

It's all about YOU!

Person-Centered Planning (PCP) is the process you use to develop your Individual Plan of Service.

It ensures that you help plan your care, you help make the decision on the services you want and need, and you set the goals you have for yourself.

It also means that you can have a say in who your worker will be, and have whoever else you want as a member of your team.

You can choose to involve your parents, other family members, friends, or anyone important in your life.

You can also choose an independent facilitator to help develop your plan of service and run your PCP meeting.

This brochure is about the choices you have in choosing an independent facilitator for developing your plan of service. There is no extra cost to you for having an independent facilitator.



Whom To Contact

If an individual is at immediate risk of seriously harming themselves or someone else call 911

For after-hours crisis call
1-800-442-7315 TDD-TTY
or (231) 922-4850

To access services at Northern Lakes CMH call (231) 922-4850 or 1-800-492-5742 or one of the four offices listed below.

To access Substance Abuse Services call 1-800-686-0749



www.northernlakescmh.org

Administrative Office
105 Hall Street, Suite A
Traverse City MI 49684
(231) 922-4850
(231) 935-3871 TDD-TTY

527 Cobbs Street
Cadillac MI 49601
(231) 775-3463
(231) 876-3281 TDD-TTY

2715 South Townline Road
Houghton Lake MI 48629
(989) 366-8550
(231) 876-3281 TDD-TTY

204 Meadows Drive
Grayling MI 49738
(989) 348-8522
(231) 876-3281 TDD-TTY

Northern Lakes CMH receives its principal funding from the Michigan Department of Community Health (MDCH)

This information was reviewed by consumers.

Rev 3-09



Independent Facilitators

can help you plan your services

You have choices.



www.northernlakescmh.org

Member of Northwest CMH Affiliation
www.nwcmha.org

What an Independent Facilitator is and why you might want one.

An independent facilitator is someone who helps you prepare for the person-centered planning (PCP) process and participate in ways that make sure your plan of service reflects your dreams and desires.

You may have preferences in who you would like to have help you with your PCP.

The reasons people choose an independent facilitator vary widely. Here are some examples of a few reasons you may want to think about using an independent facilitator:

- Some people prefer to work with men, while others prefer to work with women.
- Some people prefer to work with people that are older, or younger.
- You may want a facilitator who does not work for CMH.
- You may just want someone new to help you get a fresh look at your plans.

Anyone can request an independent facilitator, with a few exceptions. Examples of exceptions may include people who are only receiving short-term outpatient therapy, or only medications. Talk to your worker or Customer Services if you are interested.

If you think you would like an independent facilitator for your person-centered plan, please contact your worker. If you have questions about independent facilitators, you may also call Customer Services at 1-800-337-8598 or (231) 933-4907.

Independent Facilitators

Screened and approved by Northern Lakes CMH. For current listings, visit www.northernlakescmh.org.

JoAn Becker St. Helen, Roscommon County

JoAn spent almost 15 years working in a circuit court office focusing on domestic relations as an assistant friend of the court, caseworker and investigator. She evaluated divorce cases with children and made recommendations to the court. Her insight and experience in human behavior could be a benefit to people in all stages of life.

Cynthia Devitt Maple City, Leelanau County

Cynthia was a Department of Human Services (DHS) manager for 22 years and has experience as an assistance payment worker as well as an adult care-giver for a local nonprofit organization. She feels her strengths in communication, ability to detail with a variety of personalities and organizational skills assists her in successfully facilitating planning processes. "I have worked with adults and their families in meeting challenges for over 30 years. I find it very gratifying."

Shannon Kittell Roscommon, Roscommon County

Shannon has completed at least 25 college credits in social work and psychology and has a Bachelor's degree in business. The combination of human service and business background has provided strengths in communication, observing behavior and body language as well as working as part of a collaborative team. "When working for the IRS I learned that I would much prefer to help people than cause people pain." Independent facilitation allows her to help others – she even enjoys paperwork.

Phil Scott Kingsley, Grand Traverse County

Phil has experience in community development, worked for the DHS as program manager and acting director. He has served as the chair of the Mayfield Township planning commission and is currently a substitute teacher. "I enjoy using my human service background to provide advocacy and support to vulnerable youth and adults."

Geraldine Sell Kewadin, Antrim County

Geraldine has experience in civil mediation, including special education and permanency planning and has neutrally facilitated over 80 matters in two years. She also has a sister in another state who has built a good and productive life while living with mental illness. "This is an opportunity to build on skills I have and make a contribution toward excellence in mental health services in our region."

Olwyn Zamorski Mesick, Wexford County

Olwyn has a Doctorate degree in Psychology and Special Education as well as 42 years experience working with people with disabilities. She likes to stay active and currently in her retirement, she sells real estate. "I always enjoyed working with students with disabilities and their families."