

# Person-Centered Planning and Peer Support

*“It’s amazing what you can do  
when you set your mind to it ...  
especially when you’re no longer  
supposed to have one!”*

*(Woman with mental health  
challenges describing her  
participation in person-centered  
planning)*





# What is Recovery?

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (SAMHSA)

## **RECOVERY FOCUSED**

- Long-term research has shown that hopes and dreams can be achieved, even if symptoms persist.

## **RECOVERY IS POSSIBLE and PROBABLE**

- Providers, programs, and supports systems assist people in attaining their chosen goals with hope and empowerment.



## What is Peer Support?

- Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process. (SAMHSA)

# Values

Principles of person-centered practices <sup>1</sup>	Description	Core ethical guidelines for peer support practice <sup>2</sup>
<b>Focus on the person</b>	The person is at the center of the planning process. The person’s desires should be heard, honored, valued and reflected in the services received. People who are important in the person’s life should be part of the planning process.	<b>Peer Support is person-driven</b> <b>Peer Supporters are open-minded</b> <b>Peer Supporters are empathetic</b>
<b>Choice and self-determination</b>	People should make choices (with support if needed and wanted) about services and supports as well as decisions regarding their own health, well-being and life goals.	<b>Peer Support is voluntary (support choice)</b> <b>Peer Support is equally shared power</b>
<b>Community inclusion</b>	People must have full access to the community and be treated with dignity and respect.	<b>Peer Supporters are respectful</b>
<b>Availability of services and supports</b>	People should have access to an array of individualized services that meet their particular needs.	<b>Peer Support is strengths-focused</b>

1. NCAPPS Environmental Scan ([https://ncapps.acl.gov/docs/NCAPPS Principles NationalEnvironmentalScan%20191202.pdf](https://ncapps.acl.gov/docs/NCAPPS_Principles_NationalEnvironmentalScan%20191202.pdf)).

2. National Practice Guidelines for Peer Supporters ([https://inaps.memberclicks.net/assets/docs/nationalguidelines\\_updated.pdf](https://inaps.memberclicks.net/assets/docs/nationalguidelines_updated.pdf))

# Values

Characteristics of person-centered systems <sup>1</sup>	Description	Core ethical guidelines for peer support practice <sup>2</sup>
<b>Information</b>	Information should be provided in a clear and meaningful way in order for people to understand options and make informed decisions.	<p><b>Peer Supporters are honest and direct</b></p> <p><b>Peer Support is transparent</b></p>
<b>Coordinated supports</b>	A few resources discuss the need for providers to work together to deliver services, and the importance of having cohesion and continuity with supports.	
<b>Positive expectations</b>	This theme comes mainly from the mental health field and stems from the belief that recovery can be a reality. In other fields, the assumption that improvement and growth are possible is important for person-centered practices.	<p><b>Peer Supporters are hopeful</b></p> <p><b>Peer Supporters facilitates change</b></p>
		<b>Peer Support is mutual and reciprocal</b>

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# Challenges of Recovery-Oriented Person-Centered Planning

- Concerns focused on risk-management and professional liability
- A healthcare system that focuses on what is wrong and medical necessity
- Medical paternalism – who is the expert in the room
- Respect for autonomy and self-determination in the presence of the stigma/discrimination associated with mental illness and substance use

Reference: Tondora, J., Miller, R., & Davidson, L. (2012). The Top Ten Concerns about Person-Centered Care Planning in Mental Health Systems. *International Journal of Person Centered Medicine*, 2(3), 410-420.  
doi: <https://doi.org/10.5750/ijpcm.v2i3.132>