

# SELF-DIRECTED CARE

*Reclaiming Lives in the Community.....*

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*“I can honestly say that the SDC program is the biggest incentive for me in the quest for management and attempted recovery from severe, persistent mental illness”*

*“SDC was a stepping stone to confidence. I now know that I can do things if I want to. I can stand alone. I don't need to surround myself with people just to survive. I am a competent person. I never believed that before. I was only able to dream of it.”*

*“Instead of saying never, I can now say someday”*

*Quotes from SDC participants*

*“The most important aspect of mental health recovery for me personally is self-determination. My connection with people in the system and in recovery has convinced me that the same is true for others.”*

*Mary Ellen Copeland  
Author, WRAP*

# What is Self-Directed Care?

Self-Directed Care provides an opportunity for individuals who have been diagnosed with a severe and persistent mental illness to assess their own needs, determine how and by whom those needs should be met, and manage the funds to purchase those services.

In Self-Directed Care the funds follow the person.

SDC Programs hinge on the belief that individuals are capable of choosing services and making purchases that will help them begin or remain on the road to recovery and to develop or regain a life of meaningful, productive activity.

# Underlying Philosophy

## **Self-Determination:**

Self-determination refers to the right of individuals to have full power over their own lives, regardless of presence of illness or disability.

It encompasses concepts such as free will, civil rights and human rights, freedom of choice, independence, personal agency, self-direction, support, and individual responsibility.

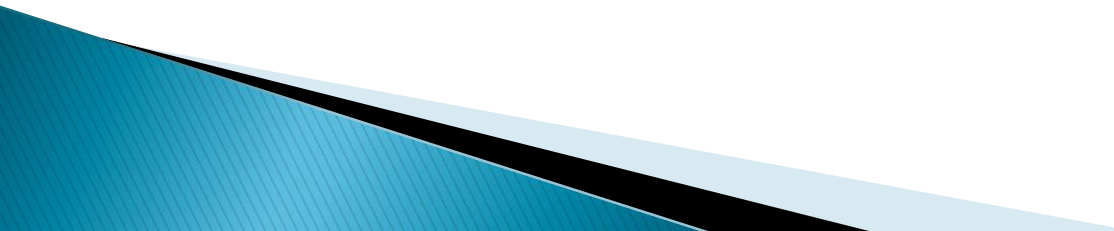
# Fidelity to the Principles of Self-Determination

SDC adheres to the principles of self-determination, and the Center for Medicare and Medicaid self-direction requirements.

Essential elements include; person centered planning, individual budgets, availability of independently brokered services from life/recovery coaches and quality advocates, access to the program by all who are eligible to enroll, participant safety and program incident management planning, and independent mediated grievance process.

# The Goal

The ultimate goal of the SDC program is to give participants the opportunity to design and travel a personalized road to recovery free from the adverse effects of mental illness so that the person can return to a productive lifestyle of their choice.





# History of Self-Directed Care

Self-Directed Care in Behavioral Health began with the Cash & Counseling Demonstration and Evaluation program sponsored by RWJF and the Department of Health and Human Services, beginning in 1995.

Medicaid dollars were used to fund a self-directed care model in which participants could both manage their individual budgets and to appoint representatives to make designated decisions on their behalf.

# History of Self-Directed Care

In 2001 Florida started the Florida Self-Directed Care program which was designed by a group of people with lived experience with psychiatric disorder, family members, and mental health professionals.

In the FSDC model individuals use the services of coaches chosen by them to navigate a program in which the participant defines their own recovery goals, creates their own recovery plan and manages their own budget to purchase an extremely wide array of goods and services that help them achieve their goals.

# SDC as a Peer-Run Program

SDC is a perfect model to be provided by peer-run agencies, and it is a model that can allow the program participants to make major decisions about how the program is designed and implemented.

Most participants choose coaches who are peer supporters and share experience in living with psychiatric disorders.

# The Life/Recovery Coaches

Life/Recovery Coaches orient the individual to the process involved in the program, provide referral information, advocate for the participants and promote self-advocacy, and help them to explore their personal recovery goals and to prioritize and plan for the use of their budgets.

Life Coaches help broaden a persons world view.



# The Flexibility of the Self-Directed Care Model

- The SDC can be used in a variety of behavioral health interventions.
- Social Self-Directed Care – MHA
  - A peer driven solution to social exclusion and isolation.
- NOW – Florida Mental Health Institute, USF
  - A self-directed model for achieving whole health

# Mental Health America

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