



do you have your **plan?**

What is an Advance Directive?

An Advance Directive is a legal document that tells what healthcare services you would request if an illness makes you unable to make decisions for yourself.

An individual with a Behavioral Health illness can prepare suggested treatment for times of psychiatric crisis.

Creating a self-action plan for dealing with this type of crisis can enable initiation of treatment early in the crisis. Referring to this self-action plan may lead to quicker and more positive results and reduce or eliminate the need for hospitalization or involuntary treatment.

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

An Advance Directive can be written to describe your treatment wishes in the event that you are in a crisis resulting from mental illness. You must write this directive at a time when your illness does not impair your judgment. You can record your choices of treatment or appoint someone to make these decisions for you. (Appoint 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. To make sure you have all the information you need, check with your state's protection and advocacy program, a lawyer, paralegal, or advocate. Please note that only attorneys can offer legal advice.

To download a State of Ohio Declaration of Mental Health Treatment Form, go to the Ohio Legal Rights Service website at: www.olsr.ohio.gov/sites/olsr.ohio.gov/files/u5/MHDeclare.pdf

You can also download a workbook entitled "The What – if? Workbook" at: www.olsr.ohio.gov/sites/olsr.ohio.gov/files/u5/AdvanceDirectivesWorkbook.pdf

This workbook will walk you through how to make decisions about your mental health treatment.

The state of West Virginia does not have a specific statute for psychiatric advance directives. General advance directives can be found at the Caring Connections website at:

www.caringinfo.org/stateadownload



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: _____

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



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