

Certified Community Behavioral Health Clinics (CCBHCs) Policy Series

Person-Centered Care and Self-Direction

Certified Community Behavioral Health Clinics must provide person- and family-centered treatment planning within their scope of services. This service must align with Section 2402(a) of the Affordable Care Act which includes self direction of services.



What is Person-Centered Planning?

Person-centered planning (PCP) is a process that is directed by the person receiving services. PCP emphasizes individual responsibility and recognizes individual strengths, preferences and needs while helping the person establish and work towards their own personal goals.

Important Aspects of PCP

The person (or a representative) decides who is included in planning and may change this as needed.

Support is provided to ensure that the person is able to fully participate as central to the process.

Cultural preferences are included in the process

Restrictions on individual goals or preferences must be validated by documented safety needs.

People choose where they live and have access to community life including work opportunities and community services.

All needed services are documented.

Goals are included using the words of the person.

Risks are identified and considered.

The plan ensures health and safety.



What is Self-Direction?



Self-direction is a method of service delivery where people choose their desired services, supports and providers including the amount and duration of these services.

Individuals are provided with as much control as they desire, and may use an agent to support them in their decision-making process.

What Factors Contribute to Successful Self-Direction in Agencies?

1. All members of the care team have a mutual understanding of self-direction.
2. Self-direction is made available to all individuals.
3. Self-direction is implemented consistently.
4. Rules and procedures are in place to manage services, such as how to schedule or begin services.
5. A flexible, timely, and individualized budget process is established.

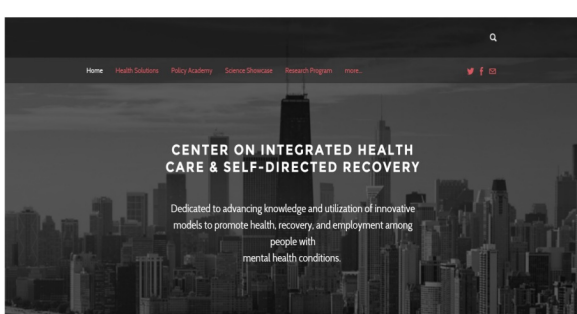


Sources

Substance Abuse and Mental Health Services Administration (SAMHSA). (2016, May). Criteria for the demonstration program to improve community mental health centers and to establish certified community behavioral health clinics. Retrieved from http://www.samhsa.gov/sites/default/files/programs_campaigns/ccbhc-criteria.pdf.

The Secretary of Health and Human Services. (2014, June 6). Guidance for implementing standards for person-centered planning and self-direction in home and community-based services programs. Retrieved from <http://www.acl.gov/Programs/CIP/OCASD/docs/2402-a-Guidance.pdf>.

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