



Self-
Determination
 the choice
 is yours



The activities and programs of this agency are brought to you by the members of the Ottawa County Board of Commissioners. The Michigan Department of Community Health provides financial support to this agency.



Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.

COMMUNITY MENTAL HEALTH OF OTTAWA



What is Self-determination? Self-determination is about participation and about the achievement of personal control. Self-determination recognizes the rights of people supported by the mental health system to have freedom to define the life they seek, to be supported to direct the assistance they require in pursuit of that life, and to live a life with responsible citizenship.

How does it work? Talk about your dreams and goals at your pre-planning meeting and at your Individual Plan of Service meeting. Your family and friends whom you have invited will help you make choices that are healthy and safe for you, including the choice to control your own supports. Services available include Skill Building, Respite, Fiscal Intermediary, and Community Living Supports.

How can Community Mental Health help me live a more Self-determined life?

By helping you decide if you want to control your supports

~ and ~

By helping you find assistance with hiring, firing, and paying your own staff.

Principles of Self-determination:

FREEDOM to choose a meaningful life in the community

AUTHORITY with ability to control some targeted amount of public 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

Self-determination honors the civil and human rights that all Americans enjoy and are entitled to by virtue of their citizenship.

**If you would like more information, please call:
616.494.5446**

or

**Community Mental Health
Customer Service:**

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toll free 1.866.710.SERV (7378)

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