

Self-Directed Care Reinventing the Behavioral Health Work Force: What Really Works?

Paula Lafferty, Consumer Affairs Specialist
Transformation Office
Maryland Mental Hygiene Administration

Casey Logsdon, Program Coordinator
Self Directed Care, Office of Consumer Advocates



**Self-Directed Care Program
Office of Consumer Advocates
Hagerstown, MD**

Self-Determination

Refers to the right of individuals to have full power over their lives, and includes:

- Freedom from involuntary treatment
- Authority
- Support
- Responsibility
- Participation

(www.self-determination.com)

Self-Direction

- A philosophy designed to help persons with special needs build a meaningful life with effective opportunities to develop and reach valued life goals. Self-direction provides a framework for the organization of delivery systems to support the recovery of people with mental illnesses by accommodating a wide range of goals and preferences.

(Cool, Terrell, Jonikas, 2004)

History of SDC in Maryland

- In 2004 On Our Own of Maryland and the Bazelon Center for Mental Health Law sponsored a statewide summit featuring the concept of “self-directed care” (SDC) and Florida’s SDC program.

Self-Directed Care Task Force

In 2005 the Maryland Self-Directed Care Task Force convened to:

- Gather Information
- Identify problems and barriers
- Explore funding considerations

Task Force Report

In 2006 the task force issued their report, which put forth a model framework for self-directed care with 10 strategies for action, including a Self-Directed Care pilot project.

Download report at www.onourownmd.org under resources

Identified a Need to Strengthen Peer Support Network

On Our Own of Maryland has received funding for:

- A Finance Developer
- Roll out Wellness Recovery Action Plans (WRAP) across the state
- Change from drop in Centers to Recovery and Wellness Centers.

Identified a Need for Recovery Training

- Understanding of connection between SDC, recovery and recovery principles in the PMHS, services and supports.

Recovery Training in Maryland

- Held statewide recovery trainings that targeted program administrators, providers and consumers.
- Trainings addressed principles of self-direction/recovery, making choices, consumer responsibilities, consumer skills and strengths, importance of natural supports, and consumer driven mental health services.

Medical Model

1. Pessimism, patient safety and protection
2. Diagnosis oriented and emphasis on deficits
3. Symptom relief
4. Case management and care coordination
5. Social segregation
6. Control consumer, enforce compliance

Recovery Model

1. **Optimism, maximize self-determination**
2. **Capacity-oriented; transcends diagnoses & labels**
3. **Holistic, Building and/or Recovering Consumer Capacity**
4. **Advocacy & Coaching, Facilitation & Decision Support**
5. **Community participation promoted**
6. **Consumer Freedom & Autonomy**

Overcoming Systemic Barriers

- Future training for providers to include billing for recovery based services while using the language medical model.
- Intensive training in Person-Centered Recovery Planning.
- MHA's Office of Consumer Affairs and the Transformation Office to provide training for consumers on recovery concepts, state and federal recovery based policy, and funding recovery based programs, as well as the acquisition of advocacy skills.

Funding Self-Directed Care

In 2007 the Office of Consumer Advocates was funded to launch a SDC pilot using a blend of Federal funds from the Transformation Grant and State general funds, with the intent of eventual expansion into Medicaid reimbursement.

Flexibility is Key

‘In other programs there are clear parameters of services and outcomes established by [state and county] administrators. In SDC the participant is the steward of the funding. In the past we have told consumers what it is that is necessary. Now we are told by participants what it is that is necessary.’

- Rick Rock

Washington County Mental Health Authority

Independence

- “You come up with the goals, the steps, and what you need to move on, and they will help you do what you need to do.”

Bryan Cutshaw

“The purpose of self-directed care is to provide the consumer with what they feel will be helpful for their recovery, not what we feel.”

-Ethel Nemeck,

Executive Director

Office of Consumer Affairs

Responsibilities of Participants

- Plan recovery goals.
- Determine the steps necessary to achieve each goal.
- Determine who is responsible for achieving each step.
- Go beyond apparent limits in recovery!

Role of Consumer Advocates

- Provide a supportive environment.
- Support the participants in developing and implementing their recovery plans.
- Provide recovery education and information on resources.
- Submit funding requests for approval.
- Provide encouragement and motivation in achieving objectives.

The background of the slide is a solid dark brown color with a pattern of lighter brown, stylized autumn leaves scattered across it. The leaves have prominent veins and are oriented in various directions, creating a textured, organic feel.

Self Directed Care Offers:

Independent Mobility

- Bus Passes
- Taxi Vouchers
- Learner's Permits/Driver's Education

Social Connectivity

Community participation:

- Peer support
- Social networks
- Clubs/Community Centers

Health

Participants of the program have requested:

- Gym memberships
- Bed that allows for the correct use of a C-PAP machine
- Anti-smoking medication
- Weight watcher memberships
- Glasses



Alternative Therapies

- Music Therapy
- Message for chronic pain

Housing

- Security deposits
- Furniture
- Linens and appliances
- Utilities

Education

- Obtained GEDs
- Entered community colleges
- Entered certification programs
- Purchased school supplies and computer equipment
- Learned trades



Employment

- Obtained uniforms and work clothes
- Volunteer jobs
- Paid employment

“SDC provides money me with transportation to [volunteer for] my daughter’s daycare. She has more trust in me and appreciates me. She understands now that my mental illness doesn’t stop me from doing normal things or dealing with the stress of 8 or 9 kids. I like to work in service to others.”

- Delores Lee

Program Participant

Family

- Legal fees to obtain child custody
- Transportation for family visits
- Facilitates “quality time.”

“I am getting information on Greyhound bus fares and schedules and I plan to start traveling after Election day!”

-Program Participant
Progress Note

I used to worry all day about free things to do with my two year old. Now we take a gymnastics class together at the gym. We play basket ball and swim. I can leave her in the Y's childcare without worrying about the cost and how she is. I go to the gym and have that time just for me. I've lost 7 pounds! They have helped me be me.”

-Program Participant

Faith-Based Centers

- “They helped me purchase clothes for church. I no longer feel like an “out-of-placer” like I don’t belong. I go to the socials now. They have helped me feel like I could control things for myself.”

-Debrah E. B’Sedek

Contact Information

Paula Lafferty

PLafferty@dhmh.state.md.us

(410) 402-8345

Casey Logsdon

(301) 791-3097