

What is an Individual Budget?

An individual budget is the money needed to cover the cost of the support you use. This budget is developed during the person centered planning process. Your individual budget is approved by the mental health agency to cover the cost of the support services you will be receiving.

Can I Use the Funds in my Individual Budget Any Way I Want?

No. The dollars contained in your individual budget can only be used for the services and supports in the plan approved by your mental health agency.

How Do I Use the Funds in my Individual Budget?

You may use the funds in your individual budget to pay the workers you hire. You may also purchase services from professional providers with whom you directly contract to provide the support in your plan. You choose how much you are going to pay someone within rates set by your mental health agency. You sign the timesheets or invoices to authorize payment. You can choose if your worker will work more one day and less another day if that meets your needs. You will have more day-to-day control over who supports you, how they support you, and how you spend your time.



If you have **questions** or **concerns** please call your local Community Mental Health Service Providers (CMHSP) and NorthCare.

Copper Country
1-800-526-5059

Gogebic
906-229-6120

Hiawatha
1-800-839-9443

Northpointe
1-800-750-0522

Pathways
1-888-728-4929

NorthCare Network
1-888-333-8030
906-225-7254

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Self-Determination

Self - Directed Services for Consumers and Families



What is Self - Determination?

Self-Determination means that :

- ◇ you have control over your life
- ◇ you decide where you live and with whom;
- ◇ what kind of job you would like
- ◇ who supports you, how, when and where that support is provided, and how to use your support to enable you to do the things you want to do.

How is Self-Determination Different than Person - Centered Planning?

Self-Determination builds on the choice & control available within your mental health agency. For example, everyone who uses mental health services & supports has the right to choose a provider. You already use the person centered planning process to decide the support you need to achieve what you want to in life. You can also use that process to discuss arrangements that support self determination. Self Determination means you control the money for your services & supports. When you control the money, you not only choose your providers, you choose when, where & how your services & supports are provided.

Benefits of Self-Determination

By using arrangements that support self-determination, people with developmental disabilities or serious mental illness are able to achieve their goals better. With the support of their workers, they make jewelry, design t-shirts, develop cable television shows, do stand-up comedy, and support other people with disabilities. Many of these activities have turned into businesses or paying opportunities. They meet and make friends with common interests, such as sports, music, crafts, or computers. With control over funding comes the power to build the lives they want in the community, just like anyone else.

You can have that kind of control of your life, too.

You can control the money that pays for your support through the Michigan Community Mental Health system. By using arrangements that support self determination, you can use this money to directly employ workers or contract with providers so that you can have the life you want.



What is Self-Determination?

Self-determination is not a program. Self-determination is a set of principles that you have the right to live and be part of your community just like anyone else. The principles of self-determination are:

- **FREEDOM:** You plan your life with the support that you need.
- **AUTHORITY:** You control the money for the support you receive.
- **SUPPORT:** You arrange resources and supports - both informal and formal - so you can live in and connect with your community.
- **RESPONSIBILITY:** You have a valued role in your community and agree to use public dollars wisely. Arrangements that support self-determination make it possible for you to control the funding for the support you get from your mental health agency.