

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 is all about YOU!

## 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

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

For Customer Services call 1-800-337-8598

OFFICE HOURS MONDAY-FRIDAY 8 AM-5 PM

### ADMINISTRATIVE OFFICE

105 Hall Street, Suite A      2715 South Townline Road  
Traverse City, MI 49684      Houghton Lake, MI 48629  
(231) 922-4850      (989) 366-8550

527 Cobb Street      204 Meadows Drive  
Cadillac, MI 49601      Grayling, MI 49738  
(231) 775-3463      (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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## Independent Facilitators

can help you plan your services

You have choices.



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

Independent facilitators are screened and approved by Northern Lakes CMH Authority. For current listings, see the Provider Directory at [northernlakescmh.org](http://northernlakescmh.org).