Incorporating Person-Centered Planning into CST Recovery-Oriented Practice

Presented By:
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Materials Adapted From:
Diane Grieder, Neal Adams, & Janis Tondora

Bird’s Eye View of PCP
PCP History: Developmental Disabilities

This family tree identifies eleven early approaches to person centered planning that developed between 1979–1992 and suggests generational influences among them. (Brief references to approaches other than the first four will be found in the last section.)

1985
- New Hats
- Families First

1980
- Getting to Know You
- Individual Design Session

1990
- Personal Histories
- Essential Lifestyle Planning

- Group Action Planning
- PATH

- MAPS

24 Hour Planning
“Every style of Person-Centered Planning is rooted in a person-centered way of thinking. It is made up of a set of value based skills that result in seeing the person differently. Training in Person-Centered Planning is training in a way of thinking as much as it is in a way of developing a plan.”

~Michael Small, co-founder of Essential Life Planning

https://www.youtube.com/watch?v=y77y7XW8GtE
PCP Framework for Behavioral Health

- Outcomes
- Services & Supports
- Objectives
- Strengths/Barriers
- Goals
- Prioritization
- Understanding
- Assessment
- Philosophy

PCP Framework

- Outcomes
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CST Framework

- Outcomes
- Activities
- Outcome/Goal
- Strengths Related to Need
- Identified Need
- Prioritization
- Understanding
- CANIS Assessment
- Philosophy

Adams & Grieder (2014)
Collaborative Approach

- A team approach is key.
- Each participant brings his or her own area of expertise.
- Participation by all team members is essential.
- Includes family members, friends and natural supports.

Principles

**CST**
- Family-driven
- Youth-guided
- Strength-based
- Unconditional care
- Outcome-oriented
- Belief in growth, learning, recovery
- Collaboration across systems

**PCP**
- Individuals/families are the expert on their own lives; their ideas are central
- Individualized services
- Strength-based
- Emphasis on individual and family choice
- Recovery-oriented
- Natural and peer supports
Resilience and Recovery

- Hope and future planning
- Strengths-based
- Empowerment
- Holistic
- Individualized
- Importance of addressing trauma


PCP Framework

Adams & Grieder (2014)
Strength-Based Assessment

- Sets the stage for how the person/family will be treated
- Establishes a partnership and opportunity to learn about the person/family
- Identifies the person/family's strengths (e.g., talents, skills, interests, past success, hopes) in multiple domains
- Establishes medical necessity for services and provides foundation for building the plan
- Includes individual/family’s preferences, what they value, and expectations of the program

Assessment: Values Exercise
• Integrates and summarizes the individual/family’s story in a concise manner
• Provides the professional’s view of why the person has been unable to overcome existing barriers (hypothesis) and identifies needs
• Includes the individual/family’s view of their barriers and needs
• Identifies key areas that may be addressed on the plan

▷ Is the BRIDGE between the data and the plan!
PCP Framework

Outcomes

Recovery Plan

Assessment

Prioritization

Understanding

Assessment

Philosophy

Adams & Grieder (2014)

Prioritization

Important TO the individual/family

Important FOR the individual/family

Partnership: Building on Their Goals
The Right Balance

Let the individual/family do what they want

Get the individual/family to do what I want

Neglect  Recovery Zone  Control

http://www.patdeegan.com/AboutCommonGround.html

The Righting Reflex

- The natural tendency of professionals to solve a person/family’s problems, provide good advice without asking permission, or prevent people from making mistakes.
- Need to help people brainstorm solutions and decide what may work for them, and then try it out.
## Stages of Change and Treatment

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<th>Prochaska &amp; DiClemente</th>
<th>Stage of Treatment</th>
<th>Treatment Focus</th>
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<td>Pre-contemplation</td>
<td>Engagement</td>
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<td>• practical help</td>
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<td>• relationship building</td>
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<td>Contemplation</td>
<td>Motivation</td>
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<td>• resolve ambivalence</td>
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<td>• build motivation</td>
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<td>Preparation</td>
<td>Planning</td>
<td>• small steps</td>
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<td>• identify supports</td>
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<td>• address barriers</td>
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<td>Action</td>
<td>Active Treatment</td>
<td>• counseling</td>
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<td>• skills training</td>
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<td>• self-help groups</td>
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<td>• bolster self-efficacy</td>
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<td>Maintenance</td>
<td>Relapse Prevention</td>
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<td>• skills training</td>
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<td>• expand recovery</td>
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## View of the Tree

![View of the Tree](image)
Plan

**PCP Recovery Plan**
- Larger Goal(s): Individual/family's stated goal(s)
- Strengths/Barriers
- Objectives (Short-term Goals): Small steps the person/family will take to accomplish goal(s)
- Services to assist the person/family with accomplishing the objectives and goal(s)
- Transition/Discharge criteria

**CST Care of Plan**
- Identified Needs
- Strengths Related to Need
- Outcome/Goals
- Activities
- Progress toward goals
- Transition plan
Strengths

What will help the person/family overcome the barriers?

- **Internal**
  - Past accomplishments, current skills, ability to advocate for family, internal locus of control, interests

- **External**
  - Support system, community connections, employment, safe environment, opportunities for meaningful activities

View from the Branch
Example of PCP with Youth

RENEW program for youth with emotional and behavioral challenges using Personal Future’s Planning
Uses tools called Maps which is graphic facilitation of:
- Youth/Family history
- Who Are You Today
- Strengths/Accomplishments
- People/Relationship Circle
- What’s Works and Does Not Work in Different Contexts
- Dreams
- Fears, Concerns, and Barriers
- Goals
- Next Steps and Follow-up

https://www.youtube.com/watch?v=FMmdyfQGCj4

What Manager’s Can Do

Why training is not enough...

https://www.youtube.com/watch?v=FC7oRX23FK4&index=2&list=PL842EFD12D441AF52
Take Home Message...

“What you (as an agency or a provider) do cannot force people to recover, but your actions (and even what you believe) can help to create an environment in which recovery may flourish.”

~Recovery and Mental Health Consumer Movement in Wisconsin

Resources

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<tbody>
<tr>
<td>Network for the Improvement of Addiction Treatment</td>
<td><a href="http://www.niatx.net/Home/Home.aspx">http://www.niatx.net/Home/Home.aspx</a></td>
</tr>
<tr>
<td>RENEW: Rehabilitation for Empowerment, Natural Supports, Education, and Work</td>
<td><a href="http://www.iod.unh.edu/Projects/renew/renew_main.aspx">http://www.iod.unh.edu/Projects/renew/renew_main.aspx</a></td>
</tr>
<tr>
<td>Yale Program for Recovery and Community Health</td>
<td><a href="http://medicine.yale.edu/psychiatry/prch/tools/pcp.aspx">http://medicine.yale.edu/psychiatry/prch/tools/pcp.aspx</a></td>
</tr>
<tr>
<td>The Learning Community for Person-Centered Practices</td>
<td><a href="http://www.learningcommunity.us/home.html">http://www.learningcommunity.us/home.html</a></td>
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Contact Info

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Wisconsin Public Psychiatry Network Teleconference