

Your Role in Planning your Future:

You Make the Following Choices:

- Where and when to have your meeting(s)
- Who to invite to your meeting(s)
- What will be discussed at your meeting(s)
- What will NOT be discussed at your meeting(s)
- Who will direct your meeting(s)
- Who will take notes at your meeting(s)

Who Can Do This?

Anyone who receives services for a mental illness or developmental disability from Community Mental Health.

How Do I Get Started?

If you are not a current consumer of Community Mental Health then:

- Contact your local Community Mental Health Service Provider for further information

If you are a current consumer of Community Mental Health then:

- Contact your current Community Mental Health Clinician

The Community Mental Health Affiliation of Mid Michigan is committed to providing the best quality services and supports. If you are not satisfied with the services and supports you are receiving, please feel free to talk to a staff member at your local agency at any time.

Clinton-Ingham-Eaton Community Mental Health

812 E. Jolly Road, Lansing, Mi. 48910
Phone: (517) 346-8200
24 Hour Crisis Line: (517) 346-8460 or
(800) 372-8460
Michigan Relay Center: (800) 649-3777

Gratiot Community Mental Health

608 Wright Avenue
P.O. Box 69, Alma, Mi. 48801-0069
Phone: (989) 463-4971 or (800) 622-5583
24 Hour Crisis Line: (989) 463-4971 or
(800) 622-5583
Michigan Relay Center: (800) 649-3777

Ionia Community Mental Health

375 Apple Tree Drive, Ionia, Mi. 48846
Phone: (616) 527-1790
24 Hour Crisis Line: (616) 527-1790 or
(888) 527-1790
Michigan Relay Center: (800) 649-3777

Manistee-Benzie Community Mental Health

310 N. Glocheski Drive, Manistee, Mi. 49660
Phone: (877) 398-2013 (Crisis line as well)
Michigan Relay Center: (800) 649-3777

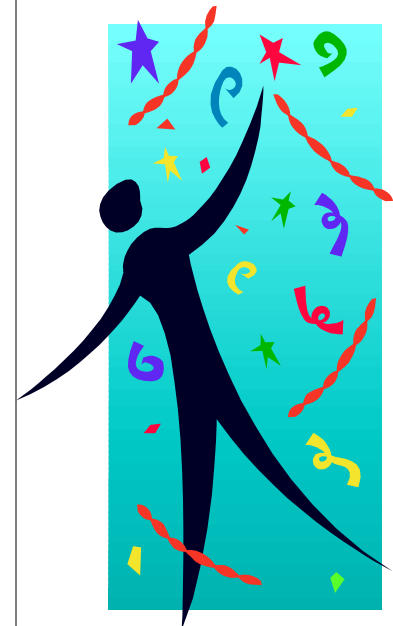
Newaygo Community Mental Health

1049 Newell, PO Box 867
White Cloud, Mi. 49349
Phone: (231) 689-7330
24 Hour Crisis Line: (231) 689-7330 or
(800) 968-7330
Michigan Relay Center: (800) 649-3777

Community Mental Health is funded in part by
the Michigan Department of
Community Health

Self Determination and Person Centered Planning

Building a life based on
your choices and
dreams.



The Community
Mental Health
Affiliation of Mid
Michigan

What is Self Determination?

It is a belief that all individuals must have the freedom to define the life they want and to be supported in directing the services they need.

It is about:

FREEDOM: To plan your life with the supports you want and need

AUTHORITY: To work in partnership to make choices about how resources are used to buy supports and services

SUPPORT: To arrange your services and supports to assist you in meeting your goals and live within your community

RESPONSIBILITY: To accept a valued role in your community through employment and affiliations, as well as being accountable for the wise and careful use of public dollars

What Does Self Determination Mean To You?

It gives you the opportunity and freedom to:

- Choose where and with whom you want to live
- Choose who will support you in reaching your goals
- Determine how to connect to your community
- Contribute in your own way
- Develop a personal lifestyle
- Work in partnership to coordinate use of resources

How Does Self Determination Work?

Self Determination is a philosophy that supports individuals in defining their life, and can be achieved through a method called Person/Family Centered Planning.

Person/Family Centered Planning is an on-going process that helps you reach your personal needs, wants, wishes, desires, and goals.

Person/Family Centered Planning is about:

- Focusing on strengths and abilities
- Involving natural supports that you choose such as family and friends
- Honoring your choices and preferences, and granting whenever possible
- Independence and community involvement
- Respecting cultural differences
- Consideration of health and safety
- Being responsible and creative with limited resources
- Building real relationships with people you want to spend time with
- Reaching your dreams
- Feeling people have listened and respected you
- Feeling proud of who you are