

SELF DIRECTED CARE ENHANCED SERVICES

a project of the Mental Health Association of Southeastern Pennsylvania, The Delaware County Office of Behavioral Health, Magellan Health Services, Inc. and the University of Pennsylvania Collaborative on Community Integration

Welcome to the CRIF SDC Program!

The Consumer Recovery Investment Fund Self Directed Care Program Philosophy

The philosophy of the CRIF SDC Program consists of three elements: **Recovery, Peer Support, and Self Directed Care.**

The program philosophy is based on the fundamental idea that people can and do recover from mental illness. **Recovery** is a deeply personal process that involves restoration of hope, self-esteem, creativity, and self-determination. Recovery is a life-long journey that restores and maintains individual dignity and control over one's own destiny.

The second element of the CRIF SDC Philosophy is **Peer Support.** All Recovery Coaches of the CRIF SDC program are Certified Peer Specialists. Peers helping other peers has been identified as a critical part in the recovery process. The President's New Freedom Commission on Mental Health (2003) explicitly recognized the critical role of peer support. People who are employed as Recovery Coaches have the unique capacity to inspire hope, trust, personal responsibility, empowerment, self-determination and social connectedness in their fellow peers. Recovery Coaches are able to use their own Recovery Journey as an example of how recovery is possible.

The third element of the CRIF SDC Philosophy is **Self Directed Care.** This approach supports individuals in developing their own wellness goals and in controlling the funds that are used to implement their self-directed behavioral health recovery plan. Each person is responsible for making his or her own choices on the recovery journey and must be responsible for the outcomes of those choices. Giving people decision-making power over their own behavioral health-care budget is a concrete step toward self-determination and responsibility. The process of creating a recovery plan, identifying appropriate services, and deciding how to spend service dollars advances one's independence and self-determination.

Who is involved in the CRIF SDC Program?

The Delaware County, PA, CRIF SDC Program is a collaboration of the Mental Health Association of Southeastern Pennsylvania; The Office of Behavioral Health of Delaware County, PA; Magellan Health Services, Inc.; and the University of Pennsylvania Collaborative on Community Integration of Individuals with Psychiatric Disabilities. The most important part of this team, however, is **you.**

CRIF Self Directed Care Enhanced Service Program
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What is going to happen over the next couple of years?

For the next two years, you will be able to work with your Recovery Coach to learn about your own Recovery Journey, as well as have the responsibility to direct your own care in terms of services and funds. You have agreed to have data collected by the University of Pennsylvania staff, as well as receive services from the Mental Health Association of Southeastern Pennsylvania. You will be able to see how much Medicaid Behavioral Health funds have been spent on your mental health care over the past two years. With the help of your Recovery Coach, you will be able to determine which “in-plan” services you find most useful in your own recovery journey, as well as determine what other services will be helpful for you “out of plan” to move forward on your journey. These “Out of Plan” services can be paid for by Freedom Funds. Both your “In plan” services and Freedom Fund expenses will come out of your behavioral health budget. You will be able to determine what is best for you. You will be able to determine what Recovery Goals you want to work on and whether you want funds to be spent on these activities. You, along with your Recovery Coach, will be responsible for maintaining within this budget.

We want you to be creative. For some this will be the beginning of your journey, for others, we will help you continue on your path.

You will be issued an Allow Card which will act like a MasterCard to purchase items through Freedom Funds that have been approved. When you complete your Person Centered Plan and Budget, and receive approval from Magellan Health Services as well as the Mental Health Association of Southeastern Pennsylvania, specific amounts will be placed on your card for use in purchasing items you have identified to help you with your recovery. You will have this card for the two years of this program/study, and as long as you are active with the Mental Health Association of Southeastern Pennsylvania as a participant.

If you have any changes in your life or Insurance status, please let us know.

We are not a crisis service. We encourage you to use your natural supports such as family and friends, as well as the present providers that you access. Throughout this process we will help you think beyond the present medical system, and creatively brainstorm what you feel will help you move forward in your recovery.

If at any time you feel you require crisis services, please call **9-1-1** or visit your closest Psychiatric Emergency Department. You can also access Mobile Team in Delaware County by calling **Project Reach at 610-352-4703**.

