

What is an Independent Facilitator?

An Independent Facilitator is a person who is **trained** to:

- Help you prepare for your PCP meetings.
- Run the meetings.
- Make sure meetings are about how supports and services will help **You** meet your goals.

An Independent Facilitator does not provide paid supports and does not work for someone who does.

An Independent Facilitator is trained to understand PCP and how to make sure meetings are about how supports and services will help you meet your goals.

An Independent Facilitator is a person you choose. It can be someone you know who has already been trained.

How can I become an Independent Facilitator?

If you or someone you know would like more information on becoming an Independent Facilitator, please contact your local community mental health office:

Genesee Health System: (810) 257-3705
Lapeer County CMH: (810) 667-0500
Sanilac County CMH: (810) 648-0330
St. Clair County CMH: (810) 985-8900

What is Person-Centered Planning?

In 1995, the Michigan Mental Health Code established a right for all individuals to have their Individual Plan of Service developed through Person-Centered Planning (PCP). This is a process for planning and supporting the individual receiving services that builds upon the individual's capacity to engage in activities that promote community life and that honors the individual's preferences, choices and abilities. The PCP process involves families, friends and professionals as the individual desires or requires.



For Additional Assistance

If you are not happy with the services you get or your individual plan of service or supports, you can file an appeal or talk to the Ombudsman by calling:

**(810) 987-6911 or
Toll-Free - (888) 225-4447**

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Person-Centered Planning Facilitator

A Guide for Choosing & Using a Facilitator



Prepaid Inpatient Health Plan



Your link to public services for mental health & substance use disorders in Genesee, Lapeer, Sanilac and St. Clair Counties

www.region10pihp.org

What is a Facilitator?

A Person-Centered Planning (PCP) Meeting Facilitator is the person who:

- Helps you **plan** your PCP Meeting.
- **Runs** the meeting.
- Focuses the meeting on **your needs, your dreams and your wishes**.

What makes a good Facilitator?

Choose a person who:

- **Listens** to you.
- **Supports** your values.
- Wants to be your **partner** in the PCP process.
- **Empowers** everyone at the meeting.
- Knows about Person-Centered Planning.
- Knows about the service and support system.
- Can run a meeting, with **respect** for all participants.
- Makes sure that the PCP reflects your goals and the agreements made at the meeting.

Who can be my Facilitator?

This is your choice. It could be:

- Yourself
- A friend or relative
- Another person who receives CMH services
- Your current Case Manager
- A Case Manager you would like to have
- An Independent Facilitator

When is a new Facilitator a good idea?

You might want to choose a new Facilitator when:

- The meetings do not focus on your needs.
- You do not like the way meetings are run.
- You do not like the PCP that is made.

Do I have to have my Case Manager as my Facilitator?

No. You choose who runs your meeting. If you **do not** choose a Facilitator, your Case Manager will run your meeting.

If I choose a Facilitator, will I lose my Case Manager/Supports Coordinator?

You will still have your Case Manager or Supports Coordinator and that person will continue to attend planning meetings. Your Case Manager/Supports Coordinator will continue to make sure you get the services and supports in your plan. The only thing he or she will not do is run the planning meetings.

What will a Facilitator do?

He or she will meet with you before the PCP meeting. If you have chosen someone you do not know, you may need to meet more than once to get to know each other. During the pre-planning meeting, you and your Facilitator will:

- **Arrange** a time and place for your PCP meeting and choose who will attend.

- **Discuss** your dreams for the future and goals for the next few months.
- **Discuss** natural supports that are available to help you meet your goals.
- **Discuss** other services and supports you feel are needed to meet your goals.

During the PCP meeting, your Facilitator will:

- Make sure your dreams, goals and needs are discussed.
- Make sure everyone is heard.
- Make sure you make choices about your supports.
- Make sure your plan deals with your dreams and with the goals and supports you choose.
- Help you develop natural supports in the community.

How do I get a Facilitator?

- If you know someone whom you want to facilitate planning meetings, tell your Case Manager or the Ombudsman. The Case Manager will arrange for that person to receive training, if needed, and to take responsibility for planning meetings.
- If you do not have someone in mind, talk with your Case Manager or the Ombudsman. They can give you more information about the process and available facilitators.
- If you are choosing someone you do not know, talk to one or more persons to make sure you choose one with whom you feel comfortable.
- Remember, that you may change your facilitator if you want to.