

# **SELF-DETERMINATION & CHOICE VOUCHER**

Lapeer County Community Mental Health

# Definitions

- Self-Determination (SD) – Adults
- Choice Voucher (CV) – Children

Self-Determination/Choice Voucher is an option to move away from traditional mental health service approaches.

Emphasizes participation and achievement of personal control for individuals served through the public mental health system.



# Values of Self-Determination

**Self-determination stems from a core belief that people must have the freedom to define the life they seek and be supported in that endeavor.**



# Who is Eligible?

- Any adult diagnosed with a disability or mental illness and who has Medicaid is eligible
- Any child enrolled in the Children's Waiver or Habilitation Support Waiver is eligible

You can request Self-Determination at any time but will be asked at least annually if it is an option you want to explore.



# Four Core Components

There are four self-determination core components; they are *Freedom*, *Authority*, *Support*, and *Responsibility* and are defined below and on the next slide.

1. **Freedom** - The ability for individuals, with chosen family and/or friends, to plan a life with necessary supports, rather than purchase a program



2. **Authority** - The ability for a person with a disability to control a certain sum of dollars in order to purchase these supports, with the backing of a social network or circle of friends, if needed

# Four Core Components

- 3. Support** - The arranging of resources and personnel, both formal and informal, so to assist a person with a disability to live a life in the community, rich in community associations and contributions



- 4. Responsibility** - The acceptance of a valued role in a person's community through employment, affiliations, spiritual development, and general caring for others, as well as accountability for spending public dollars in ways that are life-enhancing



# Management of SD/CV



Directing services under arrangements that support Self-Determination/Choice Voucher means **exercising authority** to responsibly control and manage the use of needed services and supports.

In order to have a successful arrangement, the individual or supports must be able and willing to **oversee the budget** and stay within the budget. CMH staff will remain in close contact but the individual is the employer of the staff in this type of arrangement.

# Management of SD/CV

The participant and/or representatives exercise **decision-making authority** and **management responsibility** for the individual budget. From the budget, the participant authorizes the purchases of supports and services that are agreed upon in the individual plan of service (IPOS).

The participant exercises choice and control over who provides services and supports and how they are provided.





# Personal Control

**People with disabilities have the right to direct their lives.**

This includes creating their own **opportunities** and **making choices**. It also includes accepting responsibility and experiencing the results of personal choices.

Through Self-Determination and Choice Voucher, individuals hire their own staff (CLS, supports coordinators, etc.) and have increased control over public mental health dollars to better fit services to their personal needs.



# Personal Control



With alternative approaches, such as Self-Determination and Choice Voucher, individuals, their supports, and public mental health agencies have been able to respond with more meaningful treatment options that allow individuals to connect better within the community.

Individuals have the option to have a combination of staff through SD arrangements and CMH staff services, which appears to be the most popular combination at this time.

# Self-Determination & PCP

**Person-Centered Planning (PCP) is the central element in implementing Self-Determination and Choice Voucher arrangements.**



This process is where needs, wishes and goals are discussed. The PCP process is also how supports (paid and non-paid) are identified and use/frequency is determined. Once services are determined through the PCP process, the budget will be developed and will guide the individual and supports on the amount of resources available.

# Budget Management

**Each individual choosing a self-determination or choice voucher arrangement must follow the same Medicaid rules as an individual electing to receive traditional services.**

Having a self-determination/choice voucher budget does not change a person's eligibility for mental health services in any way. It does not mean choices without limits or consequences.



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# Budget Management

In each situation, fiscal responsibility and medical necessity remains and strong person-centered planning determines the service need. All people hired through SD/CV arrangements must be qualified to provide supports through Medicaid.

The supports coordinator and fiscal intermediary may guide individuals and their representatives through this process.

# CMH Requirements

The option to pursue a Self-Determination arrangement for mental health services is a requirement for all Community Mental Health Service Providers in Michigan.



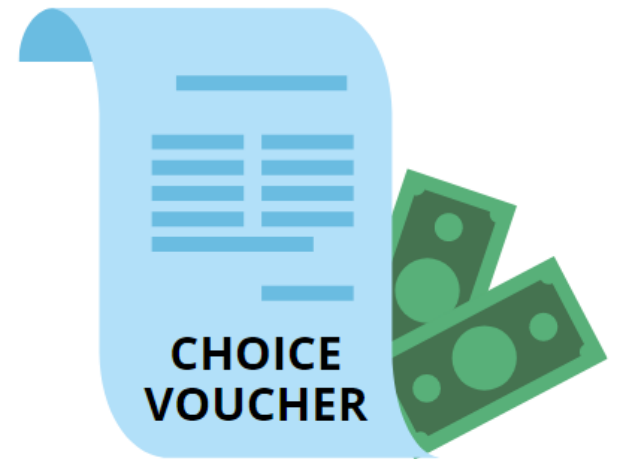
All individuals served who receive Medicaid insurance should be educated about the option of Self-Determination although they may opt to remain with traditional approaches (direct CMH staff, contract staff, etc.).

