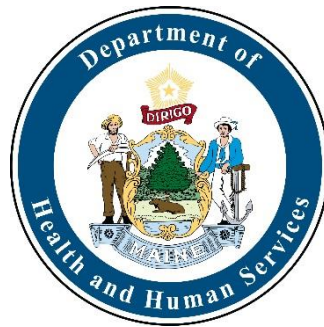


# Making Self-Directed Care a Reality in Maine

Kristin Thorp Quenson

05/17/2023



# What is Self-Directed Care?

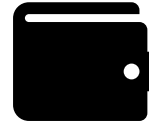
*Self-directed care is a program model for people of all ages with all types of disabilities, in which participants control an individual budget and customize their own service plans according to their personal preferences.*

# Fundamentals of Self-Direction



## Person-Centered Plan

- Based on participants' strengths, preferences, and recovery goals
- Understands people are experts in their own experiences



## Individual Budget

- Connected to personal plan
- Is highly flexible and often used for non-traditional goods and services
- Vary depending on the amount and method for setting budgets



## Support Brokerage

- Work closely with participants to develop, implement, monitor their budget
- Are often peers

# Financial Management Services

*Financial Management Services (FMS) assist program participants to manage administrative responsibilities. Some functions of the FMS include:*

- Billing and documentation responsibilities
- Performing payroll and employer-related responsibilities like:
  - Filing taxes
  - Purchasing workers compensations
  - Collecting and processing timesheets
  - Issuing payroll checks
- Purchasing approved goods and services
- Tracking and monitoring budget expenditures

# How does Self-Directed Care differ from Traditional Services?

## Traditional Services

- Decision-making and authority is held by professionals (e.g. service providers, state employees)
- Medical model of illness and disability

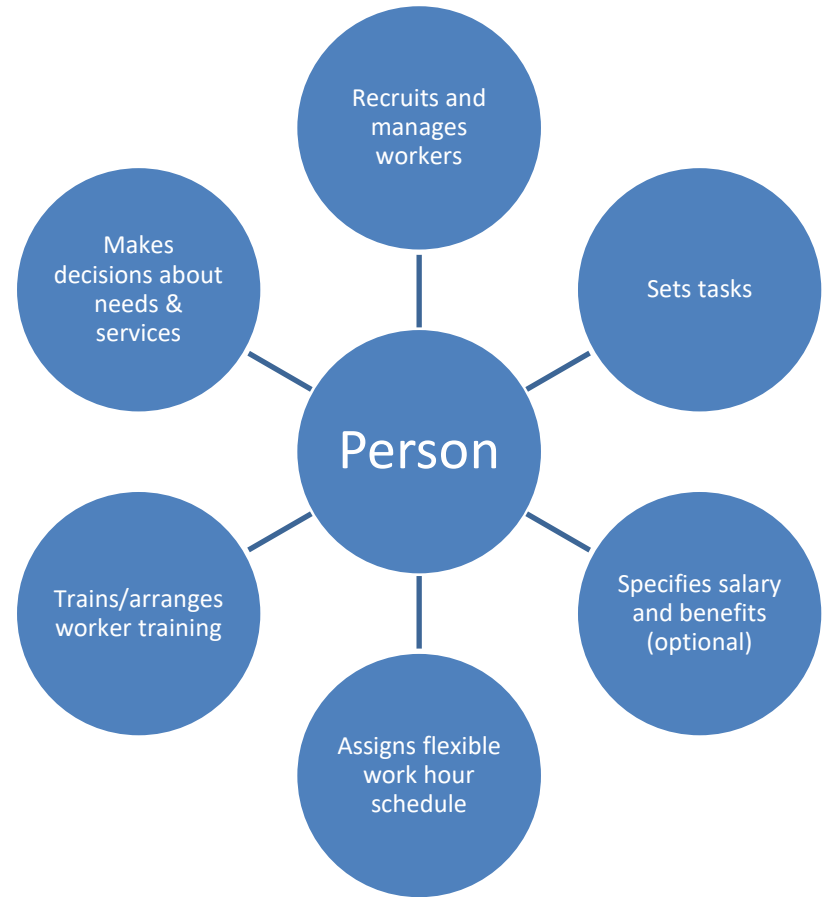
## Self-Directed Care

- Significant decision-making authority
  - Decisions around how, when, and from whom services and supports will be delivered
- Holistic wellness and recovery model

