



# USING SELF-DIRECTION METHODS IN MICHIGAN

Michael Head  
Mental Health & Substance Abuse Administration  
Michigan Department of Community Health  
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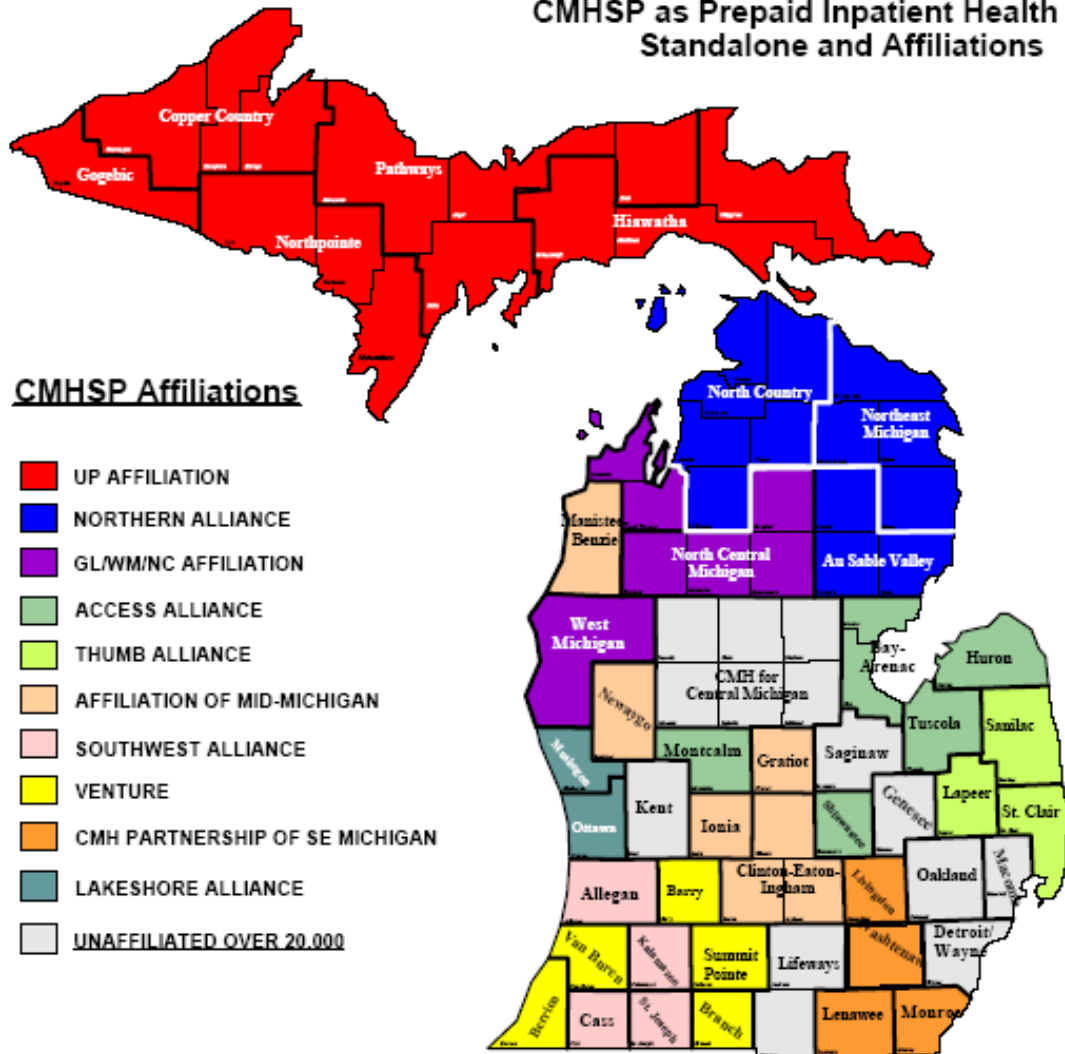
# MICHIGAN'S MH & DD SERVICE SYSTEM

