



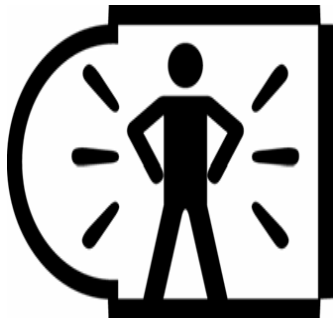
**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

For more information on:

- Independent Facilitation
- Starting your own business (microenterprise)

Call:

Self Determination Coordinator



SCCMHA VISION STATEMENT

A belief in potential

A right to dream

An opportunity to achieve

**Self Determination Believes in
your Dreams!**

Angie Irish

Self Determination Coordinator

(989) 797-3481



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

500 Hancock Street

Saginaw, Michigan 48602

Main Number: (989) 797-3400

Toll Free: 1-800-258-8678

TTY-TDD: (989) 797-3460

Hours: Monday-Friday 8a.m.-5p.m.

Evening hours available by
appointment.

www.sccmha.org

www.self-detrmination.com



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Self
Determination

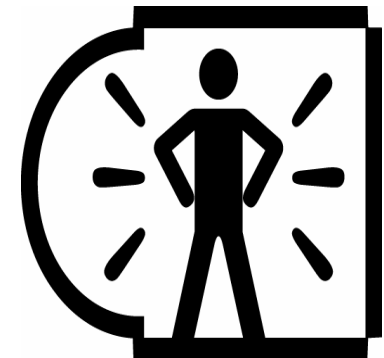
Freedom

Support

Responsibility

Authority

Confirmation



What is Self Determination?

Self Determination is a way to make meaningful decisions about the way you live your life. Self Determination lets you choose who provides the services and supports identified in your person centered plan.

Five Principles of Self Determination

FREEDOM: to choose a meaningful life in the community.

AUTHORITY: over a targeted amount of dollars.

SUPPORT: to organize resources in ways that are life enhancing and meaningful to the individual with a disability.

RESPONSIBILITY: for the wise use of public dollars and recognition of the contribution individuals with disabilities can make to their communities.

CONFIRMATION: of the important leadership role that individuals with disabilities and their families must play in a newly re-designed system and support for the self-advocacy movement.

www.self-determination.com

Who can participate?

Any adult receiving services from Saginaw County Community Mental Health Authority (SCCMHA): whether you are working towards recovery or towards increased independence, may participate in self determination.

How does it work?

First, you contact your SCCMHA worker and let them know of your level of interest. Then you can decide to either have a meeting with the Self Determination Coordinator to learn more about the Self Determination lifestyle, or proceed to developing an individual plan of supports and services using the Person Centered Planning (PCP) process with help from the people you choose. During this meeting, you and your PCP team will look at what is available to you from your community, your family and your friends. You and your PCP team will develop a budget to determine the cost of services.

Then what happens?

After you set your budget with your PCP team, you will work with a fiscal intermediary who helps you manage your money, pays your staff, as well as assists you with job related issues (hiring staff, keeping track of time cards placing ads in the paper for staff, etc.)



Does the fiscal intermediary make all the decisions?

No, they do not. You choose who will be hired to help you. You are the employer. You know best what works well for you and what kind of staff you will work best with. You can hire people you already know (as long as it is not your guardian), or you can ask SCCMHA to put you in contact with a qualified provider.

Remember the people you choose must be able to give you the support you need.

What if the person I hire isn't doing a good job?

You can fire anyone who is not doing a good job providing the supports they were hired to do. Your fiscal intermediary and the Self Determination Coordinator can assist in this process.

How do I know if Self Determination is right for me?

If you want to be more independent in choosing who is hired to work with you, where you live, and how you spend your free time, then contact your support coordinator or case manager today to talk about Self Determination.