



Improving Lives Through Healthy Minds  
810-648-0330

# Person-Centered Planning Services

Your Guide to Using  
Person-Centered Planning (PCP)

## Reaching Your Goals

To help you reach your goals and be more active in your community, supports and services are looked at in this order:

- You
- Your family, guardian, friends and other people close to you.
- Help you can get in your neighborhood and community.
- Publicly funded supports and services available for all people.
- Publicly funded supports and services from Sanilac CMH.

If you are not happy with the services you receive or your individual plan of service, you can file an appeal or talk to Customer Service at:

**(810) 648-0330 or  
Toll-Free (888) 225-4447**

*Sanilac County Community Mental Health* is dedicated to delivering high-quality care to those it serves. We are committed to addressing the needs of each individual comprehensively to improve lives through healthy minds.



### Talk To Us:

Sanilac County  
Community Mental Health  
227 E. Sanilac  
Sandusky, MI 48471

☎ 810-648-0330 Assistance 24/7

🌐 [www.sanilaccmh.org](http://www.sanilaccmh.org)

📘 [facebook.com/sanilaccmh](https://facebook.com/sanilaccmh)

**Help is available; you are not alone.**

If you need assistance for yourself or a loved one, we are here for you 24/7.

If a situation is potentially life-threatening, call 911 immediately.

## Person-Centered Planning

Person-Centered Planning (PCP) is a method for developing an individualized service plan. You play an active role in selecting the services and support you require. PCP assists you in mapping out your future and realizing your goals. We all have dreams and plans for the future. While some goals can be pursued independently, others may require assistance.



Person-Centered Planning is all about helping you shape your future based on your strengths, abilities, and personal goals. It focuses on your wishes for how you want to live your life, from where you live and who you live with, to where you work, and how you connect with others in your community. It's about finding support while staying involved with family, friends, and the community. You have the power to make choices and create a plan for what matters most to you.

**Funding for services provided in part by  
MDHHS and Region 10 PIHP**

## Your Role In Planning Your Future

Your individual plan is tailored to your needs and can be adjusted as new opportunities or challenges arise. Here's how you play a key role in planning your future:

- You are the focus of the planning meeting.
- You choose who is invited.
- You pick the time and place that works for everyone.
- You can run the meeting or choose someone else to do it.
- You may select an Independent Facilitator trained to lead planning meetings.
- You decide what topics are discussed.
- You, along with family, guardian, friends, or significant others, decide how to achieve your goals and who will help.

## What Your Planning Meeting Will Be Like

The people you invite to your meeting will help you make a plan to reach your goals. This is your support team! The meeting may begin with everyone telling you who they are and sharing why they are at your meeting.

Then, you will share your hopes and dreams for the future. Your support team will also share their dreams for you. This way, everyone will get to know you better and help you make an individual plan of service. You will also talk about what may get in the way of your plan. It may be a health issue, or there may be a skill you need to learn first. After you hear all of the ideas, you and your support team will work together to decide who can help you work on your plans for the future.

## How to Get Started

Let your Care Manager get to know you. You will need to think about some things ahead of time, like:

- What are some things I do well, and that people like about me?
- What are my hopes and dreams for the future?
- How do I want to spend time each day?
- Who would I like to spend time with?
- What are some things I want to learn?
- What do my best and worst days look like?
- What new things would I like to do?
- What do I think will get in the way of my plan?
- What help do I need right now and in the future?

