



SELF-DIRECTED CARE:

An Innovative Approach to Recovery

Government and industry leaders identify self-direction as a key component of mental health recovery.¹ However, few mental health programs actually incorporate self-direction into their day-to-day practices.

Magellan has pioneered the self-directed care (SDC) approach for behavioral health services with unique pilot programs in Pennsylvania and Iowa. While elements of the programs differ, each features the following core components: person-centered planning, life coaching, individual budgeting, financial management, expanded provider networks and services as well as oversight, quality improvement and program evaluation.

Participants work within a “budget” to “purchase” both traditional Medicaid services and other, non-traditional goods and services that support their recovery and resiliency plans. Another common element of our pilot programs: positive results.

Pennsylvania SDC Programs

Focus on Families of Children with Autism Spectrum Disorders

Through Magellan’s autism self-directed care pilot program, 26 children with a diagnosis along the autism spectrum and their families received funds to purchase products and services not covered by insurance or existing community resources to help them achieve resiliency goals.

For a year and a half, each family collaborated with an SDC coach to manage a \$2,500 budget to address their needs. Many families used the funds for activities to encourage interaction with family members and peers. Other families purchased computers and other media to increase their child’s communication skills and equipment to increase sensory and gross motor skills.

Parents with children in the program say SDC increased their hope for their children and empowered their families in the treatment process.

As a result of its success, the program is expanding. In 2010, Lehigh County designated reinvestment funds and partnered with Magellan to administer the SDC program to 156 additional children with a diagnosis along the autism spectrum and their families.

Member Choice and Self-Direction: Self-Directed Care for Adults

Magellan’s Consumer Recovery Reinvestment Funds (CRIF) empower individuals to choose services they need to support their recovery. In this program, adults with serious mental illness and a history of steady engagement in behavioral health services have options. They can use traditional in-plan health services or purchase non-traditional, out-of-plan services with the program’s “Freedom Funds.”

Individuals work with recovery coaches to direct their own recovery and learn vital self-management skills by setting goals and selecting services to help achieve them. The coaches are certified peer specialists—individuals who are in recovery themselves and who embody the message that recovery is possible.

CRIF services address a variety of needs, including personal assistance, transportation, community integration, employment, education or health-related issues. Freedom Funds are used to purchase a wide range of items, such as hearing and vision tests, gym memberships (for weight reduction) and nicotine patches. Even the smallest purchases make a big difference.

Iowa SDC Program

Focus on Intensive Psychiatric Rehabilitation (IPR)

An Iowa resident lived in a series of mental health institutions and nursing homes. Through the SDC program, he was able to purchase items he could not otherwise afford such as pots and pans, furniture and other household items and was able to move into his first real home, a four-room apartment.

This is just one example of how program participants in Iowa achieved recovery and resiliency goals, such as moving from group to independent living, gaining employment and increasing their monthly income. When the program ended its two-year run, participants reported positive results. A majority improved their residential status and increased their monthly income, while many also improved their employment status.

Simply put, Magellan's self-directed care programs are empowering individuals to succeed in life.

Learn More about Magellan

E-mail BHSales@MagellanHealth.com to find out how Magellan can help your county or state.

1. SAMHSA National Consensus Statement on Mental Health Recovery. <http://download.ncadi.samhsa.gov/ken/pdf/SMA05-4129/trifold.pdf>