

Advance Directive

BEHAVIORAL HEALTH



do you have
your **plan?**

What is an Advance Directive?

An Advance Directive is a legal document that tells what healthcare services you would ask for if you are sick and you are not able to make decisions for yourself.

Someone with a Behavioral Health illness can make a list of treatment for times of psychiatric crisis.

Writing a self-action plan to deal with a crisis can make treatment early in the crisis easier. Use the self-action plan to remind yourself of things that you can do to reduce or do away with the need for you to be treated in the hospital.

Writing an Advance Directive is a way to stay more in control of your treatment. It is a way for family to make a home safety plan and to let members of your treatment team know your wishes.

An Advance Directive can be written to tell how you wish to be treated if you are having a crisis due to mental illness. You must write this directive at a time when you are not feeling ill. You can record your choices of treatment or name someone to make these decisions for you. (Name someone as Medical Power of Attorney.)

What do I include in a Behavioral Health Advance Directive?

- Names of someone you trust (family member, friend, health care provider)
- Make sure to talk about your choices with this person
- Make sure that this person agrees with your choices and that he/she will go along with your treatment choices
- When will the Advance Directive take effect?
- What kind of treatment do you want?
- Where do you want to be treated?
- Who should be told if you are in the hospital?
- Who is allowed to make a choice for you?
- What medicine will you take and who can prescribe it for you?
- Do you want ECT?
- Your wishes about seclusion and restraints
- Instructions for care of your children, if you have any
- Choices for medical care
- List treatments, medications, etc. that seem to work best or make things worse

State-specific Advance Directives

Each state has different rules about how advance directives must be written and approved. Please note that only a lawyer can offer legal advice.

The state of West Virginia does not have a rule for psychiatric advance directives. General advance directives can be found at this website: www.caringinfo.org/stateaddownload.

If you have questions, you may call The Health Plan Behavioral Health Unit at 1.877.221.9295.

know your **team**

My Treatment Team Leader (Psychiatrist or Nurse Practitioner)

Name: _____
Office Hours: _____
Address: _____
Phone: _____
Email: _____

My Therapist

Name: _____
Office Hours: _____
Address: _____
Phone: _____
Email: _____

My Social Worker

Name: _____
Office Hours: _____
Address: _____
Phone: _____
Email: _____

My Pharmacist

Name: _____
Office Hours: _____
Address: _____
Phone: _____
Email: _____

Other member of my team

Name: _____
Office Hours: _____
Address: _____
Phone: _____
Email: _____