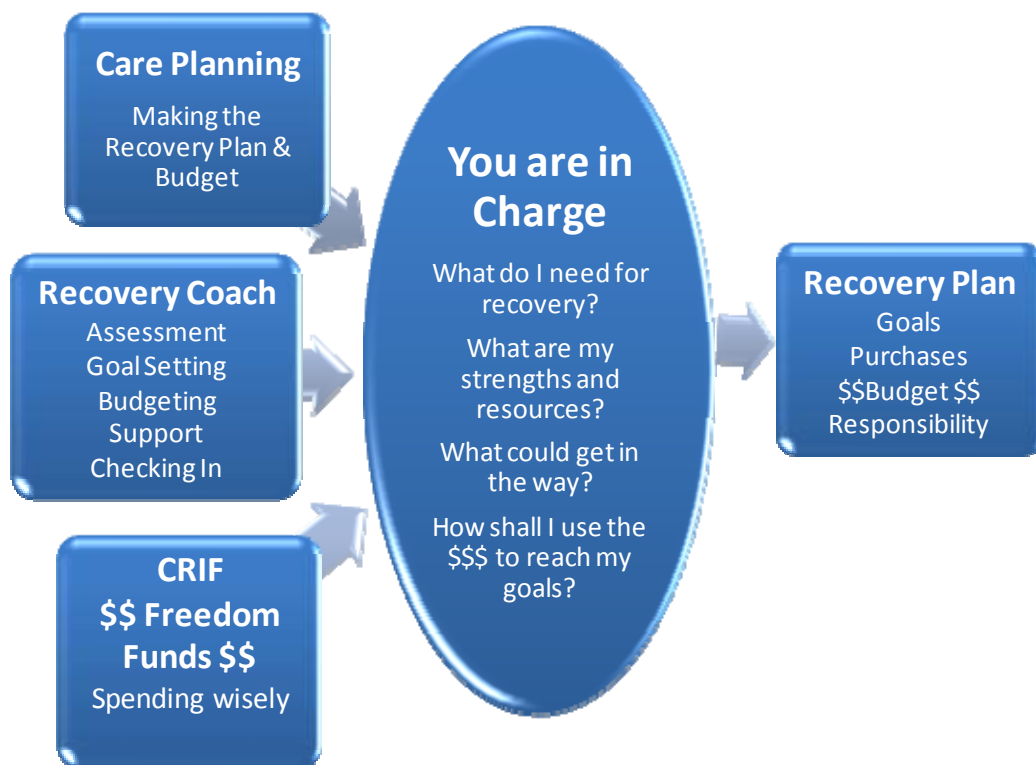
We will work with you along your journey. At a minimum, we will meet with you monthly after we complete your orientation to update your goals, register Freedom Fund Requests, learn more about the recovery journey, and access our Peer Support services. At any point, you will be able to contact us for assistance.

WHAT IS CRIF SELF-DIRECTED CARE?

- CRIF is short for “Consumer Recovery Investment Funds” a pool of dollars called “Freedom Funds” set aside for you to spend on your recovery in new ways
- In CRIF Self-Directed Care, you propose a *budget* as part of your Recovery Plan, which spells out your recovery goals and how you will spend your Freedom Funds on reaching your goals
- SDC believes in *self-determination*, and respects your ability to make good decisions about buying the goods and services that will best help your recovery
- This makes you responsible for your recovery and for spending your Freedom Funds wisely
- SDC provides you with a *Recovery Coach* who will meet with you to help you:
 - Learn everything you need to know about SDC
 - Assess your strengths and recovery needs
 - Decide on recovery goals
 - Discuss how to spend the budget to meet your goals
 - Help you make purchases and stay within your budget
 - Meet at least once a month to check in on what you are spending and how it is going
 - Meet with the team twice a year to check on the plan and make needed changes

CRIF SDC is at no added cost to you

There are no fees or expenses for consumers or their families who choose to participate



CRIF SELF-DIRECTED CARE STEP BY STEP

- You start with your **Recovery Coach** and an **amount to spend**
- You do a **self assessment**
 - What you like, what you are good at
 - Personal strengths
 - Resources, opportunities and people supports
 - Things that might get in the way, with plans to overcome them
- You decide on **recovery goals** – Some areas:
 - Mental and physical health
 - Community activities and social and recreational health
 - Education
 - Employment
- You **plan** the purchases and services to help meet your goals – Some possibilities:
 - Mental health treatment
 - Health and physical fitness services
 - Assistance with self care or daily living
 - Appliances and technology
 - Transportation
 - Community memberships or lessons
 - Job training and job search
 - Tuition, tutoring, educational supplies
- You do a Freedom Fund **budget**
- Magellan reviews and does **budget approval**
- You and your RC meet monthly to check in and **track spending of Freedom Funds**
- You and your **RC review the plan every 6 months**
- What's not allowed:
 - Any illegal activity or drugs
 - Cash
 - Alcohol
 - Gambling
 - Pornography
 - Firearms or other weapons



Thank you for being a part of our project. As a team, we are here to help you move forward in your mental health recovery. Please feel free to call or email us at any time to help you answer questions about the program.

We wish you continued health and wellness, and feel privileged in walking with you on this part of your recovery journey.

Contact Information for CRIF Self Directed Care Team:

Recovery Coach Team:

Tim Connors, CPS; Recovery Coach
Erme C. Maula, CPS; Recovery Coach
Brett Diamond, Administrative Assistant and Billing Clerk

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