



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Psychiatric Advance Directives Online Resources

General Resources

Links to these websites are for informational and educational purposes only. If you need legal advice, please consult a legal professional. These websites do not necessarily represent the opinions of the New England Mental Health Technology Transfer Center or the Yale Program for Recovery and Community Health.



To learn more, visit us at mhttcnetwork.org/newengland.

Selected State-Specific Resources & Toolkits

Bazon Center for Mental Health Law

Individuals with mental illness and intellectual disabilities deserve to be treated with respect and dignity. The Bazelon Center works to ensure that individuals at all income levels have access to community mental health services that will enable them to live and work independently in the community.

- + Advance Directives Overview (<http://www.bazelon.org/our-work/mental-health-%20systems/advance-directives>)
- + Self-Determination through Psychiatric Advance Directives: Voices and Lessons from the Field (<http://networkofcare.org/library/advstatelaws.pdf>)
- + Forms for Creating a Psychiatric Advance Directive (<http://www.bazelon.org/wp-content/uploads/2017/04/PAD-Template.pdf>)

Mental Health America (MHA)

MHA is a nationwide, community-based nonprofit organization dedicated to providing information, support, and advocacy to people living with mental illness.

- + Psychiatric Advance Directives: Taking Charge of Your Care (<https://staging.mhanational.org/psychiatric-advance-directives-taking-charge-your-care>)

National Disability Rights Network (NDRN)

NDRN is the nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP). There is a P&A/CAP agency in every state and U.S. territory as well as one serving the Native American population in the Four Corners region. Collectively, the P&A/CAP network is the largest provider of legally based advocacy services to people with disabilities in the United States.

- + P&A and CAP Contact List (<https://www.ndrn.org/about/ndrn-member-agencies>)

National Alliance on Mental Illness (NAMI)

A grassroots, nationwide organization dedicated to building better lives for Americans living with mental illness, NAMI supports public policies and laws that encourage the development and use of psychiatric advance directives (PADs).

- + Information on advance directives and links to additional resources: [https://www.nami.org/Learn-More/Mental-Health-Public-Policy/Psychiatric-Advance-Directives-\(PAD\)](https://www.nami.org/Learn-More/Mental-Health-Public-Policy/Psychiatric-Advance-Directives-(PAD))

National Mental Health Consumers' Self-Help Clearinghouse

The National Mental Health Consumers' Self-Help Clearinghouse is a peer-run national technical assistance and resource center that fosters recovery, self-determination, and community inclusion.

- + Links to the PowerPoint slide presentation and the webinar on YouTube, Psychiatric Advance Directives: Why and How to Use This Vital Recovery Tool (<http://mhselfhelp.squarespace.com/technical-assistance-webinars/2014/12/19/mental-health-psychiatric-advance-directives.html>)
- + Psychiatric Advance Directives: Why and How to Use This Vital Recovery Tool (<https://www.youtube.com/watch?v=oKCbaqjMSJk&feature=youtu.be>)

National Resource Center on Psychiatric Advance Directives (NRC–PAD)

Developed by the Bazelon Center and the Department of Psychiatry at Duke University Medical Center, NRC–PAD offers timely, state-by-state information about psychiatric advance directives for people receiving mental health services, their family members, clinicians, and policy-makers.

- + State-by-State guide for psychiatric advance directives, including sample forms and other mental health resources: <https://www.nrc-pad.org>
- + Links to documents and videos providing practical information on federal laws, state statutes, and creating psychiatric advance directives:
 - + <https://www.nrc-pad.org/getting-started>
 - + <https://www.nrc-pad.org/videos>

Yale Program for Recovery and Community Health (PRCH)

PRCH works to transform behavioral health programs, agencies, and systems to be culturally responsive and re-oriented to facilitating the recovery and social inclusion of the individuals, families, and communities they serve.

Advance directives contacts:

- + Maria O'Connell, PhD: maria.oconnell@yale.edu
- + Stephanie Lanteri: stephanie.sangsgterlanteri@yale.edu

Selected State-Specific Resources & Toolkits

The New England MHTTC gathered resources and helpful toolkits from various states related to creating and implementing psychiatric advance directives. Explore the links below and visit the National Resource Center on Psychiatric Advance Directives website for additional state-by-state information.

