

Self Direction Resources:

Substance Abuse and Mental Health Services Administration:

Mental Health Transformation State Incentive Grants: Due Date for Applications June 01, 2005 <http://fedgrants.gov/Applicants/HHS/SAMHSA/CMHS/SM-05-009/Grant.html>

The Mental Health Transformation State Incentive Grant program is one of SAMHSA's Infrastructure Grant programs. This program will support an array of infrastructure and service delivery improvement activities to help grantees - i.e., States, Territories, the District of Columbia, and/or federally recognized American Indian/Alaska Native Tribes or Tribal Organizations - build a solid foundation for delivering and sustaining effective mental health and related services. These grants are unique in that they will support new and expanded planning and development to promote transformation to systems explicitly designed to foster recovery and meet the multiple needs of consumers. The Mental Health Transformation State Incentive Grant Program is responsive to the broad systemic recommendation contained in the final report of the President's New Freedom Commission on Mental Health, *Achieving the Promise: Transforming Mental Health Care in America*. The Commission goal is to increase the availability of high-quality services and overcome the existing fragmentation

New Web Publications Available on Transforming Behavioral Health Care to Self-Direction

The Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services recently made five papers related to self-directed care available on its Web site. The five papers served as the foundation for the discussions related to self-direction within mental health services and supports at the Consumer Direction Initiative Summit, a SAMHSA sponsored meeting of 80 recipients of mental health and addiction services and family members, policymakers, providers, and State and Federal representatives. Paper topics include information on how consumers can catalyze a transformation of the mental health system to one based on a recovery culture of self-determination and community participation, financing mechanisms for self-determination that include recognition of the important role of peer-to-peer services in operating these programs, the impact of consumer direction on families and youth in families with a child with serious emotional problems, quality issues in consumer/family direction, and competency issues in self-direction. The five papers are available for downloading at web at: http://store.mentalhealth.org/consumersurvivor/publications_sdc.aspx

Substance Abuse and Mental Health Services Administration:

Free To Choose: Transforming Behavioral Health Care to Self-Direction Report of the 2004 Consumer Direction Initiative Summit:

<http://www.mentalhealth.org/publications/allpubs/SMA05-3982/default.asp>

Self-directed health care is emerging as a critical element in the transformation of America's health care system. Two of the factors that are driving this trend are the recent increases in the cost of health insurance and health services and the inconsistent quality of health care. Both

private and public health care delivery systems are responding by developing new consumer-directed products. The President's New Freedom Commission on Mental Health has called for the development of consumer-driven models of care and system changes to support community-based services in behavioral health care. All components of the health care system urgently need to become more consumer-centered; behavioral health services are no exception.

Electronic Access and Copies of Publication This publication may be accessed electronically through the following Internet World Wide Web connection: www.samhsa.gov. For additional copies of this document, please call SAMHSA's National Mental Health Information Center at 1-800-789-2647 or 1-866-889-2647 (TDD).

Center for Medicare and Medicaid Services Administration: Real Choice Systems Change Grants for Community Living Grant Application Due Date: July 7, 2005

<http://www.cms.hhs.gov/systemschange/default.asp>

Two grant opportunities are the subject of this invitation to apply; they are:

1. Systems Transformation Grant

System Transformation Grant: In recent years, a consensus has been building for assertive new steps to improve the capacity of the nation's long-term support system to be responsive to the needs of our citizenry. Federal, state and local governments have taken action to renew and reaffirm a commitment to improving the systems that will support people of any age or payer source, with a disability or long-term illness, who wish to live in their communities. CMS envisions a long-term support system that maximizes individuals' independence, dignity, choice, and flexibility.

Infrastructure is *defined* as the framework underlying how a system operates. Thus, infrastructure development excludes the delivery of services. Infrastructure comprises processes within structures. Processes refer to a series of procedures, steps, or protocols that lead toward a particular result. Structures are the entities that aggregate and arrange the relationships of the processes within it. For example, infrastructure processes in the health and human services field include consumer intake, assessment, care planning, and eligibility procedures. The structures that manage these processes are located within and between the pertinent agencies, such as the state Medicaid Agency, state Units on Aging, Mental Retardation and Development Disabilities Agency, and Mental Health Agency (and their respective internal departments). Achieving the desired outcomes for system transformation is dependent on the design and management of the system's infrastructure as defined here.

