



Solving the Puzzle- *Creating Person - Centered Service Plans*

Catherine Ivy, MSW, LCSW
Georgia Department of
Behavioral Health and
Developmental Disabilities

Outline

- motivational assessment and interview
- individual engagement in the planning and monitoring process
- Including individual's goals and motivations while developing and monitoring service plans
- SMART goals

Motivational Interviewing

- A person-centered counseling style for addressing **the common problem of ambivalence about change** by paying particular attention to the language of change –
- Common use:
 - Addiction
 - Unhealthy behaviors

From a strengths perspective -

- Engagement
- Strengths inventory vs. assessment
- Personal goal planning vs. care planning
- Resource acquisition
- Continuing collaboration vs. care plan review or monitoring
- Graduated disengagement vs. termination

Individual engagement in assessment & planning

- Listen for the person's history
- Validate the person's history
- Listen for the person's goals and wishes
 - What's working and what's not working?

Person-centered assessment and planning

- Order of importance
 - What's important **to** the person
 - What's important **for** the person
 - <https://www.youtube.com/watch?v=RixM4HM>



Michael Smull's 4+1 questions

- What's working and what's not working?
 - Consider perspectives of important stakeholders
 - Person, family, staff, others
- What have you tried?
- What have you learned?
- What are you pleased about?
- What are you concerned about?

Person-centered planning with older adults

- Arthur's Story
 - What's important?
 - What's working?
 - What's not working?



- <https://www.youtube.com/watch?v=5ZcWuy4GHEc>

SMART Goals

- Specific
- Measurable
- Agreed-upon
- Realistic
- Time-controlled

Fundamental Difference:

Motivational Interviewing vs. Person-centered Planning

- Motivational interviewing: assumes we know what the person needs
- Person-centered planning: starts by asking the person what he needs
- Both good – different uses

Resources

- Person-centered planning:
 - Michael Smull - Support Development Associates
 - O'Brien, J; Lovett, H. *Finding a Way toward Everyday Lives: The Contribution of Person Centered Planning*, 1993
- Motivational interviewing:
 - Treatment Improvement Protocol (TIP) Series, No. 35. Center for Substance Abuse Treatment. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 1999
 - <http://www.motivationalinterviewing.org/>