



SHIAWASSEE Health & Wellness

PERSON-CENTER PLAN

Your Person-Centered Plan (PCP) is the road map. It describes how you, individuals that are supportive of you, and your staff at Shiawassee Health & Wellness (SHW) will work together to achieve your goals.

The Michigan Mental Health Code defines Person-Centered Planning as “means a process for planning and supporting the 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. The Person-Centered Planning process involves families, friends, and professionals as the individual desires or requires” (MCL 330.1700(g)).

The purpose of Person-Centered Planning is to provide a process for an individual to define the life that he or she wants to have and the steps that can be taken together with natural supports and support of SHW to achieve the goals desired.

Person-Centered Planning begins when you meet with your SHW provider for the first time. The first step of Person-Centered Planning is called PCP Pre-Planning. This is a time when you and you provider will talk about your strengths, needs, dreams, and goals. From this discussion, a PCP meeting is arranged. As the consumer, you get to decide the following:

- Who you would like to attend your meeting?
- Where you would like your PCP meeting to occur?
- When would you like your meeting to occur?
- What would you like to talk about at your meeting and what you do not want to talk about at your meeting?
- Who you would like to lead your meeting and take notes for your meeting?

On the day of your meeting, you will meet with your chosen supports and discuss your strengths, needs, goals, and steps to achieve your goals. Your provider will type the information discussed and agreed upon during your meeting. A copy of this information will be provided to you in within 15 business days of your meeting. Your provider will talk with you throughout the year about progress made toward the goals and steps agreed upon in your Person Centered Planning meeting. This is called a Review of Progress. Your Person-Centered Plan can be changed any time there is a need or you request changes to be made. A new Person-Centered Plan is created every year.

The values of Person-Centered Planning are:

1. **Person – Directed:** Each individual consumer directs the planning process (with necessary supports and accommodations) and decides when and where planning meetings are held, what is discussed, and who is invited to the meeting.

2. **Person – Centered:** The planning process focuses on the individual, not the system or the individual's family, guardian or friends. The individual's goals, interests, desires, and preferences are identified with an optimistic view of the future and plans for a satisfying life. The planning process is used whenever the individual wants or needs it, rather than viewed as an annual event .
3. **Outcome – Based:** outcomes in pursuit of the individual's preferences and goals are identified as well as services and supports that enable the individual to achieve his or her goals, plans, and desires and any training needed for the providers of those services and supports. The way for measuring progress toward achievement of outcomes is identified.
4. **Information, Support and Accommodations:** As needed, the individual receives comprehensive and unbiased information on the array of mental health services, community resources, and available providers. Support and accommodations to assist the individual to participate in the process are provided.
5. **Independent Facilitation:** Individuals have the information and support to choose an independent facilitator to assist them in the planning process.
6. **Pre-Planning:** The purpose of pre-planning is for the individual to gather all of the information and resources (e.g. people, agencies) necessary for effective person-centered planning and set the agenda for the process. Each individual (except for those individuals who receive short-term outpatient therapy only, medications only, or those who are incarcerated) is entitled to use pre-planning to ensure successful PCP. Pre-Planning, as individualized for the person's needs, is used anytime the PCP process is used.
7. **Wellness and Well-Being:** Issues of wellness, well-being, health and primary care coordination or integration, supports needed for an individual to continue to live independently as he or she desires, and other concerns specific to the individual's personal health goals or supports needed for the individual to live the way they want to live are discussed and plans to address them are developed. If so desired by the individual, these issues can be addressed outside of the PCP.
8. **Participation of Allies:** Through the pre-planning process, the individual selects allies (friends, family members and others) to support him or her through the person-centered planning process. Pre-planning and planning help the individual explore who is currently in his or her life and what needs to be done to cultivate and strengthen desired relationships.

For more information about Person-Centered Planning:

http://www.michigan.gov/documents/mdch/How_PersonCentered_Planning_Works_for_You_367101_7.pdf