healthier.

I will add one vegetable into every meal.

I will apply to college.

I will work on the app 3x this week.

I will be more active.

I will leave the house at least once a day.

Consider



Positive Phrasing: Express goals positively. “Practice a conversation with a neighbor” is a much better goal than “Don’t yell at people.”



Set Priorities: When you have several goals, give each a priority.



Build Momentum: Keep some goals that you’re working toward small and achievable.

Recovery and Planning

Environment

Skills

Community



Identifying Natural Environment Resources

- Can develop into a life-long **natural support system**.
- Fosters **hope and recovery** of a full life, rather than encouraging dependence upon the formal system.
- Communicating with and understanding how the environment can **support** recovery.
- Each person's natural environment is a **wealth** of resources!



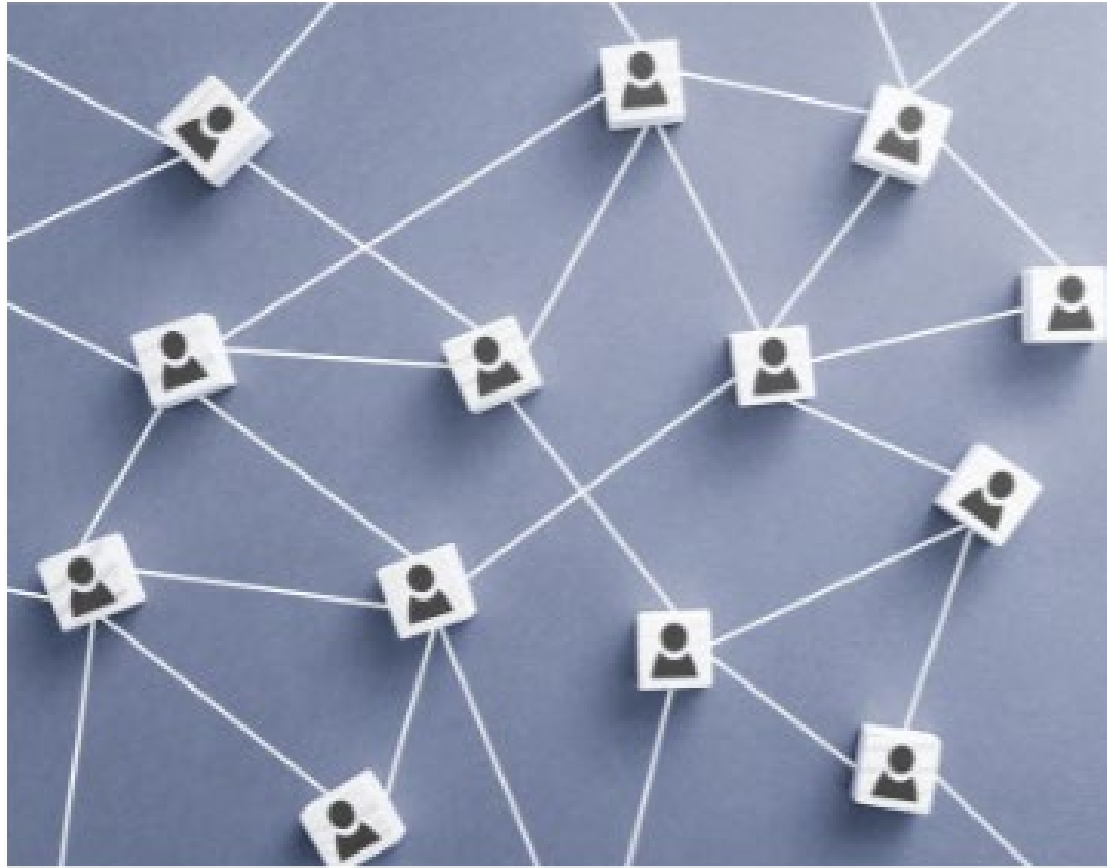
Identifying Skill Development



Start with skills they are **strong** at and want to continue to build.

Move to skills they want to **develop** in order to achieve their goals.

Planning for Community



What opportunities do clients have to meet, break bread, create, laugh, or hear one another's stories?

Apply It – Breakout Room (5 mins.)



Plan a potential **community-building event** for your larger community as well as the individuals who participate in your programs:

What would you do (if funding wasn't an issue)?

What do you think might be some challenges?

Why do you think this type of event might help individuals with SMI in their recovery process?

Remember

We're human.

Are we afraid of failure?

Or are we afraid of
success?



References

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Values Clarification Tools

- [Values Worksheet Living Questionnaire](#)
- [Values](#)
- [Module 5: Values and Committed Action](#)

Appreciation



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