

Whom to hire

You can pick the people you want to give you the services and supports you need. You can hire a staff member you already know, or you can ask CMH to help you find a qualified person. Using a special agreement, you can make your own contract with the person you choose. That is part of determining your own life - just like deciding where and with whom you want to live.



The First Step

Call your primary case holder or supports coordinator at your local CMH.

Genesee Health System

420 West Fifth Avenue
Flint, MI 48503
(810) 257-3705
www.genhs.org

Lapeer County CMH

1570 Suncrest Drive
Lapeer, MI 48446
(810) 667-0500 (Voice/TTY)
www.lapeercmh.org

Sanilac County CMH

227 East Sanilac Avenue
Sandusky, MI 48471
(810) 648-0330 (Voice)
(810) 648-4327 (TTY)
www.sanilaccmh.org

St Clair County CMH

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900
www.scccmh.org

Customer Service

(810) 987-6911
Mon.-Fri. 8 a.m. - 4:30 p.m.
(888) 225-4447 (toll free)

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Self-Determination

*Freedom
Authority
Support
Responsibility*



Prepaid Inpatient Health Plan



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

www.region10pihp.org

Self-Determination

“Self-determination” means that you can decide the services and supports you need *and* who provides them to you.

Self-determination is based on four ideas:

1. **Freedom.** You have the freedom to plan your life in terms of the services and supports you need.
2. **Authority.** You have the authority to take charge of an amount of public funds to buy those services.
3. **Support.** You have the right to resources and people around you to support you in the life you want.
4. **Responsibility.** You are responsible for taking part in your community and carefully using public funding.

Who can use self-determination?

You may take part in Self-determination if you use services from Community Mental Health (CMH).

Is self-determination required?

No. It is your choice. If you want, you can keep using your current CMH services.



How does it work ?

Using the cost of your services now, you will make your own budget.

You will make the budget as part of your Individual Plan of Service using the Person Centered Planning process. Your family and friends can help you.

You will pick a “fiscal intermediary,” an expert in handling money, who is not part of CMH. She or he will help you hire and pay the qualified people who will give you services.