# Traditional Services



# Self-directed Services



# Models of Self-Direction

- **Employer Authority**
  - Person recruits, hires, supervises, and manages worker
  - Person fulfills employer/payroll related tasks (with support from Support Broker and/or FMS)
- **Budget Authority**
  - Person manages a budget
  - May be able to set the rate of pay for workers
  - May be able to make decisions about purchasing approved goods and services
- **Combination of both Employer Authority and Budget Authority**

# What is the Evidence for Self-Direction?

- Preliminary research suggests:
  - SDC medical outcomes are as good or better than regular fee-for-service (FFS)
  - SDC recipients received more services than FFS
  - Participant satisfaction is higher in SDC than traditional services
  - Overall budget neutrality
    - Some cost savings for certain services
  - Incidences of fraudulent behavior are low
  - Participants do not forgo traditional services such as psychiatric medication or psychotherapy

Cook et. al, 2019



# Example Programs

## Connecticut

- WISE Program
- Administered via 1915(c) waiver since April 2009
- Employer authority only
- Available Services:
  - Recovery Assistant
  - Financial Management Service

## Michigan

- Transitioning from an 1115 demonstration to a 1915(i) state plan amendment
- Both employer and budget authority
- Available Services:
  - Family support & training
  - Housing assistance
  - Respite services
  - Skill building
  - Supported employment

## Florida

- Two active programs
- State funded, established in 2000 by state legislature
- Budget authority only
- Recovery coaches
- Financial Management Service

# Maine's Office of Behavioral Health SDC Pilot

- Currently in development phase with goal to begin enrolling participants in early 2024
  - Consulting with Applied Self-Direction as subject matter experts to inform our program development
- In process of developing a 1915(i) state plan amendment to finance the program
- Will include individual budget and ability to hire support staff
- Initially limited to individuals receiving Section 17 Community Mental Health Services
- Stakeholder engagement throughout all phases of the project via Advisory Committee

# Discussion

1. What are qualities you'd like to see in a support broker?
2. What are some activities/things you wish you could use MaineCare for?
3. Are there things you think would contribute to your wellness that you'd like to try but haven't had funds for?
4. What would make you feel more supported in being more connected to your community?
5. What supports might you need to engage and enroll in a self-direction program? If you're a provider, what information or resources would you need to support people in enrolling in self-direction?

# References

- Applied Self-Direction. (2021). What is Self-Direction?
- Cook, J. A., Jonikas, J. A., Burke-Miller, J. K., Hamilton, M., Falconer, C., Blessing, M., Aranda, F., Johns, G., & Cauffield, C. (2023). Randomized Controlled Trial of Self-Directed Care for Medically Uninsured Adults With Serious Mental Illness. *Psychiatric services (Washington, D.C.)*, appips20220508. Advance online publication. <https://doi.org/10.1176/appi.ps.20220508>
- Croft, B., Wang, K., Cichocki, B., Weaver, A., & Mahoney, K. (2017). The Emergence of Mental Health Self-Direction: An International Learning Exchange. *Psychiatric services (Washington, D.C.)*, 68(1), 88–91.  
<https://doi.org/10.1176/appi.ps.201600014>
- National Resource Center for Participant-Directed Services. (n.d.). Self-Direction in Mental Health: Choice, Recovery, Independence.
- Human Services Research Institute & The National Resource Center for Participant-Directed Services. (2013). Environmental Scan of Self-Direction in Behavioral Health: A Review of the Literature.

# Questions?

**Kristin Thorp Quenson**  
**Self-Directed Care Pilot Project Manager**  
**kristin.m.thorp@maine.gov**