- County-based
  - Services for adults with MI, children with SED and persons with in same organization
  - Globally budgeted since 1980's
- Medicaid managed care is 90% of local financing
  - 1915(b)/1915(c) concurrent waivers (\$1.9 B)
  - Services are entitlement for Medicaid beneficiaries
- DD services:
  - No waiting list
  - Operated through the concurrent waiver for most (39,000+)
  - Separate FFS children's waiver (460 )
  - FY 09 Expenditures for services: \$1.032B
- Self-direction
  - Nearly 3500 under concurrent waiver
  - About 25% of children's waiver

# 46 COMMUNITY MENTAL HEALTH SERVICE PROGRAMS

## 18 PREPAID INPATIENT HEALTH PLANS (Medicaid Managed Care)

CMHSP as Prepaid Inpatient Health Plans  
Standalone and Affiliations



# IN MICHIGAN

- Person-Centered Planning is a statutory consumer right
- Self-Determination:
  - Spelled out in state policy  
[http://www.michigan.gov/documents/SelfDeterminationPolicy\\_70262\\_7.pdf](http://www.michigan.gov/documents/SelfDeterminationPolicy_70262_7.pdf)
  - Technical guidance provided
  - a CMHSP & PIHP contractual obligation
  - Advocacy support <http://www.mifreedom.org/>
- A significant range of supports are available through the Managed Specialty Services & Supports waiver
- State government leadership is committed to consumer participation and control
- Federal support:
  - Olmstead decision & DOJ enforcement
  - CMS guidance and technical assistance
  - Improved options through the Medicaid program (IDRA & A

# SELF-DIRECTION vs SELF-DETERMINATION

- Self-direction:
  - The acts of selecting, directing and managing one's services and supports
  - Refers to methods for Medicaid beneficiaries to directly manage and apply Medicaid funds to achieve self-directed support arrangements
- Self-determination:
  - Incorporates self-direction
  - The methods of self-direction are cast with the principles of self-determination

# PRINCIPLES OF SELF-DETERMINATION

- Explicit in state policy
- Principles:
  - *Freedom*: to plan one's life
  - *Authority*: to control a limited amount of resources
  - *Support*: for building a life, connected to one's community
  - *Responsibility*: for wise use of public \$

# EVOLUTION

- 1996:
  - Participation in the RWJ Foundation “Self-Determination for Persons with Developmental Disabilities”
  - 8 County programs
- 2000:
  - Family-directed services offered through Children’s Waiver program
- 2002:
  - Policy response required in “Application for Participation” for PIHP designation under Managed S S&S waiver
- 2003:
  - Policy requirement added to state-local contracts
- 2008:
  - “Application for Renewal & Recommitment” requires quality improvement benchmarking process for self-determination

# CONSIDERATIONS

- Agency model:
  - Making family and individually-controlled service options available as part of current service delivery methods, or making them available through agency structures dedicated solely to self-direction options
- Independent support brokers:
  - Cadre of trained independent support brokers can facilitate the best use of self-directed services
- Importance of person-centered planning
  - As a philosophy
  - As a practice; needs guidance and direction
  - Person-driven and directed
  - Plans and individual budgets evolve naturally from the PCP process
- Shared learning:
  - All individuals/families involved need to be actively solicited to spend time sharing and being supported to learn to best manage service arrangements and budgets



# WHAT MAKES IT WORK BEST?

- Supports coordinators who understand and embrace the policy
- Consumers who have full information about self-determination
- Supporting interaction and assistance for those just getting started, by those who are already involved
- Facilitation for the development of individual budgets
- Peer support and mentoring

## WHAT MAKES IT WORK BEST?

- Creative thinking in the PCP process to design supports to meet health & welfare needs in ways that honor personal preferences
- Open discussion and acknowledgement that conflicts of interest are always present
- Assuring that allies – chosen family members and friends - - are included and can play day-to-day roles in developing success for the person
- Leadership. For without it, nothing will happen