

How can SDS work for me?

The SDS process utilizes person-centered planning (PCP) to help determine the support needed to achieve your desired quality of life. SDS creates more freedom, responsibility, and confirmation to dictate the use of allotted funds for selecting services and providers. You are the employer; you recruit, hire, and manage your own employees.

What do you mean I am the employer?

- As the employer you choose how to utilize the allotted funds
- Allotted funds are determined through the budget
- The budget is created during the SDS meeting, with you and your natural supports, your Case Manager (CM), and the SDS Coordinator based on the needs identified in the Individual Plan of Service (IPOS) and your Level of Care (LOC)
- You monitor your services daily and review the budget monthly
- You hire your employees
- You manage the employees; you set their schedule, their rate of pay, and you sign their timesheets
- You determine if the employee is meeting your standards to retain employment; if not, the decision to terminate is yours
- The SDS process incorporates a Fiscal Management Service (FMS) provider who acts as a payroll agent to manage the taxes and other withholdings as well as writes your employee's checks

Van Buren Community Mental Health

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269-657-5574

E-mail: sdservices@vbcmh.com

If an individual is at immediate risk of seriously harming themselves or others call 911

Agency Crisis Line

1-800-922-1418 (TTY 711)

Access to all VBCMH services

For Customer Services call

1-800-922-1418



Self-Directed Services



What is Self-Determination & Self-Directed Services?

Self-Determination (SD) is the right of all people to have the power to make decisions for themselves-to have free will.

The goals of SD, on an individual basis, are to promote full inclusion in community life, to feel important and increase belonging while reducing the isolation and segregation of people who receive services.

Self-Directed Services (SDS) is a method for moving away from professionally managed models of supports and services. It is the act of selecting, directing, and managing one's services and supports. People who self-direct their services are able to decide how to spend their medically necessary services budget with support, as desired through:

- **Freedom**-Deciding how to live a good life with chosen supports and services
- **Authority**-To control a targeted amount of personal and public dollars to purchase necessary supports
- **Support**-Organizing resources in a way that are life enhancing and meaningful
- **Responsibility**-Using public funds wisely and hiring individuals or agencies of their choice that can provide meaningful, needed supports, and connect to their community
- **Confirmation**-Having a role in redesigning the service system and having the right to be a part of the decision-making that affects their lives



This is a picture of a pie chart (various green and blue colors) with the words freedom, confirmation, support, responsibilities, and authority in each slice.

How do I know if I qualify for an SDS Arrangement?

If you are a Van Buren Community Mental Health (VBCMH) customer (adult or child) you can choose Self-Directed Services.

How do I know if SDS is right for me?

If you desire more choices and control over who supports you, how they support you, and the activities you participate in during services, SDS may be the right path for you!

How do I get more information?

If you are interested in learning more about SDS, if you are already a customer advise your Van Buren Community Mental Health case manager who will complete a formal referral to the SDS Coordinator. The SDS Coordinator (SDS) will set up a formal meeting with you to discuss options and answer questions. If you are not an open customer please contact 269.657.5574 to determine if you are eligible for services.

Who participates in a Self-Directed Service arrangement?

To self-direct successfully you will collaborate with your chosen supports. This can consist of your family, friends, those who will provide services, and anyone else you invite to participate.

These allies provide input and support to the planning process and encourages your authority in implementing your Individual Plan of Service and budget.

This authority allows you decide how much support you need, in what areas, and whether it will be natural or professional supports.

Your case manager (CM) and the SDS Coordinator will help you navigate your service arrangements.



This is a picture with circles shaped like a flower with all of the participants listed