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CONNECTICUT

State of Connecticut Department of Mental Health and Addiction Services

- + Advance Directives (<https://www.ct.gov/dmhas/cwp/view.asp?Q=551114>)

Connecticut Legal Rights Project (CLRP)

Connecticut Legal Rights Project is a statewide nonprofit agency that provides legal services to low-income individuals with mental health conditions, who reside in hospitals or the community, on matters related to their treatment, recovery, and civil rights.

- + Links to three CLRP brochures: Basics of Advance Directives for Health Care; Choosing a Health Care Representative; and How to Be an Effective Health Care Representative: http://www.clrp.org/website/publish/resources/resources_englishList.php?2

- + My First Choice for Health Care: Advance Directive Workbook (https://ctlawhelp.org/files/pamphlets/benefits_work/my-first-choice-for-healthcare-CLRP.pdf)
- + Information and article on a new project: <https://today.uconn.edu/2019/06/new-class-helps-law-students-improve-technology-skills>

Disability Rights Connecticut (DRCT)

As Connecticut's Protection and Advocacy agency, DRCT (<https://www.disrightsct.org>) provides legal advocacy and rights protection to people with disabilities in Connecticut. DRCT provides several services and programs for those with disabilities, their families, and the disability community. Services include information and referral, advocacy assistance, legal representation, monitoring and investigating facilities, and training events. Its focus areas include abuse and neglect, education, employment, and community living. To learn more or request DRCT services, visit <https://www.disrightsct.org/request-services>.

MAINE

Disability Rights Maine (DRM)

DRM (<https://drme.org/mental-health>) provides advocacy services to individuals with mental illness under the Protection and Advocacy for Individuals with Mental Illness, or PAIMI, program. The federal PAIMI statute and related regulations provide that the rights of individuals with mental illness are protected, instances of abuse and neglect are investigated, and that organizations such as DRM can engage in outreach and monitoring activities.

- + Advance Health Care Directives for Planning Mental Health Care (<https://drme.org/assets/brochures/Advance-Directive-3rd-Ed.-04.08.19.pdf>)

Maine Department of Health and Human Services

- + Advance Health Care Directives (<https://www.maine.gov/dhhs/samhs/mentalhealth/rights-legal/ahcd.html>)

MASSACHUSETTS

While Massachusetts does not have a statute for PAD, the state does have laws related to appointing a healthcare proxy. A healthcare proxy is a person that you appoint to oversee making physical and mental healthcare decisions when a clinician deems that you are unable to make them for yourself.

Disability Law Center (DLC)

DLC (<https://www.dlc-ma.org>) is the Protection and Advocacy agency for Massachusetts. DLC is a private, nonprofit organization responsible for providing protection and advocacy for the rights of Massachusetts residents with disabilities.

Honoring Choices Massachusetts

The Getting Started Tool Kit is a step-by-step guide that includes current healthcare planning information, a Massachusetts health care proxy and personal directive, and discussion guides to help people create their own personal plans.

- + The Getting Started Tool Kit (<https://www.honoringchoicesmass.com/wp-content/uploads/2018/10/Getting-Started-Tool-Kit-2020-03-21.pdf>)

Massachusetts Medical Society

A *health care proxy* is a simple legal document that allows you to name someone who can make healthcare decisions on your behalf if you are unable to make or communicate those decisions for yourself.

- + Massachusetts Health Care Proxy Information, Instructions, and Form (<https://www.honoringchoicesmass.com/wp-content/uploads/2016/10/09.16-Health-Care-Proxy-Instructions-Document.pdf>)

NEW HAMPSHIRE

New Hampshire does not have a statute for psychiatric advance directives, but the state does have a statutory durable power of attorney. With a Durable Power of Attorney for Health Care, individuals can appoint a person to act as their agent and make healthcare decisions for them if they are unable to make decisions for themselves.

Disability Rights Center–New Hampshire (DRC–NH)

Disability Rights Center–New Hampshire (<https://drcnh.org>) is the state’s designated Protection and Advocacy agency, which provides information, referral, advice, legal representation, and advocacy to individuals with disabilities on various disability-related problems including special education, accessibility, employment discrimination, home- and community-based services, and Medicaid. DRC–NH addresses systemic issues using litigation, investigations, monitoring, and other policy change efforts, which focus on improving the lives of people with disabilities across New Hampshire.

