

## Self-Determination: What is it?

Self-determination (SD) is the right of all people to have the power to make decisions for themselves—to have free will.

The goals of SD, on an individual basis, are to promote full inclusion in community life, to feel important and increase belonging while reducing the isolation and segregation of people who receive services.

The principles of self-determination are autonomy, competence and relatedness which are building blocks of psychological wellbeing.

## Self-Direction: What is it?

Self-direction is a method for moving away from professionally managed models of supports and services. It is the act of selecting, directing, and managing one's services and supports. People who self-direct their services are able to decide how to spend their CMH services budget with support, as desired.

## Whom to Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

•  
For crisis call 1-833-295-0616 (TTY 711)

•  
To access services call  
(231) 922-4850 or 1-800-492-5742 or  
one of the four offices listed below

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To access Substance Use Disorders  
Services call NMRE 1-800-834-3393

OFFICE HOURS MONDAY-FRIDAY 8 AM-5 PM

### ADMINISTRATIVE OFFICE

105 Hall Street, Suite A  
Traverse City, MI 49684  
(231) 922-4850

2715 South Townline Road  
Houghton Lake, MI 48629  
(989) 366-8550

527 Cobb Street  
Cadillac, MI 49601  
(231) 775-3463

204 Meadows Drive  
Grayling, MI 49738  
(989) 348-8522

[northernlakescmh.org](http://northernlakescmh.org)

If you speak a language other than English, language assistance services, free of charge, are available to you. Call Customer Services 1-800-337-8598 (TTY 711).

Northern Lakes Community Mental Health Authority (NLCMHA) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. NLCMHA is a member of Northern Michigan Regional Entity ([www.nmre.org](http://www.nmre.org)) and receives its principal funding from the Michigan Department of Health and Human Services.

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## Self-Direction The Basic Tools



[northernlakescmh.org](http://northernlakescmh.org)

## The Basic Tools

### Arrangements that support Self-Determination of Public Mental Health Services

If you are eligible for public mental health services, you may receive those services in a variety of ways. If you want to have more responsibility for and control over your services, you can choose to use an arrangement that supports self-determination for some or all of the services you are eligible for. We refer to this as self-direction of services.

The basic tools for Self-Directed Services are the following:

- An Individual Plan of Service identifying clinically/medically necessary mental health services.
- An Individual Service Budget that outlines the funds allocated for your mental health services.
- A Self-Direction Agreement to provide Medicaid-directed services.

### If I am interested in self-directed services, what should I do?

If you are interested in learning more about self-directed public mental health services, contact your supports coordinator, case manager, or clinician for further information.

### How are self-directed services implemented?

You recruit, hire and manage employees in accordance with state and federal laws and regulations. A Fiscal Management service provider is used for the payroll function and you monitor services and review a monthly budget report.



*Jayne now lives in a home and receives Community Living Supports services. She also receives specialized services to help her communicate with sign language and minimize the effects of cerebral palsy.*

*Despite Jayne's cognitive and physical deficits, her brother is optimistic. "It may not be appropriate to say Jayne is 'recovering.' But she is 'excelling,' and that makes us both happy."*

## The Principles of Self-Determination

**Freedom:** You plan your life with the support you need.

**Authority:** You control the money for the support you receive.

**Support:** You arrange resources and supports—both informal and formal—so you can live in and connect with your community.

**Responsibility:** You have a valued role in your community and agree to use public dollars wisely.

**Confirmation** of the important role individuals with disabilities must play in the newly designed system.

Arrangements that support self-directed services build on the choice and control already available within your mental health agency.

- Everyone who uses public mental health services and supports has the right to choose their providers.
- Everyone uses the person-centered planning (PCP) process to decide what supports are needed in order to do what you want in your life.
- The result of the PCP process is an Individual Plan of Service, sometimes called just a “plan,” that lists the services and supports and how much of them is needed.
- Arrangements that support self-directed services are also developed through the PCP process.