



Consumer Council System of Maine

A Voice for Consumers of Mental Health Services

www.maineccsm.org

CCSM Issue Subcommittee

Consumers not being included setting ISP/ITP plans

First Draft 5/2020

The Issue:

Consumers of mental health services often are not being included in setting their own Individual Service Plans (ISP)/Individualized Treatment Plans (ITP). Oftentimes providers, whether it be case managers or mental health providers will fill out all goals in domain areas such as transportation, spirituality, housing, finance, education, peer services etc. without the input of the consumers. They will have all these areas filled in on their plans before a person even shows up for their appointments/reviews. Consumers must sign these plans to indicate agreement without having much, if any, input at all. This can undermine an individual's confidence and stunts recovery in that consumers are not encouraged to think for themselves. Experience has taught us that people have great insight when it comes to knowing their own minds and bodies. When encouraged to be independent and think for themselves, individuals will improve much faster and even can recover completely from what distresses them. Consumers should determine how many goals they have, when they have accomplished their goals, when new goals may be considered or when they feel ready to leave services. All these things should include shared decision making that encourages an individual to apply what they have learned and mature.

Recommendations:

1. Train/retrain providers of mental health services about the importance of encouraging peers to be individuals in order to give them back the voice they may have lost in life due to trauma or other circumstances.
2. Included in that provider training would be for peers to describe their own goals. Ideally providers should support their clients in achieving their treatment goals by teaching them how use the ISP/ITP on their own. Peers should be able to seek help as needed instead of receiving

ongoing/lifelong treatment. Otherwise the system creates dependency on mental health services. Peers should always be encouraged to move forward and reach their full individual potential.

3. Both peers and providers alike need to know that people with mental health challenges no matter how severe, can and do recover. We need to promote any and all informed choices of action that a consumer wants to use to achieve maximum recovery opportunities.
4. People should always be offered a copy of their current and/or prior ISP/ITP once completed so that peers can always refer to their plans in their recovery work.

Expected Outcomes:

Individuals will have the opportunity to be fully included in their treatment plan and also take charge of their own ISP/ITP. This will empower them in their endeavor to heal, change as a person and get to a positive place in their journey through life. If they need treatment in the future it will be to maintain their recovery, not because they have severe and persistent mental illness. Then, they can be considered a person in recovery until they are fully recovered.