

What your planning meeting will be like

The people you invite to your meeting will help you make a plan to reach your goals. This is your support team! The meeting may begin with everyone telling who they are and sharing why they are at your meeting.

Then, you will share your hopes and dreams for the future. Your support team will also share their dreams for you. This way, everyone will get to know you better and help you make an individual plan of service. You will also talk about what may get in the way of your plan. It may be a health issue, or there may be a skill you need to learn first.

After you hear all of the ideas, you and your support team will work together to decide who can help you work on your plans for the future.

The focus is on your strengths, dreams and needs



Reaching your goals

To help you reach your goals and be more active in your community, supports and services are looked at in this order:

- You
- Your family, guardian, friends and other people close to you
- Help you can get in your neighborhood and community
- Publicly funded supports and services available for all people
- Publicly funded supports and services from Community Mental Health

If you are not happy with the services you receive or your individual plan of service, you can file an appeal or talk to the Ombudsman by calling:

**(810) 987-6911 or
Toll-Free - (888) 225-4447**

Genesee Health System

420 West Fifth Avenue
Flint MI 48503
(810) 257-3705

Lapeer County CMH

1570 Suncrest Drive
Lapeer, MI 48446
(810) 667-0500

Sanilac County CMH

227 East Sanilac Avenue
Sandusky, MI 48471
(810) 648-0330

St. Clair County CMH

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

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Choices

Your Guide to using Person-Centered Planning



Prepaid Inpatient Health Plan



Your link to public services for mental health & substance use disorders in Genesee, Lapeer, Sanilac and St. Clair Counties

www.region10pihp.org

Person-Centered Planning

Person-Centered Planning (PCP) is a way for you to develop your individual plan of service. You help choose the services and supports you need. A PCP helps you plan your future and achieve your hopes and desires. We all have dreams and plans for the future. Some plans we can work towards on our own. For others, we may need help.

It is about you

Person-Centered Planning is a way for you to talk about and plan your future. Your plan must be based on your strengths and abilities and your own wishes for how you live your life. It's about finding help and being involved with your family, friends and the community.

It is about your choices

Where to live, who to live with, where to work, how to meet others and make new friends are all choices you can plan. You may also make plans about what to do for fun and what to do in the years ahead.

It is about your future

Your individual plan should meet your needs. It is an ongoing guide and changes can be made as you find new opportunities and challenges.

Your role in planning your future

- You are the focus of the planning meeting.
- You choose who is invited to the meeting.
- You pick a time and place for the meeting that works for everyone invited.
- You may run your own meeting or name someone else to run it.
- You may want to choose an Independent Facilitator who is specially trained to run your planning meeting.
- You say what you want and don't want to talk about at the meeting.
- You and your family, guardian, friends and/or significant other will decide how you can best reach your goals and who might help you reach them.

How to get started

Let your Supports Coordinator or Case Manager get to know you. You will need to think about some things ahead of time, like:

- What are some things I do well and that people like about me?
- What are my hopes and dreams for the future?
- How do I want to spend time each day?
- Who would I like to spend time with?
- What are some things I want to learn?
- What do my best and worst days look like?
- What new things would I like to do?
- What do I think will get in the way of my plan?
- What help do I need right now and in the future?