

## FOCUS ON THE FAMILY

# USING PERSON AND FAMILY CENTERED CARE FOR MENTAL HEALTH

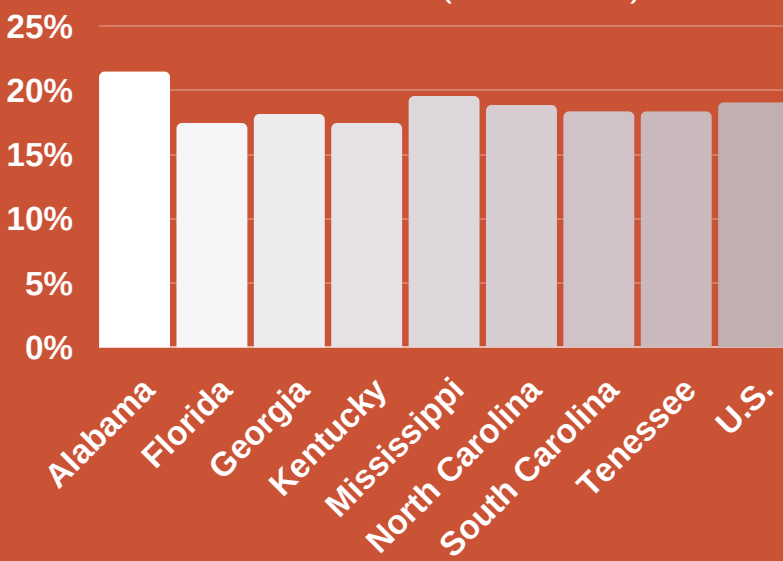
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 SEMINAR WITH TERI BRISTER, PHD

In the true model of person-centered care, the individual with mental illness is a voting member of the treatment team. It's about choice, input, compromise, and respect.



### MENTAL HEALTH STATISTICS

Adults Reporting Any Mental Illness in the Past Year (2017-2018)



There is a high prevalence of adults who report having any mental illness in the Southeast.

In the person-centered care model, family involvement, even at low levels, can have an incredibly positive effect on health outcomes.

Family can be defined as anyone who may have a close relationship with the individual and provides support.



### PERSON CENTERED CARE

#### is important because:

- Improves quality of life
- Empowers individuals
- Enhances dignity
- Honors choice
- Promotes positive well-being
- Supports independence

#### is accomplished by:

- Viewing the person as an expert about his/her own health and care
- Sharing power and responsibility
- Taking a holistic approach to care
- Including families
- Ensuring services are accessible, flexible, and easy to navigate

### RESOURCES

[MHTTC Seminar Link](#)

ACL: [Administration for Community Living: Person Centered Planning](#)

NAMI: [Engagement: A New Standard for Mental Health Care](#)

SAMHSA: [Shared Decision-Making Tools](#)

SAMHSA: [Shared Decision-Making in Mental Health Care](#)

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