Foundation for Healthy Communities

- + Advance Care Planning Guide (<https://www.healthynh.com/images/PDFfiles/advance-directives/ACP%20Guide%20revised%20022014.pdf>)

NEW JERSEY

New Jersey Division of Mental Health and Addiction Services

- + Psychiatric Advance Directives (<https://www.nj.gov/humanservices/dmhas/resources/mental/pad>)

Disability Rights New Jersey

- + Psychiatric Advance Directive Instructions (<https://www.mhanj.org/content/uploads/2017/12/English-PAD-Instructions-Document-March-19-2019.pdf>)

NORTH CAROLINA

North Carolina Evidence Based Practices Center

The Crisis Navigation Project is a collaborative effort among the Southern Regional Area Health Education Center, Duke University Medical Center, and NAMI–NC. The primary goal of the project is to promote the use of psychiatric advance directives. This website features resources including work sheets, forms, checklists, and guidelines as well as links to relevant articles appearing in the media. To learn more, visit <http://www.ncebpcenter.org/the-crisis-navigation-project>.

Advance Care

- + This blog post, “Psychiatric Advance Directives,” provides links to information about PADs, how to complete one, and current implementation efforts. Visit <https://portal.avancecare.com/psychiatric-advance-directives>.

North Carolina Health News

- + “New Push to Help Mental Health Patients Determine Their Treatment in Emergencies” examines efforts of mental health treatment providers to help clients complete psychiatric advance directives. Go to <https://www.northcarolinahealthnews.org/2018/11/14/new-push-to-help-mental-health-patients-determine-their-treatment-in-emergencies>.

RHODE ISLAND

Rhode Island Department of Health

There is no statute for PADs in Rhode Island, but residents can designate a person to make healthcare decisions for them if they are unable to make choices for their own care. To download the Durable Power of Attorney for Healthcare Statutory Form, go to <http://www.health.ri.gov/forms/legal/DurablePowerOfAttorneyForHealthcare.pdf>.

Disability Rights Rhode Island (DRRI)

Formerly known as the Rhode Island Disability Law Center, DRRI is a federally funded, independent agency designated as Rhode Island’s Protection and Advocacy (P&A) System for residents with disabilities. As a P&A agency, DRRI promotes the civil rights of those with disabilities by providing individual representation, advocating for systems change, and reviewing abuse and neglect investigations. To learn more, visit the Getting Help Web page at <https://www.drri.org/getting-help>.

VERMONT

Vermont Department of Mental Health

- + Vermont Psychiatric Care Hospital Procedures: Advance Directives (https://mentalhealth.vermont.gov/sites/mhnew/files/documents/Services/VPCH/PP/Advance_Directives.pdf)

Disability Rights Vermont

Disability Rights Vermont is a statewide agency dedicated to advancing the rights of people with disabilities and mental disorders.

- + Q & A about Advance Directives for Psychiatric Care (http://www.disabilityrightsvt.org/AD_psychiatric.html)
- + Vermont Advance Directive for Health Care (http://www.disabilityrightsvt.org/pdfs/Advance_Directives/7_2019_Advance_Directive.pdf)

Vermont Ethics Network (VEN)

VEN offers tools and guidance for documenting healthcare decisions and works to increase awareness of ethical issues and choices in health and health care.

- + Psychiatric Advance Directives (<https://vtethicsnetwork.org/medical-decision-making/more-topics-in-medical-decision-making/psychiatric-advance-directives>)
- + Frequently Asked Questions about Advance Directives (<https://vtethicsnetwork.org/medical-decision-making/how-to-begin/faqs-about-advance-directives>)
- + Vermont Advance Directive for Health Care (https://vtethicsnetwork.org/wp-content/uploads/2018/10/VEN-Long-Form-Advance-Directive_Fall-2018.pdf)

This report was prepared by Maria O’Connell and Stephanie Lanteri, from Yale University’s Program on Recovery and Community Health (PRCH), on behalf of the New England Mental Health Technology Transfer Center.

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This policy document serves as a template for you to use in incorporating psychiatric advance directives into your workflow. Please adapt it as needed. Every setting is different; what works for your organization may not work for another. Be sure to keep a person-centered, trauma-informed, and recovery-oriented perspective in mind. The other MHTTC psychiatric advance directive resources may be of help in this process.

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