

## Checklist for Person-Centered Planning

### Don't plan about me without me.

- I will invite people important to me to come to my meeting.
- I will decide who will run my meeting.
- I will choose what I want to talk about at my meeting, and also what I don't want to talk about.
- I will choose a time and location for my meeting that will make it convenient for everyone to attend.
- My wants and needs will be put into my plan.
- Changes in my plan will be made only after I discuss them with my worker.
- I will ultimately be responsible for the choices I make.

Person Centered Planning is a process to help connect you with the right services for you. We match services and supports to your need based on your condition and circumstances and, as much as possible, your personal choice.

## 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 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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## Person Centered Planning

It's all about YOU!



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

## What is Person Centered Planning?

Person Centered Planning (PCP) is the process you use to develop your Individual Plan of Service (IPOS). The process helps you develop and achieve the goals that are important to you. Person Centered Planning takes into account your preferences, choices, abilities, and culture and builds upon your strengths and on the supports you may already have in the community.

The planning begins with you and your mental health professional and may include anyone else you choose to invite. You can choose to involve your parents, other family members, friends, or anyone important in your life. It is totally up to you.

You may also choose a trained helper called an Independent Facilitator to help develop your plan and run your PCP meeting. (This service is not available to people receiving short-term outpatient, medication only or substance use disorder services.)



## How Do I Get Started?

You will need to think about some things ahead of time such as:

- What are my hopes, dreams and desires for the future?
- How do I want to spend time each day?
- Who do I want to spend time with?
- What are some things I would like to learn?
- What new things would I like to do?
- What are some great things my worker should know about me?
- What supports do I need right now and in the future?

## What Will The Planning Meeting Be Like?

You will need to decide who you would like to help you to make a plan for setting and achieving your goals. These people will be invited to a meeting. The meeting may begin with everyone introducing themselves and sharing why they are at your meeting.

You will share your hopes, dreams and desires for the future. The people you have invited will also share their dreams for you. This way, everyone will get to know you better.

You will talk about what could get in the way of your plans. It may be a physical or mental health issue, or maybe there is a skill you need to learn first.

After all the issues are discussed, you and your group will work together to decide who can help you work on your plans for the future.

If you are unhappy with your plan, be sure to let your worker know. He or she can arrange for a new planning process to take place. Your worker will also tell you about your right to appeal if you continue to be unhappy with your plan.