The National Research and Training Center (NRTC):

<http://www.psych.uic.edu/UICNRTC/default.htm>

Director: Judith A. Cook, Ph.D.

The National Research and Training Center (NRTC) on Psychiatric Disability is a five-year program of research, training, technical assistance and dissemination activities designed to promote self-determination among people with psychiatric disabilities.

Briefing papers presented at [*The National Self-Determination and Psychiatric Disability Invitational Conference: We Make the Road by Traveling on It*](#). The papers, written by people with psychiatric disabilities and other experts, were designed to summarize current knowledge about self-determination, and to suggest action steps for the future
<http://www.psych.uic.edu/uicnrtc/sdconfpapers.htm>

NRTC- [*This is Your Life! Creating Your Self-Directed Life Plan*](#). This easy-to-use workbook helps people with psychiatric disabilities think about, choose, plan for, and act on a life goal, with supports of their own choosing. The workbook has as its foundation both person-centered planning and the "stages of change" model. It guides people in mental health recovery to see that life change is a process, with natural twists and turns along the way. This workbook is available for download on the following webpage:
<http://www.psych.uic.edu/uicnrtc/self-determination.htm>

Person Centered Planning Education Site: <http://www.ilr.cornell.edu/ped/tsal/pcp/index.html>

The site was designed and built by staff from the Employment and Disability Institute, at Cornell University's School of Industrial and Labor Relations. It was funded by a grant from the Developmental Disabilities Planning Council

In this site you will find:

- an overview of the person-centered planning process
- a self-study course covering the basic processes involved
- a quiz section to help you focus on areas you may need to cover more thoroughly
- a compendium of readings and activities for you to use on your own
- Various links and downloadable resources.

The Quality Mall:

Provides information on a variety of planning methods, including different models of lifestyle planning, training programs in planning methods, and sources of ongoing training and support for facilitators.

<http://www.qualitymall.org/directory/dept1.asp?deptid=23>

Self Directed Support Corporations: Inclusion Research Institute:

<http://www.self-determined.org>

This webpage contains vital information about forming a Self Directed Support Corporation. Please view the slide show and review the questions and answer section.

Tennessee Microboard Association: <http://www.tnmicroboards.org/>

The Tennessee Microboards Association was formed to provide support and training to individual microboards across the state. The Association is committed to the development of high quality comprehensive services and supports to children and adults with disabilities in a manner that fosters self-determination and inclusion. The vision of the Association is to lay the foundation needed to support the coming together of individuals with disabilities and their

families with select members of the communities. Together, these individuals will form a collection of non-profit organizations called Microboards whose sole mission is to procure and oversee supports and services to one person with a disability.

Community Works: <http://www.communityworks.info/>

David and Faye have long been involved in innovative service development, training and facilitation in the field of community living. David and Faye Whetrow conduct planning, training and design sessions for individuals and families, government and community agencies, schools, parent associations and self-advocacy groups throughout the United States and Canada.

The Origins of Person Centered Planning,

by Connie Lyle O'Brien and John O'Brien

http://thechp.syr.edu/PCP_History.pdf

An overview of person centered planning

<http://www.mssm.edu/tbinet/alt/pubs/CR8.pdf>

Empowerment Initiatives Brokerage info page:

http://www.otac.org/new/pf/eib/basic_info.htm

The Empowerment Initiatives Brokerage is a collaborative project of OTAC and Empowerment Initiatives, a consumer/survivor governed organization. Funded by Oregon's Real Choice System Change Grant: Advancing Consumer Choice through Enhanced Infrastructure, the 18-month project is committed to self directed services and person centered planning through utilization of brokerage and fiscal agent functions.