Either party (the individual or CMH) may terminate a Self-Determination arrangement.

# Choice Voucher

Choice Voucher is a mandated choice option for children enrolled in the Children's Waiver and the Habilitation Supports Waiver.

It is not a mandated option for children who are not enrolled in these programs...yet.



# Fiscal Intermediaries (FIs)

Fiscal Intermediaries, or FIs, play an integral role in the development and ongoing success of an individual's Self-Determination arrangement.



FIs assist individuals with payroll, employee insurance issues, management of CMH funding, monthly budget status reports, cost reporting and other supportive services to strengthen the role of the individual as the employer.



# Implementation

## Step 1: Person Centered Planning

A strong person-centered planning process is the key element to a successful arrangement!

Exploration of an individual's personal resources, natural supports and unique needs are uncovered through this process. Assuring needed services meet medical necessity criteria and that the amount, scope and duration of services are well defined are also critical steps during the PCP process.



# Implementation

## Step 2: Developing an Individual Budget

Determining the costs of services noted in the IPOS and developing a budget based upon them is the next step.



# Implementation

## Step 3: Choosing and Hiring Staff



The individual may need guidance from CMH staff, natural supports, and the FI when hiring staff. The individual will interview staff and create a group of paid supports who can meet the individual's unique needs.

The FI serves as the employer's agent and can assist in managing payment, worker's compensation, background checks, etc. The employer is the individual served or representative in this type of situation.

# Implementation

Staff hired by the individual need to meet the requirements to provide Medicaid services and complete basic trainings required by CMH.



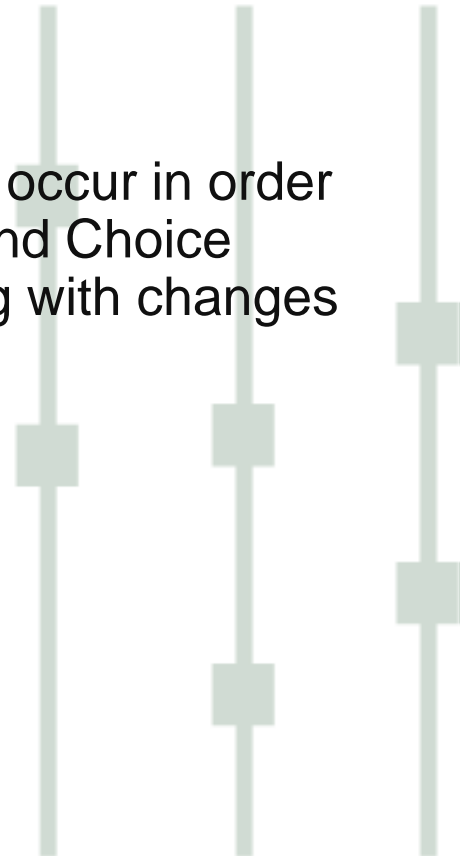
The individual and support team also must develop a backup plan to assure support is available when the usual supports are not available.

A guardian or spouse cannot be hired as a staff.

# Implementation

## **Step 4: Adjust supports as needed through the PCP process**

Ongoing coordination and collaboration needs to occur in order to best serve the individual. Self-Determination and Choice Voucher arrangements need to be adjusted along with changes to the IPOS by amending the budget.



# SD/CV Contacts

## Self-Determination

Roy Ramirez  
810-667-0500

## Choice Voucher

Kate Spencer  
810-667-0500



# Amendment Contacts

If an amendment occurs, the following people need to be contacted so the budgets/contracts can follow the IPOS:

- **Finance Department** – Larry Smith & Inder Abrol
- **Contract Department** – Regina McDonald
- **Clinical Staff** – Roy Ramirez for Adults & Kate Spencer for Children



# Guidelines for Success

- For Self-Determination and Choice Voucher arrangements, all must be a cost effective option
- If hours are significantly over or under utilized, the case holder and supervisor will be contacted and an action plan will be requested
- All services provided through SD/CV arrangements must go through the established approval process prior to authorization and/or at least at annual review (ie: CLS)



# Exit Course & Take Exam

You have reached the end of this course. Please click the “EXIT” tab in right hand corner of this slide to exit course and take exam.