

# NYAPRS 2015: What Really Matters Self Direction

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# What is Self-Directed Peer Support?

Focus goal planning on hopes and dreams

Develop skills and tools in all life domains

Expand natural and community supports

Supports people to move forward in their lives

# SDC in Pennsylvania

- Pennsylvania examples
  - Changing the way we develop recovery plans
  - Use of freedom funds
  - Accessing community and natural supports as well as understanding the system
- Demonstrations
  - Delaware County (Magellan Behavioral Health)
  - Allegheny County (Community Care Behavioral Health)
  - North Central Counties and Other Counties

# Why it matters

- What we learned
  - People with MH Challenges can make choices about their lives
  - People can make responsible financial decisions
  - The system is so complicated that people do not always know what they are accessing and how it is paid
  - People don't link MH services to their recovery plans
  - Working with Peers help people think through their life differently – incorporate recovery tools to use along the way
  - You become empowered by receiving the information to be able to make choices (claims data, system utilizations, etc.)
  - Training Peers to deliver self directed services takes time and is on-going
  - People do not inherently understand the process of self direction (you bring what you have experienced or were taught in school). We need to build capacity in members and staff
  - It takes system changes to support true self direction
- Challenges
- Hopes moving forward

# Contact Information



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