



## Whom to Hire

You can pick the people you want to give you the services and supports you need. You can hire a staff member you already know, or you can ask CMH to help you find a qualified person. Using a special agreement, you can make your own contract with the person you choose. That is part of determining your own life - just like deciding where and with whom you want to live.



Improving Lives Through Healthy Minds  
810-648-0330

Call your primary case holder or supports coordinator for more information or questions.

You may also contact Region 10 PIHP Customer Services for additional information about self-determination.

### Region 10 PIHP

2186 Water St.  
Port Huron, MI 48060  
888-225-4447  
[www.region10pihp.org](http://www.region10pihp.org)



# Self-Determination

**Freedom**  
**Authority**  
**Support**  
**Responsibility**



### *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.



## Self-Determination

“Self-determination” means that you can decide the services and supports you need *and* who provides them to you.

Self-Determination is based on four ideas:

- 1. Freedom:** You have the freedom to plan your life in terms of the services and supports you need.
- 2. Authority:** You have the authority to take charge of an amount of public funds to buy those services.
- 3. Support:** You have the right to resources and people around you to support you in the life you want.
- 4. Responsibility:** You are responsible for taking part in your community and carefully using public funding.

## Who can use self-determination?

You may take part in Self- determination if you use services from Community Mental Health (CMH).



## Is self-determination required

No. It is your choice. If you want, you can keep using your current CMH services.



## How does it work?

Using the cost of your services now, you will make your own budget.

You will make the budget as part of your Individual Plan of Service using the Person-Centered Planning process. Your family and friends can help you.

You will pick a “fiscal intermediary,” an expert in handling money, who is not part of CMH. She or he will help you hire and pay the qualified people who will give you services.

