

SELF-DIRECTED SERVICES

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Self-Determination and Self-Directed Services

Self-Determination (SD) is the right of all people to have the power to make decisions for themselves to have free will.

The goals of Self-Determination, on an individual basis, are to promote full inclusion in community life, to feel important and increase belonging while reducing the isolation and segregation of people who receive services.

Self-Directed Services (SDS) is a method for moving away from professionally managed models of supports and services. It is the act of selecting, directing, and managing one's services and supports. People who self-direct their services can decide how to spend their medically necessary services budget, with support, as desired through:

- **Freedom**-Deciding how to live a good life with chosen supports and services.
- **Authority**-To control a targeted amount of personal and public dollars to purchase necessary supports.
- **Support**-Organizing resources in a way that are life enhancing and meaningful.
- **Responsibility**-Using public funds wisely and hiring individuals or agencies of their choice that can provide meaningful, needed supports, and to connect to their community.
- **Confirmation**-Having a role in redesigning the service system and having the right to be a part of the decision-making that affects their lives.

Determining if SDS is right for you, who participates, and where to get more information:

If you desire more choices and control over who supports you, how they support you, and the activities you participate in during services, SDS may be the right path for you!

To self-direct successfully you will collaborate with your chosen supports. This can consist of your family, friends, those who will provide services, and anyone else you invite to participate.

These allies provide input and support to the planning process and encourages your authority in implementing your Individual Plan of Service and budget. This authority allows you to decide how much support you need, in what areas, and whether it will be natural or professional supports.

Your case manager (CM) and the SDS Coordinator will help you navigate your service arrangements.

If you are interested in learning more about SDS and you are already a customer advise your Van Buren Community Mental Health Case Manager who will complete a formal referral to the SDS Coordinator. The SDS Coordinator (SDS) will set up a formal meeting with you to discuss options and answer questions.

If you are not an open customer please contact 269.657.5574 to determine if you are eligible for services.