

You
have
choices.



This brochure is about the choices you have in choosing an independent facilitator for developing your plan of service.

There is no extra cost to you for having an independent facilitator.

It's all about
YOU!



Whom To Contact

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

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For after-hours crisis call
1-800-442-7315 or (231) 922-4850
TTY 711

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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 Abuse Services
call 1-800-834-3393



www.northernlakescmh.org

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 Cobbs Street
Cadillac MI 49601
(231) 775-3463

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

TTY 711

Northern Lakes CMH receives its principal funding from the Michigan Department of Community Health (MDCH)

This information was reviewed by consumers.

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Independent Facilitators

can help you
plan your services

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www.northernlakescmh.org

Member of Northern Michigan Regional Entity
www.nmre.org

Person-Centered Planning (PCP) is the process you use to develop your Individual Plan of Service.

It ensures that you help plan your care, you help make the decision on the services you want and need, and you set the goals you have for yourself.

It also means that you can have a say in who your worker will be, and have whoever else you want as a member of your team.

You can choose to involve your parents, other family members, friends, or anyone important in your life.

You can also choose an independent facilitator to help develop your plan of service and run your PCP meeting.

What an Independent Facilitator is and why you might want one.

An independent facilitator is someone who helps you prepare for the person-centered planning (PCP) process and participate in ways that make sure your plan of service reflects your dreams and desires.

You may have preferences in who you would like to have help you with your PCP.

Anyone can request an independent facilitator, with a few exceptions. Examples of exceptions may include people who are only receiving short-term outpatient therapy, or only medications. Talk to your worker or Customer Services if you are interested.

The reasons people choose an independent facilitator vary widely. Here are some examples of a few reasons you may want to think about using an independent facilitator:

- Some people prefer to work with men, while others prefer to work with women.
- Some people prefer to work with people that are older, or younger.
- You may want a facilitator who does not work for CMH.
- You may just want someone new to help you get a fresh look at your plans.

If you think you would like an independent facilitator for your person-centered plan, please contact your worker. If you have questions about independent facilitators, you may also call Customer Services at 1-800-337-8598 or (231) 933-4907.