APA Recovery to Practice Curriculum

5. Person Centered Planning
The individual with lived experience is in the driver’s seat. Based on seeing and working with people in a completely different manner, the balance of power is shifted and decision making is shared. Individuals are fully integrated into the communities of their choice.
What Does Person Centered Planning Mean?

The right to make choices for oneself is a fundamental human right:

- Not contingent on freedom from symptoms
- Every person has the right to be involved in, and make decisions about services received, how and where to live, with whom to associate, etc.
- Person centered planning is the operationalization of respect for a person’s right to make these choices
Person Centered Planning

Importance of Culture

Culture impacts substantially on the planning process, decisions about services, and recovery process:

- Religious views
- Beliefs about mental illness - its etiology and its acceptability
- Views regarding a person’s right to make choices as opposed to having those choices made for him or herself
- Language barriers affect ability to communicate the many important facets of a person’s life and background

All impact the planning process and recovery outcome
Person Centered Planning

Concept of Person Centered Planning

- FAMILY
- COMMUNITY
- INDIVIDUAL
- PEER SUPPORT
- PROFESSIONAL
Person Centered Planning

Challenges

Mental Health System

- Providers tend to resist change and find reasons (excuses) for maintaining the status quo
- Lack of willingness to change attitudes, biases and beliefs about individuals with serious mental illness
- Inability to adapt to new way of providing services

Person with Serious Mental Illness

- Individuals are reluctant to ask for, or are not ready to participate in services
- May not be able to identify desired goals
- Uncomfortable with making choices and translating needs and wants into supporting services
## Person Centered Planning Process

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<th>Stage</th>
<th>Steps</th>
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| **Initial Meeting**    | • Get to know the individual  
                         • Start to build a relationship  
                         • Ask: Who would you like involved in this process? |
| **Assessment**         | • Strengths & Challenges  
                         • Community / Environmental Resources  
                         • Current Living Situation / Current Mental Health Status |
| **Creating the Plan**  | • Initiated by the individual with lived experience  
                         • Goals / Objectives  
                         • Interventions |
| **Evaluating Progress**| • Led by the Person Served  
                         • Reviewing Progress / Updating Plans  
                         • Alterations as needed |
| **Making Transitions** | • Individual indicates a readiness to move  
                         • Planning occurs as needed / wanted by individual |
Person Centered Planning

Keys to Person Centered Planning

- The individual with lived experience and the person’s key supporters are the most important decision makers in the process
- Cultural factors must be addressed in the planning process
- Collaborative and interdisciplinary teams are necessary
- Organizations must shift the way individuals with serious mental illnesses are viewed at every level of the system - no more “Us versus them” philosophy!
Citation for this Module:


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Citation for the full Curriculum:


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